

## Marsala Maple Poached Forelle Pears

June 2015 - *Fab in Forty Minutes or Less*

4 Servings

### INGREDIENTS:

4 Forelle pears, peeled, leaving stem intact  
2-3 C Marsala wine  
1/3 Real maple syrup  
1 T butter  
3 heaping T loosely packed brown sugar  
1 t cinnamon  
Fresh mint leaves for garnish

### DIRECTIONS:

Peel the pears, being careful to leave the stems intact. Sprinkle a bit of cinnamon on top of each. Cut the bottom of the pears so they stand up. In a deep saucepan, place the peeled pears cut side down around the pan. Add 2 C of the wine and the maple syrup and stir to combine. Should come up about 1 ½ inches around the base of the pear. Bring to a boil, reduce heat so that it is bubbling but not a violent boil. Cover, with the lid very slightly askew, and poach for about 20 minutes, until tender. You can baste the pears once in the middle of the poaching process.

When done, remove pears and place in a glass dish, and let sit for about a half hour to cool. In the meantime, bring the remaining poaching liquid to a boil, and add a little more wine, and the brown sugar. Cook on medium low for about 5 minutes. You will see that it is starting to thicken with the added sugar. Turn off heat, stir in the butter, and let cool. If it's going to be more than a couple hours to serving time, refrigerate the pears, but the syrup can stay in the pan.

To serve, place a pear in a dish, drizzle the syrup over the pear letting it pool at the base. Serve with wafers and ice cream and garnish with chopped mint.



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