

Gill's Gourmet Gallery

Pears in Merlot with fresh cream

Ingredients:

750ml bottle Merlot or other red wine
200g golden caster sugar
2 cinnamon sticks, snapped in half
1 vanilla pod, halved lengthways then halved across to make 4 strips
4 firm pears, peeled.

Method:

Tip the wine, sugar, cinnamon and vanilla into a deep medium pan and heat gently until the sugar dissolves. Add the peeled pears, making sure they are fully covered by the wine, then simmer for 30 mins until they are just tender. If the pears are very ripe, they may be ready in 20 mins.

Once the pears are cooked place them in a dish covered with the syrup and chill for up to 2 days covered with cling film. Remove from the fridge 1 hour before serving.

Alternatively sterilise a Kilner Jar, place the pears in the jar, pour on the syrup and seal.

❖ Delicious served with fresh cream as a dessert or could accompany venison or game dishes.

