



## Poached Pears

### INGREDIENTS

4 Bosc pears (with stems), peeled and cored from bottom	Zest of 1 lemon, cut into thin strips
1 cinnamon stick, broken in half	¼ teaspoon ground allspice
¼ teaspoon ground pepper	3 cups apple cider
1 cup water	1 split vanilla bean (scraped seeds only)

### DIRECTIONS

In a large saucepan, combine lemon zest, cinnamon stick, allspice, vanilla bean seeds, apple cider, and water. Add pears. Cover with a round of parchment paper, with a small hole cut in the center to keep the pears from poking out of the liquid (this would cause discoloration). Bring to a simmer. Cook, turning pears occasionally, until easily pierced with the tip of a paring knife, but not falling apart, about 20 minutes. Remove pears from liquid; transfer to large bowl. Raise heat to high; boil cider mixture until reduced to a syrup, about 15 minutes. Discard cinnamon and vanilla bean. Pour syrup over pears; refrigerate. To serve, slice off a sliver from the bottom of each pear (so it stands upright). Serve pears with whipped cream, ice cream, or sorbet, if desired. Makes 4 servings; approximately 100 calories each.