

Cider-Poached Pears

Source: <http://www.serious-eats.com/recipes/2011/01/healthy-delicious-cider-poached-pears-with-yogurt-and-toasted-almonds-recipe.html>

1 cup apple cider
1/2 freshly squeezed orange juice
1 vanilla bean, split lengthways
1 cinnamon stick
2 star anise
2 Bosc pears, peeled, halved, and cored
1 teaspoon orange zest
1/2 cup 2% Greek yogurt
1 teaspoon orange zest
1 1/2 tablespoons sliced almonds, toasted

In a small pan over medium-high heat, bring cider, orange juice, vanilla bean, cinnamon stick, and star anise to a boil.

Place pears face down in the pan. Lower heat and simmer gently until a knife inserted into the pears meets no resistance, about 10-20 minutes.

Once pears are tender, kill heat and let cool in pan. Remove to serving plates and set aside.

Over medium heat, reduce remaining poaching liquid to a glaze. Pour over pears.

Mix orange zest with yogurt. Dollop equally on pears.

Sprinkle almonds over yogurt. Serve.

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