

Mulled wine poached pears

Ingredients

- 1 cup red wine
- Juice and zest of 1 orange, plus 1 tablespoon zest, to serve
- 3 tablespoons brown sugar
- 1 vanilla bean, cut in half
- 2 cinnamon sticks
- 4 firm pears, peeled with stalks intact
- 1/3 cup blueberries, fresh or frozen

Vanilla spiced cream

- 4 tablespoons low- fat plain yoghurt
- 1 teaspoon vanilla paste
- 2 tablespoons crème fraiche
- Sprinkling of mixed spice

Instructions

- In a small deep pan, large enough to fit pears snugly, place 3 ½ to 4 cups water, wine, orange zest and juice, sugar, vanilla bean and cinnamon sticks
- Add pears then cover. Bring to the boil, reduce heat and simmer for 15 minutes, or until tender. Test with a sharp knife, which should slide into the pear easily
- Meanwhile, in a bowl, combine all spiced cream ingredients
- Lift pears out of the pan and set aside, then turn heat up and bring remaining liquid to the boil. Add blueberries and boil for a few minutes until slightly syrupy. Serve pears with berries, warm syrup poured over, and spiced cream and orange zest.

