



Print Recipe Now! (Only area below prints.)

Size: Full | [3x5](#) | [4x6](#)

[Return to Recipe >](#)



Pears Poached in Spice Infused Wine with Rich Crème Anglaise

Source: Wild Oats Natural Marketplace

Serves 6

Looking for a decadent dessert to serve over the holidays? Try this festive dish made with perfectly poached pears dusted with a touch of cinnamon and served with an unforgettable creamy sauce. Guaranteed to impress your guests.

INGREDIENTS

For the Pears:

3 cups red wine - Cabernet, Merlot, Zinfandel

1 cup Wild Oats Organic Orange Juice

Juice of 2 lemons

1 cup sugar

4 cinnamon sticks

8 cloves

6 organic pears, ripe yet firm

For the Crème Anglaise:

1/2 cup heavy organic cream

3 cups Wild Oats Organic 2 Percent Milk

4 Wild Oats Large Egg yolks

1/2 cup sugar

2 teaspoons real vanilla

DIRECTIONS

FOR THE PEARS:

Combine the wine, orange juice, lemon juice, sugar, cinnamon sticks and cloves in a heavy saucepan. Bring to a boil. Peel the pears, leaving the stems intact. Take a small slice off the bottom of each pear, so they will stand level. Add the pears to the wine mixture and simmer for 15 minutes. Remove from pan and chill. Turn up the heat and reduce the sauce until 1/4 cup remains, set aside to chill. Just before serving, pour a pool of crème anglaise onto a plate, top with a pear and drizzle with wine syrup. Garnish with fresh whipped cream, a cinnamon stick and a sprig of mint.

FOR THE CRÈME ANGLAISE:

In a heavy saucepan, add the cream and milk, bring to a boil. Remove from heat and set aside. Fill a medium saucepan half full of water and bring to a low simmer. In a large bowl, beat the egg yolks and the sugar together until thick and pale yellow. Slowly whisk the hot cream into the yolk mixture. Set the bowl of custard over the saucepan of just barely simmering water and stir continuously with a wooden spoon until thick enough to coat the back of the spoon. Refrigerate until chilled.

Recipe reprinted by permission of Wild Oats Natural Marketplace. All rights reserved.

| |
|--|
| Nutrition Information Serves 6 - Facts Per Serving: |
|--|

©1998-2008 Cooking.com