



Poached Pears

These pears are amazing! Delicious on their own or served with a drizzle of chocolate...or butterscotch sauce...or with vanilla yoghurt and muesli for breakfast...or with ice cream for dessert...so many good ways to enjoy these pears!!!

Ingredients

- 6 small buerre bosc pears, peeled
- 750g unrefined golden caster sugar
- 1 cinnamon quill
- 1 star anise
- 5 whole cloves
- 1 teaspoon vanilla paste
- ¼ cup brandy

Method

1. In a pan that would snugly fit the whole pears, place all the ingredients EXCEPT for the pears. Add enough water to cover the pears once they have been added, turn the heat on the cooktop, bring to a boil and then reduce the heat and allow the liquid to simmer for about 10 minutes.
2. Add the pears to the liquid, cover them with a plate and allow them to slowly simmer for about 30 minutes or until they are just cooked through.
3. Remove the pears from the pot using a slotted spoon and place in a bowl or container.
4. Increase the heat on the cooktop and boil the remaining syrup uncovered for a few minutes until it has thickened a little. Pour the syrup over the fruit, cover and allow it to chill in the fridge for a few hours or overnight. Store in the fridge for up to a week and reheat to serve as needed.