

## Poached Pears in Red Wine Sauce

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**Prep Time:** 10 Minutes

**Cooking Time:** 4 hours in a slow cooker

#### Ingredients:

1 bottle fruity red wine ( we used Sotto Sopra because it has a cherry flavor)

150 gr sugar

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3 tbsp honey

1 cinnamon stick

2 star anise

2 cardamom pods crushed

1 vanilla bean split open

1 strip of lemon peel

2 cloves

2 black peppercorns

1 kilo small pears (*I used Wilder Gieseeman pears*)







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#### Instructions:

1. Peel the pears, leave the stalk on.
  2. Cut a small slice of the bottom so they will remain standing.
  3. Put the pears through the lemon juice to prevents discoloration.
  4. Pour the wine in the inside pan of your slow cooker, add sugar, honey, cinnamon, star anise, cardamom, vanilla bean, lemon peel, cloves and peppercorns.
  5. Put the lid on the slow cooker and turn on to high for about 30 minutes.
  6. Stir every now and then until the sugar is dissolved.
  7. Put the pears into the pan and heat on high for about 2 to 4 hours depending on the size of your pears until they are done.
  8. Take the pears out of the pan with a slotted spoon and put them in a bowl.
  9. Pour the wine into a saucepan and leave to cook on high heat for about 5 to 10 minutes to reduce down.
  10. Make the sauce thicker with a little cornstarch, diluted with a bit of water.
- Put the pears into the liquid and leave to cool.

