

## Poached Pears

Ready in 30 mins | Serves 4

### Ingredients

4 pears  
1 cinnamon stick  
2 oranges  
1 cupful water  
2 tablespoons brown sugar  
Reduced fat crème fraiche



### Method

1. Peel the pears and slice into quarters lengthways.
2. Wash and zest the oranges.
3. Chop the oranges into half and squeeze out the juice
4. Add the water, sugar, orange juice, orange zest and cinnamon stick into a medium saucepan and heat, stirring until the sugar has dissolved.
5. Carefully add the pear quarters into the hot liquid (syrup) and allow the pears to poach gently on a low heat, covered with a lid for 10-15 minutes or until the pears are tender.
6. Remove the cinnamon stick before serving
7. Can be served warm or cold with a spoonful of half fat crème fraiche.

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