



The Wholeness Chef

Poached Pairs

Pears are such a delicate fruit. They're so delicious when you eat them raw but they can be really taken to the next level when you poach them in dried fruit and spices. This high fiber treat can be eaten for breakfast, dessert, or any meal in between. Enjoy!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

1/3 Cup Organic Raisins (Thompson, golden, jumbos or a mix)
10 Organic Dried Apricots, coarsely chopped (can substitute with any dried fruit you may have)
1 inch Cinnamon Twig
3 Whole Cloves
3 Green Cardamom Pods, lightly crushed
Zest from 1/2 orange or lemon, colored part only
1 1/2 Cups Water
4-5 Medium-size, ripe, but firm, unblemished Pears (Bosc, Bartlett, Anjou etc.)
1/2 Cup Roasted Pecans, chopped

Directions:

1. Chop the apricots coarsely.
2. Combine apricots, raisins and spices in a 5-quart pot.
3. Peel pears, then cut in half lengthwise. Scoop out and discard the seeds in the center with a teaspoon.
4. Place pears cut side down over the dried fruit and spices. Add 1 1/2 Cups water.
5. Cover and bring to a boil without stirring. Reduce heat to low and simmer covered until the pears are tender, about 20-25 minutes.
6. Remove pears with slotted spoon to serving dishes.
7. Remove cinnamon stick, cloves, pods and discard. Add a tablespoon of apricot/raisin syrup over each half of pear.
8. Sprinkle with 1 tablespoon of chopped roasted pecans and 1 tablespoon of coconut milk if desired.
9. Serve warm or allow to cool, then cover and refrigerate.

Serves: 8 servings