

# Poached Pears with Ginger and Orange Kick!

This delicious recipe is easy to make and is a healthy desert option for all to enjoy.

**NUMBER OF SERVES:** 4

## INGREDIENTS

1/3 cup Rochester Ginger  
1 orange freshly squeezed  
1/3 cup cranberry juice  
1 cup water  
1 cinnamon quill  
1 tablespoon of brown sugar  
4 ripe but firm pears with stem intact  
(Bosc pears keep their shape well)



## METHOD

1. Peel pears leaving stem intact. Turn pears onto their side and slice a thin layer off the bottom of the pear to give it a flat base so it will sit upright without falling over. Rinse with water and put aside.
2. Combine Rochester Ginger, juice of orange, cranberry juice, water, cinnamon and brown sugar in a saucepan with tall sides.
3. Give a quick stir of the liquid ingredients and bring to boil.
4. Add pears in an upright position and cover with saucepan lid. Reduce to a medium heat and simmer for 20-30 minutes depending on the ripeness of the pears.
5. Poach pears until firm but tender. Test pears by inserting a knife.
6. Once cooked, use a slotted spoon to remove pears from saucepan and onto a serving plate
7. Remove cinnamon quill.
8. Continue to reduce the liquid in the saucepan uncovered until it becomes a light syrup consistency
9. Pour liquid over pears and serve with vanilla ice cream. Enjoy!

## COOK'S NOTES

The poaching liquid will cover approximately the bottom 2-3cm of the pears. While the rest of the pear is not submerged in liquid, the steam generated by covering the saucepan with a lid will poach the pears beautifully.

Poached pears can be made one day in advance.  
Serve warm or chilled.

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ROCHESTER  
DICKENSIAN RECIPE  
GINGER



This recipe is brought to you  
by Rochester Ginger -  
a non alcoholic ginger drink with the  
kick of 2 very angry mules