

## Red Wine Poached Pears

### Ingredients

- 2 large oranges, navel or cara cara oranges preferred
- 6 ripe but firm small pears
- 2 cups red wine such as Pinot Noir
- ¼ cup honey
- 3 Tbsp raw or granulated sugar
- 1 cinnamon stick
- ¼ tsp ground cardamom

### Preparation

1. Zest and juice one of the oranges and pour it into a medium bowl
2. Slice the remaining orange into ¼-inch rounds
3. Peel the pears (with a vegetable peeler), leaving them whole
4. Add the pears to the bowl with the orange juice and toss to coat to help prevent the pears from turning brown too quickly
5. Prepare a non-reactive pot that can fit all the pears snugly (an enameled pot would work well)
6. Add the orange slices, red wine, honey, sugar, cinnamon stick, and cardamom to the pot
7. Over medium-high heat, bring the liquid to a rolling boil, then lower the heat and add in the pears and orange juice (set the bowl aside)
8. Cover and let simmer gently for 20-30 minutes, occasionally rotating them using a wooden spoon, until the pears have softened enough and a skewer inserted in the middle of a pear at the thickest part meets no resistance
9. Transfer the pears back to the bowl for now
10. Simmer the remaining liquid for a few minutes or until thickened
11. Allow the pears to sit upright in the poaching liquid until they have cooled enough to serve
12. Serve poached pears warm or cold with a little bit of the syrup drizzled on top, and some orange zest for garnish
13. They can also be refrigerated in the poaching liquid overnight to serve later

