

Reckless In The Kitchen

Poached Pears in Red Wine

Recipe originally appeared in Lola Magazine

Ingredients:

- 2-6 firm but ripe Bosc or Bartlett pears (one pear per person)
- 1 bottle of red wine (no need to get anything fancy, just a cheapo bottle will do)
- 1 3/4 cup granulated sugar
- the peel of 1 orange
- 1 vanilla bean, sliced in half
- 1 cinnamon stick
- whipped cream or mascarpone (to top the finished pears, vanilla ice cream works too)

Directions:

In a medium-sized saucepan (large enough to hold the cooking liquid and pears) combine the wine, sugar, orange peel, vanilla bean, and cinnamon stick. Over medium heat bring the mixture to a simmer, stirring occasionally to dissolve the sugar.

While the wine sauce is coming up to a simmer, peel the pears. I recommend cutting off the bottom of the pear to create a flat surface. This way, the pears can stand up in the pan if needed, and also this will make for a dramatic presentation when the dessert is finished.

Once the sugar is dissolved and the wine is simmering, gently place the pears into the mixture. The pears should be mostly submerged in the mixture. If the pears are mostly sticking out add some water to the mixture so that they are mostly covered in liquid. Simmer the pears over medium heat for 25 minutes. The pears should be tender when pierced with a knife (the pears might take 10-15 minutes longer if they are not very ripe).

Remove the pot from the heat and allow to cool in the poaching liquid. Once they are room temperature, store the pears (in the poaching liquid) in the refrigerator, and let them sit for at least several hours and as long as three days (I like to let mine sit for 24 hours).

When you are ready to serve the pears, take them out of the liquid and allow them to come up to room temperature. While they are warming up, strain about 1/2 of the poaching liquid into a pot and bring up to a boil over high heat. Boil the liquid for 15-25 minutes until the wine sauce cooks down a bit and thickens. It should be the consistency of warm honey. Allow the wine sauce to cool slightly.

Drizzle the pears with some of the cooked pan sauce before serving and top with a healthy dollop of whipped cream or mascarpone.