

Poached pears in red wine



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3 pears, ripe but firm, peeled
1/2 cup raw sugar
1 cup red wine
2 cups water
1 cinnamon stick
1 star anise

Put in a soup pan the water, wine, sugar, cinnamon stick and anise star and bring it to a boil then add the pears. Add more water if needed, enough to cover the pears. Cover and simmer (approx. 20 minutes) until the pears are done.



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Remove the pears to a platter and let the sauce simmer, on medium heat, until reduced by half.

Serve plain or with [vegan vanilla ice cream](#).