

# Poached Pears

A fabulously fruity pudding, which looks really posh, but is actually very simple. The perfect pud for an autumn meal – it can be served hot or cold.



Nutritional information per portion (235g):

Energy	Fat	Saturates	Sugars	Salt
677kJ 158kcal 8%	<0.5g 0%	<0.1g 0%	42g 46%	0.02g 0%

of an adult's reference intake.  
Typical values per 100g: energy 288kJ/67kcal.

## Equipment

Chopping board  
Sharp knife  
Peeler  
Grater  
Saucepan with lid  
Juice squeezer  
Measuring jug  
Measuring spoons  
Wooden spoon  
Pan stand

## Ingredients

**Serves 4**  
4 pears  
2 oranges  
100ml water  
1 x 15ml spoon sugar  
1 cinnamon stick



## Top Tips

- The sugar will turn the liquid into syrup. This will be boiling hot, so allow the pears to cool a little before serving.
- If you are serving the pears cold, make sure they are completely cool before chilling in the fridge.

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## Method

1. Cut off the ends of the pears and peel them. Slice them lengthways into quarters.
2. Grate the peel from the oranges. This is called zesting. Then chop the oranges in half and squeeze the juice from them.
3. Add the orange juice, orange zest, water, sugar and cinnamon stick to the saucepan. Place the saucepan on the hob on a high heat and stir well until the sugar dissolves. Add the pear quarters.
4. When the liquid starts to bubble, turn down to a low heat and place the lid on the saucepan.
5. Cook on a low heat for 10–15 minutes until the pears are soft. Keep checking that the liquid has not boiled away, if it starts to look a bit dry, add a bit more water.
6. Remove the cinnamon stick before serving.

## Something to try next time

- Add some grated nutmeg or a couple of whole cloves for a stronger spicy flavour.

### Skills used include:

Measuring, peeling, chopping, grating, squeezing and boiling/simmering.