

Poached Pears

This is a quick and simple, but delicious, dessert and can also be made with apples and other fruit. Serve with custard and sprinkle with drinking chocolate.

1 pear per person

1-2 tsp cinnamon

1 tsp mixed spice

1-2 Tbs sugar (to taste)

¼-½ cup red wine (optional)

water

a few drops of lemon juice

Peel pears, halve and core. Place in a small saucepan and sprinkle with a few drops of lemon juice. Add enough water to generously cover the bottom of the pan. Add spices, sugar and wine. Simmer on low heat for approx. 15 minutes, or until pears are soft but firm, stirring occasionally. Best served immediately, but can be refrigerated for several days.