

POACHED ORANGE-SPICED BOSCH PEARS

INGREDIENTS

4 Bosc Pears
4 cups water
½ cup honey
1 orange, juiced (~½ cup)
Orange Zest
2 Cinnamon Sticks
3 whole cloves
1 vanilla bean, sliced open
1 star anise
4 cardamom pods
4 inch piece of fresh ginger
1 bay leaf
½ whole nutmeg, shaved

DIRECTIONS

1. Carefully peel your Bosc pears leaving the stem in place
2. In a large saucepot bring water to a boil
3. Add in your honey and stir until it has dissolved
4. Add all your spices, orange juice and about 1 Tbsp of orange zest
5. When adding your vanilla bean slice lengthwise too expose seeds, scoop the seeds into the water/honey/spice mix and then put the rest of the bean in the mixture as well
6. Add 3-4 pears (ensure not to cram them in), cover and cook for about 20-30 minutes or until pears become tender and can be pierced easily with a fork
7. Refrigerate pears for 3-24 hours depending on how much time you have, the longer the pears are left to refrigerate the greater the depth of flavor
8. Before serving remove pears from mix and sit them carefully on a plate
9. Simmer the poaching spiced honey mix down until it reaches the consistency of a syrup
10. Once reduced, garnish and drizzle the reduction over the pear and garnish with figs, toasted almonds or walnuts



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