

Easy Elegant Poached Pears

I once was told that poached pears were a favorite in Italy. No matter... I know they are a favorite around here. I love to make these beauties for a lovely dessert.

Ingredients

butter for greasing casserole
6 ripe pears
1 cup orange juice
1 cup water
1/4 cup honey
1/2 teaspoon vanilla extract
1/8 teaspoon ground cinnamon
zest of 1 orange

Method

Preheat oven to 375 degrees. Butter a casserole just large enough to hold the pears.

Peel pears, leaving stems. Slice bottom of pears flat so it stands upright. With a melon baller, scoop out the inside of pears through the bottom and remove seeds. Stand pears upright in casserole.

Add orange juice and water to the casserole and bake the pears for about 40 minutes or until you can pierce them easily with a fork. Baste often (every 5 to 10 minutes).

Transfer pears to a plate. Leave the oven on. Pour juices into a bowl and add honey, cinnamon, vanilla, and orange zest. Mix well. Place pears back into casserole and drizzle honey mixture over the pears. You may not need all the mixture. Place pears back into the oven for 5 more minutes.

To plate: Stand pear in a bowl. Garnish with mint leaves. Serve with the honey mixture and your favorite chocolate sauce and whipped cream.

