

## POACHED PEARS AND RED WINE JELLY

### INGREDIENTS

About 1kg pears, (6 large or 8 small), rock hard  
750ml red wine, cheap and full-bodied (Syrah/ Shiraz based is best)  
400g granulated sugar  
1 vanilla pod (optional)  
4 cardamom seeds, whole  
4 star anise, whole



### PREPARATION

Poach pears in liquid until just soft, about 30 minutes. Leave to cool in the liquid and place in the refrigerator overnight. This gives the pears the vibrant red colour.

#### Red wine jelly:

Check and dilute the poaching liquid with more red wine as necessary – you don't want it too sweet. Add a bit more for a firmer set, especially if you want to turn it out of a mould.

2 tbs. gelatine for 500ml of liquid

Lemon juice, optional

Heat about 100ml of liquid until it is boiling hot. Meanwhile, add the gelatin to the remaining poaching liquid to soften. Put the gelatin mix into the hot liquid and stir until well blended. Pour into a mould or individual ramekins and leave in the fridge to set.