

Red Wine Poached Pears

Ingredients:

Pears

4 each

Pears, with skin,
cut into 8 wedges

8 ounces

Red wine

2 each

Cinnamon stick

2 each

Star anise

Ganache

½ cup

Chocolate chips,
baking

½ cup

Half and half



Method:

Pears

- In a sauce pot combine wine, cinnamon sticks, and star anise
- Bring to a simmer, allowing flavors to develop
- Place pear wedges into simmering wine
- Cook until tender, about 3-5 minutes
- Remove from wine and cool
- Save wine mixture for up to 1 week for further prep

Ganache

- Combine chocolate and half and half in microwave safe bowl
- Cook for 30-second intervals stirring after each interval until chocolate is creamy and smooth
- Serve 1 tablespoon of ganache drizzled on plate or pears

Nutritional Information:

Servings: 10 | Calories: 110 | Fat: 3 grams | Sodium: 0 milligrams
Carbohydrates: 16 grams | Protein: 1 gram | Fiber: 3 grams