

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Ruby Poached Pears with Berry Sauce**

There is a secret to these ruby colored pears and sauce . . . a small beet sliced and poached with the pears adding color with nary a taste of beet. Serve these pears at room temperature for the best flavor. The pears are delicious with a crisp cookie and a bit of Lemon Sorbet or ice cream.

4-8 servings

### *Poaching the Pears*

2 or more cups [Knudsen's Hibiscus Cooler](#)

1½ inch piece fresh ginger, peeled, sliced into 1/8-inch slices

1 small beet (4 ounces or less), washed, cut into ¼ -inch slices

1 cinnamon stick

2 bay leaves

1/3 cup mild honey

1 teaspoon vanilla

2 five-inch strips orange peel (use a peeler to peel the colored part of the peel)

1 five-inch strip lemon peel

4 barely ripe pears, peeled, halved and cored (firm-textured Bosc, Anjou and Seckel pears work best. Bartletts, too, if you remove them from the heat as soon as they are tender.)

### *The Berry Sauce*

4½ teaspoons organic cornstarch

1 pound frozen mixed berries

Place all the poaching ingredients into a wide-bottomed pan except for the pears. Bring the mixture to a boil then lower the heat so the mixture simmers. Add the pear halves, cut side up. Add enough additional Hibiscus Cooler, if necessary, to just cover the pears.

Crumple a piece of parchment paper and place it into the pot on top of the pears. Use a pan lid to act as a weight on top of the parchment and the pears to keep the pears submerged. Poach the pears at a gentle simmer for 25 minutes.

Remove the pan from the heat and let the pears cool in the poaching liquid. For the best color, leave the pears in the liquid along with the rest of the ingredients for at least 24 hours before removing them.

When you are ready to prepare the sauce, remove and discard the ginger, beet, peels, cinnamon and bay leaves from the poaching liquid. Drain the pears and put them aside. Measure the amount of poaching liquid you have. Place ½ cup of the cool poaching liquid in a small bowl and stir in the cornstarch. Set aside.

If you have more than 1½ cups of poaching liquid, place it in a pot and cook over high heat until it reduces to 1½ cups. Turn the heat to low and use a whisk to incorporate the cornstarch mixture. Raise the heat to medium. Continue whisking until the sauce thickens. Cook for 2 minutes to stabilize the cornstarch. Stir in the mixed berries and cook for another minute or two until the berries are hot.

Serve the pear halves, one or two per person, with the berries and sauce spooned over them.