

Your Just Desserts

Infuse Pears With Wintertime Flavors

(NAPSA)—It's peak pear season, and with it comes an endless variety of ways to enjoy this versatile fruit, like sliced into salads, layered in sandwiches or simply enjoyed, fresh and ripe, with a napkin in hand. Multiple varieties of USA-grown pears are available in markets from coast to coast nearly year-round. Reach for everyday favorites like Bartlett, Bosc and Anjou, and experiment with the delicate flavors of Starkrimson, Forelle and Comice.

Poaching pears is the perfect way to get creative with this cold weather staple. It turns firmer pears into a tender treat and infuses them with subtle, sweet flavors and spices, which are absorbed during this easy and gentle simmering process. In this recipe, coconut milk as the cooking liquid and star anise as the spice come together to create a simple but indescribably delicious sauce for classic poached pears. Dish up as a dessert or a filling breakfast with granola and protein-rich Greek yogurt.

Creamy Coconut and Star Anise Poached Pears with Greek Yogurt and Granola

Preparation time: 25 minutes

Serves six

Ingredients

- 3 firm USA Pears, such as Bosc, Anjou, Red Anjou or Concorde**
- 2 cans (14 ounces each) coconut milk**
- ½ cup packed dark brown sugar**
- 3 whole star anise pods**
- 2 cups Greek yogurt, divided**
- 1 cup granola, divided**



Pick poached pears for a delicious dessert that's easy to make and elegant to serve.

Preparation

Peel and halve the pears, and scoop out their cores using a spoon. In a medium saucepan over low heat, warm coconut milk, sugar and anise until sugar is dissolved. Submerge the pears in the coconut milk. Cover and cook for 20–25 minutes, keeping the heat at low to prevent burning the coconut milk, until the pears are just tender when pierced with a fork. Gently stir the mixture every 8–10 minutes to prevent scorching. Once tender, remove the pears and let cool slightly. Remove the sweetened, spiced coconut milk from heat and set aside.

Spoon ½ cup Greek yogurt into 6 serving bowls, and sprinkle 2 tablespoons of granola atop each bowl. Place one poached pear half in each bowl. Spoon 1 tablespoon of the poaching sauce over the top and serve. Refrigerate any leftover pears in the reserved coconut milk.