

Recipe

Healthy Food



INGREDIENTS

- 4 firm-ripe medium-sized pears, such as Bosc or Bartlett
- ¼ cup lemon juice
- ¼ cup prepared caramel sauce or caramel topping

POACHED PEARS WITH CARAMEL SAUCE RECIPE

1. Peel the pears, leaving the stems attached. Cut a thin slice from the bottom of each pear so that the pear will stand.
2. Place the pears in a saucepan large enough to fit 4 pears without the fruit toppling. Add the lemon juice and 4 cups water.
3. Bring to a boil, reduce heat to simmer, and cook for 10 to 15 minutes or until pears are tender but not falling apart.
4. Drain the liquid. Place the pears on a plate, cover and chill 3 hours or overnight.
5. Arrange the pears on individual dessert dishes. Drizzle caramel sauce over the pears, making a small puddle of sauce on the plate.

Cooking Note

- Instead of using lemon juice and 4 cups water, substitute 4 cups apple juice to cook the pears. If the pears are short on flavor, this will give them a boost.