

## Poached Pears in White Wine & Cardamom



**Serves 4   Prep 10 mins   Cooking 20 mins + chilling   Easy**

### Ingredients

500ml dry white wine  
1 and 1/2 tbsp lemon juice  
150g caster sugar  
15 cardamom pods, lightly crushed  
pinch salt  
4 firm pears, peeled  
crème fraiche to serve

This recipe is adapted from Ottolenghi's Jerusalem

1. Pour the wine and lemon juice into a medium saucepan and add the sugar, cardamom and salt. Bring to a light simmer and place the pears inside. Make sure they are immersed in the liquid; add water if needed. Cover the surface with a disc of greaseproof paper and simmer until the pears are cooked through but not mushy, about 15 - 20 mins; turn them around occasionally. Check that the pears are ready by inserting a knife into the flesh - it should go in smoothly.
2. Remove the pears from the liquid and transfer into four serving bowls. Increase the heat and reduce the liquid by about two thirds, or until thick and syrupy. Pour over the pears and leave to cool down. Serve cold, or at room temperature, with crème fraiche on the side.

