



### Go Green with Pears, Basil, and Kiwis

#### **Sweet White Wine Poached Pears with Fresh Fruit Compote**

*An elegant dessert that's easy to prepare*

- 3 small, firm but ripe Anjou pears
- 1-3/4 cups sweet white wine
- 3 Tablespoons apricot spreadable fruit or preserves
- 2/3 cup water
- 1/2 cinnamon stick, broken in half
- 1/2 vanilla bean, split lengthwise
- Prepare Kiwi Fresh Fruit Compote (see recipe attached)
- 3/4 teaspoon arrowroot
- 3 small basil leaf or mint sprigs

Using a core remover or knife and sharp spoon, remove core and seeds from bottom end of pears; peel the cored pears and leave stem attached. Be careful not to penetrate the stem end for better plating appearance.

In medium saucepan, combine wine, spreadable fruit, water, and cinnamon stick pieces. Scrape seeds from vanilla bean; add seeds and bean to saucepan. Bring to a simmer. Add pears, that should be half covered with liquid. Reduce heat to medium low; cook pears about 10 minutes or tender, turning halfway through. If pears are too firm, cook until tender. Transfer pears and liquid to large bowl to cool. Set aside.

Prepare Kiwi Fresh Fruit Compote – see attached recipe.

Remove pears from liquid. Drain cooled poaching liquid back into saucepan.

Remove 2 Tablespoons liquid from saucepan to small bowl; add arrowroot to the liquid; stir until smooth. Add the dissolved arrowroot to saucepan. Cook to boiling, stir occasionally until sauce thickens. Remove from heat; cool to room temperature. (Note: The pears and sauce can be prepared ahead of time and chilled in refrigerator)

**For Each Serving:** Stand one pear in center of shallow serving bowl; spoon sauce over pear; place prepared fresh compote fruit around the pear. Garnish with small basil leaf or mint sprig.

Serves: 3 Pear Desserts

**Cook's Note:** Double the recipe to prepare 6 pear desserts. If desired, for a sweet surprise, sprinkle the finished pears lightly with a light cinnamon sugar.

**Kiwi Fresh Fruit Compote** with a touch of Basil and Black Pepper

2 fresh kiwis, peeled, chopped

1/2 cup fresh blueberries

1/2 cup fresh strawberries, stems removed; quarter lengthwise

1/2 Tablespoon lemon juice

1/2 Tablespoon granulated sugar

1/2 Tablespoon minced fresh basil leaves

1/8 teaspoon ground black pepper

Place chopped kiwi, blueberries, quartered strawberries, and lemon juice in medium sized bowl; toss lightly. Set aside.

In a small bowl, combine sugar, minced basil leaves, and ground black pepper. Using a rubber spatula, press mixture into side of bowl until sugar becomes damp, about 30 seconds. Add basil mixture to fruit; toss gently to combine. Set aside; let stand at room temperature for about 15 to 30 minutes; stir occasionally. Serve at room temperature or chilled.

Serves: about 3 dessert servings

**About the Recipe:** Poached pears are one of the easiest desserts to prepare. After removing the cores and simmering them in poaching liquid to soften, they just relax in their liquid waiting to be served with a sauce or even a dollop of cream. They are an elegant dessert that taste fresh and light.