



## Poached Pears in Port

### Ingredients:

- 4 Pears
- 1 bottle Ruby Port (**Fine Ruby** or **Select Reserve**)
- ½ cup sugar
- 2 cinnamon sticks
- 1 pod star anise
- 4 cloves
- ½ tsp nutmeg
- 1 vanilla pod / 1 tsp vanilla essence
- ½ tbsp orange zest
- ½ tbsp. lemon zest
- Fresh ground black pepper
- ½ tsp salt

### Cooking instructions:

Combine all the ingredients, except the pears, in a saucepan and gently bring to a boil. Simmer gently the liquid gently for 5-10 minutes, whilst you peel and core the pears, leaving the stalk intact for decoration.

Drop in the pears and continue to simmer for around 30 minutes, gently turning the pears occasionally to ensure they cook evenly.