

White Wine Poached Pears

Recipe by: Chef Charles Draghi

Ingredients

Pears

4 very ripe & perfumy golden Bartlett pears (If the pears are not ripe enough, place them in a paper bag with 2 apples at room temp. for 2 days to enhance their flavor.)

1/2 bottle of white wine

Juice of 1 lemon

1 cup of honey

1 cup of organic sugar

2 cinnamon sticks

4 whole allspice

6 cardamom pods (or, 1tsp. ground cardamom)

1 whole nutmeg, cracked in half

1 pinch of saffron

1/2 cup of mascarpone

Sauce

1 cup of heavy cream

1 tsp. of dried lavender flowers

2 ozs. of vin santo, or dry sherry (optional)

1 tsp. of orange flower water (optional)

4 sprigs of fresh lavender or mint



Method

Pears

- Core the pears, and place them in a 4 quart sauce pan, stems pointing upwards.
- Add the wine, lemon juice, honey, sugar, spices, and just enough water to cover the pears.
- Cover the pot, and bring to a gentle simmer, until the pears are cooked-through. (About 15-20 min.) Remove the pan from heat, and let cool to room temp.
- Carefully remove the pears from the cooking liquid, and refrigerate.

Sauce

- Strain the cooking liquid, and reduce over med. Heat, until the bubbles thicken, and a caramel forms.
- When the caramel reduces to a dark amber color, pour 20% of the caramel into a heat-safe container. Add the cream to the remaining caramel, and bring to a rising simmer, while stirring. - Stir in the lavender flowers, and let cool to room temp.
- Once the sauce is cooled, add the vin santo & orange flower water (if desired,) and refrigerate.

Plating

- Fill the base of each pear with mascarpone, and seat it on a plate.
- Cover the pears in a coating of the lavender cream sauce, and drizzle some of the thick dark caramel sauce around the pears. (If the dark caramel is too thick, add a splash of water and microwave it for 30 seconds, then stir it.)
- Garnish with the lavender, or mint sprigs