

Rosé-Poached Pears

I don't know what's better, the delicious, complex flavor of these poached pears or the ombre color. They're perfectly pink on the outside, and when you cut into them the pink slowly bleeds to white. Simply stunning!

In this recipe the alcohol won't cook off completely, unlike poaching pears on the stovetop, so keep these as an adults-only treat.

Makes 4 servings | Serving size: ½ pear and 3 cherries | Cook time: 25 minutes |

Prep time: 8 minutes

Per serving: calories 88; fat 0 g; saturated fat 0 g; fiber 1 g; protein 1 g;
carbohydrates 22 g; sugar 21 g

2 cups rosé wine

½ cup raw (turbinado) sugar

2 cups water

2 pears, peeled, halved, and cored

12 pitted dark red cherries (I use frozen)

1 cinnamon stick

1 teaspoon pure vanilla extract

1. In the Instant Pot, combine the wine, sugar, and water. Set the pot to “sauté, medium heat” and simmer until the sugar dissolves.

2. Add the pears, cherries, cinnamon stick, and vanilla. Cover and cook on

high pressure for 8 minutes. Let the pressure release naturally.

3. Transfer the pears and cherries to a large bowl. Remove and discard the cinnamon stick. Set the pot to “sauté, high heat” and simmer the remaining liquid for about 10 minutes, stirring to avoid burning. When it's syrupy, it's done.

4. Pour the syrup over the pears, cover, and refrigerate for at least 8 hours. Serve chilled or at room temperature.