





# Pears

There are more than 5,000 varieties of pears, not all of them are pear-shaped. They have been cultivated since before 2000 B.C.

1 portion = 1 medium pear

Recipe  
developed by  
Robin Van Creveld,  
Community Chef

## Drunken Pears (serves 4)

### How to prepare:

- 4 large hard pears, cored, peeled and cut in half lengthways
- 1 cup of red wine or grape juice
- 1 cup of water
- Cinnamon stick (optional)

### How to cook

- Place prepared pears in a deep pan and pour over the red wine or grape juice and the cup of water. You can also add a cinnamon stick if you have one.
- Bring to the boil then reduce heat and simmer.
- Cook pears gently for 20 minutes or until the pears are soft.
- Remove pears from the liquid and put to one side. Continue to cook liquid for a further 10 minutes until reduced by half. This makes a delicious fruit syrup.
- Serve the pears with a dollop of yoghurt and a swirl of fruit syrup.



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