

## Poached Pears with Blackberries

### Ingredients:

- 4 pears, peeled, but left whole
- ½ lemon, juice and zest of
- 8 ounces blackberries
- 1 1/3 cups water
- 1 ounce honey

### Directions:

Put the pears in a saucepan with the lemon zest and the lemon juice. Add in half the blackberries and the water. Heat until the mixture bubbles, then cover and cook gently for 20 minutes or until the pears are tender. Flip the pears over half way so they cook evenly on both sides. Lift the pears from the cooking liquid and cool for a few minutes. Slice each one in half and scoop out the cores with the tip of a teaspoon. Tip the cooking liquid into a sieve set over a bowl and rub it through leaving the seeds behind. Pour the fruity syrup back into the saucepan, add the rest of the blackberries and reheat gently for a minute to lightly cook them. Pour the blackberry sauce over the pears. 45 minutes preparation time. Makes 4 servings