

Orange & Rum poached pears

6 serves

Poached pears are delicious and takes little time to make. Using winter inspired spices, this makes for the perfect winter dessert. The best pear to use for the recipe would be Beurre Bosc pears because once its poached the texture becomes buttery and smooth.

What you will need

6 Beurre Bosc pears
1 orange
1 cup of Bacardi spiced rum
1 cup of brown sugar
3 cups of water
1 vanilla pod
1 tsp of cinnamon



How to make it

- Start by peeling the Beurre Bosc pears and cut the bottom of the pears so they can sit up nicely
- in a large pot add the water, rum, cinnamon, brown sugar and sliced orange and vanilla pod (sliced down the middle)
- put the pot on the stove on high heat and let the mixture come to a boil
- add the pears to the pot and let it boil for 20 minutes (or until pears become soft)
- serve pears as a dessert with vanilla ice cream and crushed walnuts or serve for breakfast with Greek yogurt sprinkled with granola of your choice.