

Poached Pears

Ingredients

- 2 cups sweet white wine
- 4 cups water
- 1 cup sugar
- the juice and zest of one lemon
- 1 cinnamon stick
- 1 tablespoon vanilla bean paste
- 3 firm, ripe pears, peeled, cored and sliced



Variations

- Don't like pears? Use apples or peaches
- Don't have a lemon? Use 2 tablespoons of lemon juice.

Instructions

1. Add all ingredients except the pears into a 4-quart sauce pan.
2. Bring to a boil over medium-high heat, usually number 6 or 7 on the stovetop.
3. Boil for 5 minutes.
4. Lower heat to a simmer (about number 3) and add the pears.
5. Cook for 30 minutes, or until a knife can pierce a pear easily. I usually just leave it in for 30 minutes.
6. Pull out of the saucepan and slightly cool.
7. Serve in a bowl with whipped cream or vanilla ice cream.

HINTS:

Make sure you use firm, fleshy fruit. Soft fruit does NOT work!

You can use 1 vanilla bean instead of vanilla bean paste.

You don't need expensive wine, just use any sweet white that isn't rancid!