



# Poached Pears

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom  
or 8 serves at home

**Fresh from the garden:** edible flowers, lemons, lemon verbena leaves, oranges, pears

**Recipe source:** Adapted from a recipe by Desley Insall, Kitchen Specialist, Collingwood College, Victoria

When pears are in season, they are abundant and fragrant. This delicious dessert complements their natural floral flavour with vanilla and citrus. Serve warm or cold, with a spoonful of yoghurt, or just as is.

**Note:** Don't throw away the vanilla bean at the end – it can be re-used for another batch of pears. Make sure when you're serving up that there is about half a pear for each diner.

## Equipment:

metric measuring jug and scales  
clean tea towel  
chopping board  
cook's knife  
vegetable peeler or zester  
citrus juicer  
very large saucepan or stockpot  
spoon or melon baller  
large slotted spoon  
serving bowls (one per diner)

## Ingredients:

2 L cold water  
1 kg sugar  
zest of an orange  
zest and juice of a lemon  
1 vanilla bean  
16–20 pears, peeled  
edible flowers, to garnish (optional)  
6 lemon verbena leaves, to garnish (optional)



## What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.

### To make the syrup:

1. Pour the water into the large saucepan.
2. Add the sugar, orange zest, lemon zest, lemon juice and vanilla bean. Bring to the boil and simmer for 10 minutes to release the flavours.

### To prepare the pears:

1. Cut the pears in half and scoop out the cores with the spoon or melon baller.
2. Lower the pears into the syrup with the slotted spoon straight away to stop them from going brown (oxidising) from being left in the air too long.
3. Once all the pears are in the pot, gently heat to a very low simmer.
4. Poach the pears until they are just soft when pierced with a knife, and then turn off the heat.
5. Leave the pears in the syrup to cool.
6. To serve, use the slotted spoon to lift the pears out of the pot and put one half in each bowl. Decorate the pears with edible flowers and lemon verbena leaves.

