
KITCHEN CONNAISSEUR

Poached Pear with Stilton Cheese, Pistachio Nuts and Sun Dried Cherry Sauce



Look for perfect pears to make this special dessert. If they are too ripe they will become mushy and if they are not ripe enough they will not poach well. It is best to prepare the pears at least 2 hours ahead so they have plenty of time to cool. They can even be prepared a day ahead. Serves 8.

ingredients

8	whole Anjou or Bosc Pears, ripe
4 Cups	White Wine
4 Cups	Water or Pear Juice
1/2 Tsp	Maple Cappuccino Sauce
1	whole Star Anise
10	whole Peppercorns, black
1/2 Cup	Sun Dried Cherry Sauce
1/2 Cup	Pistachio Nuts, unsalted and finely chopped
8 oz	Stilton Cheese
	Fresh Mint, washed and clipped

instructions

1. Carefully peel and core the pears, leaving the stems intact. Slice a piece off the bottom so that the pear will sit flat. Place the peeled pears in a bowl filled with cold water and lemon juice to prevent them from discolouring.
2. In a large pot bring the wine, water, Maple Cappuccino Sauce, star anise and peppercorns to a boil. Reduce the liquid to a simmer. Gently place a batch of pears in the liquid. Allow to simmer 20-30 minutes or until they are tender. Remove them from the liquid and place them on a cookie sheet lined with parchment paper. Allow to cool. Repeat with remaining batch(es) of pears. Cover and refrigerate until ready to serve.
3. To serve, arrange one pear, 2 Tbsp of Sun Dried Cherry Sauce, and 1 teaspoon of pistachio nuts and 1 ounce of Stilton cheese on each plate. Garnish with fresh mint.