

Saffron Poached Pears – Serves 4



INGREDIENTS

- 1 vanilla bean, halved lengthways
- 50 mgs pre-soaked Eladnelle Saffron
- 2 cinnamon sticks
- 1/4 teaspoon ground nutmeg
- 2 cups brown sugar
- 4 Packham pears or beurre bosc pears, peeled, quartered and cored
- Double cream or ice-cream, to serve

METHOD

Step 1 – Place 4 cups cold water, vanilla, saffron, cinnamon sticks, nutmeg and sugar in a saucepan over medium-high heat. Bring to boil then reduce heat to a fast simmer.

Step 2 – Add pears. Cook, partially covered, turning occasionally, for 18 to 20 minutes or until pears are just tender. Remove from heat.

Step 3 – Allow pears to cool in syrup, turning occasionally. Using a slotted spoon, transfer pears to a plate.

Step 4 – Return syrup to medium-high heat. Bring to the boil. Boil for 10 minutes or until liquid is reduced by one third.

Step 5 – Add pears back into syrup, serve with cream or ice-cream.

NOTE: Syrup without any pears in it can last refrigerated for over a week.