

Pears Poached in Fruit Juice

Prep Time: 20 min

Cook Time: 15 min

Servings: 6



While any pear can be poached, Bosc and Anjou are popular choices. The pears should be firm to the touch but not hard, think barely ripe. Overripe pears can become mushy and lose their shape, while under-ripe won't absorb the flavors as well. Our recipe is simple and easy because fruit juice is used as the poaching liquid. Poached Pears can be served as a dessert or added to salads, sandwiches & more.

Ingredients

- 3 large pears, firm (barely ripe)
- 1 cup water
- 3 cups fruit juice*
- optional: cinnamon, clove, nutmeg, vanilla, black pepper, pinch of salt, slice of orange.

*Clear fruit juices like apple and white grape are mild in flavor and will not alter the pear color. Colored fruit juices like grape and cranberry can also be used, the result will be a lovely colored pear with a hints of the juice flavor. Cranberry and cinnamon would make tasty combination for fall and winter.

Steps

1. Prep pears by peeling, cutting in half (top to bottom) and removing the core (a melon baller works nicely for this).
2. Combine water and fruit juice in a 2 quart sauce pan. Add in your choice of spices and vanilla. Over medium-high heat bring mixture to a boil and then lower heat to reduce to a simmer.
3. Add pears to hot poaching liquid, add additional liquid if needed to cover pears. Increase heat to achieve a soft boil. Cover pan, leaving slightly ajar to allow steam to escape. Poach pears for 10-15 minutes until fork tender.
4. Remove pears from liquid with a slotted spoon and transfer to a 1 quart jar or storage container. Allow poaching liquid to cool completely. Transfer the liquid to the container with the pears, cover and let the pears soak up the flavor. You may also make a fruit juice syrup by simmering the poaching liquid over low heat; let liquid reduce by half (about 20 minutes). This syrup can be used to serve with the pears, sweeten beverages or as a topping for oatmeal or yogurt.