

Pomegranate Spiced Poached Pears

Source: Ellen Siegel

Serves: 4

Ingredients:

- 4 Bosc pears, preferably with stems attached
- 2 cups (1-16oz bottle) 100% pomegranate juice
- 2/3 cup sugar
- 2 TBSP mulling spices
- 2-inch piece fresh gingerroot, sliced
- Tangerine, halved

Directions:

1. Peel pears leaving stem intact.
2. Place pears in deep sauce pan, electric rice cooker or slow cooker/crockpot.
3. Add all remaining ingredients and bring to boil.
4. After 10 minutes, reduce heat to medium and let simmer, covered, for 20 minutes, turning pears every so often so they absorb color from pomegranate syrup evenly.
5. When pears are just tender, remove from heat and chill in fruit syrup turning occasionally to maintain even color.
6. Remove chilled pears from fruit syrup.
7. Strain syrup through a fine mesh strainer to remove pieces of mulling spices, fruit seeds and rind.
8. Place in saucepan and simmer until reduced by 1/3 to 1/2 and until syrup has thickened (about 10 min) to a glaze.
9. Place each pear in serving dish and drizzle with glaze.
10. Serve garnished with whipped "cream" (dairy or non-dairy) and/or ice "cream."