

Fall Fruits in Port Wine Sauce



Serves 4

Prep 5 mins

Cooking 20 mins

Easy

Ingredients

- 1 orange
- 1 cup sweet ruby port (not tawny)
- 1 x 7 cm cinnamon stick
- 1 tablespoon honey
- 1 or 2 apples, like Pink Lady
- 75g seedless red grapes
- 1 or 2 firm-ripe pears

1. Use a vegetable peeler to strip off 6cm long by 1cm wide strip of the orange peel, being careful not to include any of the white pith. Juice enough of the orange to yield 2 tablespoons of juice and reserve the rest of the orange for another use.
2. Place the strip of orange peel and 2 tablespoons juice in a medium saucepan along with the wine, cinnamon stick and honey and bring to a boil over high heat, stirring to dissolve the honey. Cook for about 8 - 10 minutes, stirring occasionally, until the liquid has reduced to about 1/3 cup. Discard the orange peel and cinnamon stick.
3. Stir in the apple & grapes, return to a boil then reduce the heat to medium & cook for 2 mins, stirring occasionally, then add the pear; cook for 2 mins, until all the fruit has softened slightly but still retains its shape. Let it steep for 5 mins.
4. Serve warm, or refrigerate until well chilled.
5. **Note:** Make Ahead: The fruit and sauce can be refrigerated for up to 3 days. This elegant dessert of apples, pears and grapes cooked in an orange and cinnamon-infused port wine reduction can be served warm or chilled, and it pairs especially well with a dollop of plain Greek yogurt. Be sure to use the sweeter ruby port, as opposed to a tawny.