Poached Pears in Red Grape Juice.

Recipe from Coventry Cooking supplied by Leigh

Ingredients:	Serves 6	Serves 60
Vanilla essence	1 tsp	3 tbs
Red grape juice	1 l	10 l
Cinnamon stick	1	10
Pears (peeled but kept whole with stalk intact)	6	60

Method:

1. Put the grape juice into a large saucepan with the cinnamon and vanilla essence.
2. Place the pears in the pot, making sure they are covered with the grape juice.
3. Cover and simmer for 20 to 30 mins or until soft all the way through.
4. Take the pears out and continue to boil the liquid until it reduces and is syrupy then leave to cool.
5. Serve each pear with the cooled syrup.
6. Garnish with a piece of cinnamon (optional) or serve with low fat Greek yoghurt.

Tip – these can be made 2 days ahead and chilled.