

Ginger Poached Pears

The delicate sweet taste of pears is showcased in this simple and beautiful dessert. To gentle the effect of the fruit sugar on our blood chemistry, the pears are poached in a lightly spiced broth, with ginger for strength, cinnamon for warmth, and lemon to aid the body in assimilating the sugars. The overall effect is a dessert that relaxes and nourishes the body.

Ingredients:

1-inch piece fresh ginger, thinly sliced
4 ripe pears with stems
1 cinnamon stick
Grated zest of 1 lemon
¼ cup brown rice syrup
1 tablespoon mirin (optional)

Preparation:

Take a thin slice off the bottom of each pear so it will sit flat.
Place ginger on the bottom of a pot that will hold the pears.
Arrange pears in pan on top of ginger.
Add enough water to cover pears; add cinnamon stick, lemon zest, mirin, and rice syrup.
Cover, and bring to a boil.
Turn off heat, remove cover, and drape cheesecloth over the surface of the water to keep pears submerged.
Cool to room temperature.
Remove pears and arrange, on flat ends, on a plate.