

SPICED PEARS



Preparation : 30 min - **Resting :** - - **Cooking :** 15 min - **Equipment :** pan, sieve, stemmed glasses

Ingredients : 4

- 4 Conference or Comice pears - 2 oranges - 200 g caster sugar - 1 clove - 1 piece cinnamon stick - 1/2 lemon - 100 ml (3½ fl oz) grenadine syrup - 10 black peppercorns - 1 pinch of ground nutmeg - 1 litre (1¾ pt) cold water

1. Pour the sugar and water in a pan, add cinnamon, nutmeg and peppercorns and bring slowly to the boil. Turn off the heat and leave this syrup to infuse for 10 minutes.
2. Peel the pears, rub them with half a lemon to prevent them from browning and poach them for 15 minutes in the syrup over a low heat.
3. During this time, juice the orange using the citrus press. Drain the pears and strain the syrup through a sieve. Boil this liquid to reduce by half, add the orange juice and grenadine syrup, then reduce once again by half.
4. Put the pears back in the syrup and leave to cool, turning them several times.
5. Serve in individual stemmed glasses, pour over the syrup and decorate with strips of orange peel.

