



## **Poached pears in red wine**

**Serves 4**

**Preparation time 15 minutes**

**Cooking time 1 hour 20 minutes**

### **Ingredients**

750ml Red wine

2 cinnamon sticks

Zest of 1/2 Lemon

Pinch of ground cloves

2 tbsp Cointreau

8 Forelle pears, peeled, leaving stalks

300g Sugar

### **Method**

1. Place the red wine in a large saucepan and bring to the boil.
2. Reduce the heat and add the cinnamon sticks, lemon zest, ground cloves and Cointreau and simmer for 5 minutes.
3. Add the pears and sugar.
4. Partly cover and simmer over a very low heat for 1 hour until the pears are tender.
5. Carefully remove the pears and place in a serving dish.
6. Strain the remaining red wine mixture and return to the saucepan. Bring to the boil and cook briskly until it reduces and thickens into a syrup.
7. Pour the red wine syrup over the pears. Serve warm or cold with Greek yoghurt or cream.