

Poached Pears

Perfect, ripe pears should be eaten just as they are. Supermarket offerings are usually rather hard (all the better for travelling, not so good for eating), so they are often better cooked. Poaching them in red wine is a French idea.

Ingredients

8 small pears 100g Demerara sugar
1 bottle of red wine (French, not too expensive) 4 tbs of Crème de Cassis
Juice of half a lemon 8 whole cloves
10 juniper berries (lightly crushed) 1 tsp coriander seeds
2 small bay leaves Cinnamon stick

Cut the pears in half lengthwise. Put the other ingredients into a deep stainless steel pan, bring to the boil, and then reduce to a simmer. Add the pears, and cook until they are just tender — this will take about 30 minutes. Turn the pears occasionally, and when they are done remove from the heat and leave to cool. Strain the juice over the pears, and serve with a thick cream or mascarpone.

*Submitted by Professor James Lindesay.
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