

CINNAMON POACHED PEARS WITH CITRUS

PREP TIME: 20 MIN

COOK TIME: 30 MIN

An impressive delight that requires minimal effort—we love to see it. For a delicious centerpiece, use a wide, clear serving bowl to show off the natural beauty of the ingredients and send the aroma wafting.



INGREDIENTS:

1 cup white wine
½ cup organic cane sugar
4 cups filtered water
1 cinnamon stick
2 pieces of lemon zest
1 lemon
6 pears
1 ruby grapefruit
3 mandarins

DIRECTIONS:

1. Using a medium-size saucepan, add wine, sugar, water, cinnamon stick, and zest. Simmer for 20 minutes. This is your poaching liquid.
2. Juice lemon into a bowl of cold water; keep the lemon halves in the bowl as well. The acid will keep the pears from browning.
3. Peel pears and immediately drop them into the bowl of water.
4. Once the poaching liquid is ready, remove each pear from the water and carefully place into the pot.
5. Cover and simmer on low for 10 minutes. Check each pear individually for doneness by poking with a toothpick. Once you can poke without resistance, they are ready.
6. Once cooked through, remove each pear and transfer to a cutting board, allowing them to cool.
7. Cut each pear in half and scoop out the seeds with a melon baller. Cut into quarters if the pears are big. Transfer to a serving bowl.
8. Allow the poaching liquid to come to room temperature, then pour over pears.
9. Supreme the grapefruit and mandarins by cutting off the zest and pith. Cut the pulp in between the membranes to release segments.
10. Add to the poached pears.