

Poached Pears

Ingredients (serves 6)

- 6 whole Pears, peeled
- 1 Vanilla Pod
- 1 Bottle of Red Wine (Cabernet Sauvignon or a Merlot works best)
- 8oz Superfine Sugar
- 1 Cinnamon Stick
- Sprig of fresh Thyme for decoration
- Handful of chopped almonds



Method

1. Halve the vanilla pod and scrape out the seeds then place the seeds and remaining pod in a large sauce pan along with the red wine, sugar and cinnamon stick.
2. Lower the pears in to the pan ensuring they are submerged in the wine and cover with the lid.
3. Poach the pears for around 20 minutes or until they are tender all the way through.
4. Remove the pears from the pan, then continue to boil the liquid to form a syrup. Once the liquid is reduced, leave to one side to cool.
5. Slice the pears in half and serve with the cooled syrup, a sprig of thyme and some whipped mascarpone cheese or whipped cream. Sprinkle each serving with chopped almonds.