

POACHED PEARS

Time: 2.5 hours

Serves: 4

Ingredients:

750ml red wine
100g honey
30g fresh lemon juice
4 whole cloves
1 stick cinnamon
4 firm pears - peeled

Preparation:

Preheat oven to 180C.

In an approximately two litre pot, whisk together the wine, honey and lemon juice.

Add the cloves, cinnamon and pears.

Cover and place in the oven for two hours.

Remove the pears and set aside.

Simmer the poaching liquid on medium heat for twenty minutes. Discard the spices.

Serve the pears warm or cold with the reduced poaching liquid.

Nutritional Information Per Serving:

Calories: 336
Fat: 0.2g
Carbs: 53g
Fibre: 6g
Protein: 1g