

Pears Poached in Red Wine

Show: Feb 6th

Ingredients:

2 Bosc Pears (firm pears work better), peeled and cored
Red Wine (burgundy, cabernet sauvignon, zinfandel, port or combination to cover)
Sugar (so ratio is 1/2 wine and 1/2 sugar)

Procedure:

Peel and core pears. You can leave the pears whole at this point or slice in wedges. By leaving the pears whole when you slice them you get a two-tone effect. Cover pears with burgundy, cabernet sauvignon, zinfandel or, port or a combination of wines. Add about 1/2 the ratio of sugar to liquid. If you like, add other flavors such as a cinnamon stick, whole star anise, some orange peel or a slice of fresh ginger. Bring to a delicate simmer and poach until an inserted knife or toothpick goes in easily. If you want a dark red color let pears cool in the liquid. If you like the light rosy color, remove from liquid after it is cooked.

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