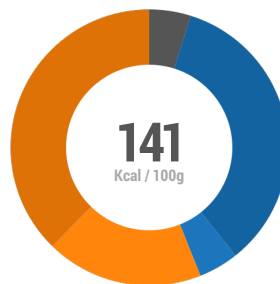


# Poached Pear in Red Wine

Poached red wine pear with mascarpone and shortbread

By Mark Irish from Brakes

Overview ...



CALORIES:

**39.1% Carbs**

**4.9% Protein**

**56% Fat**

Food Labelling...

Serves **10**

CONTAINS:



WHEAT



MILK



SULPHITES

MAY CONTAIN:



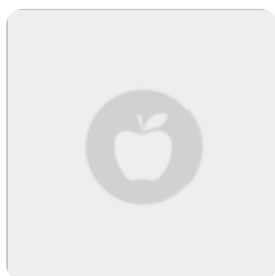
HAZELNUTS,  
PECANS,  
ALMONDS,  
WALNUTS,  
BRAZIL NUTS,  
PISTACHIOS,  
MACADAMIAS

Recipe Ingredients ...

	Quantity:	Description:
133989 Artis Merlot 0% (alcohol-free) - BRAKES	<b>568g</b>	80.45x Each
87011 Brakes Cinnamon Sticks - BRAKES	<b>7g</b>	
103348 Brakes Whole Star Anise - BRAKES	<b>2g</b>	
23348 Italian Mascarpone Cheese 500g - BRAKES	<b>360g</b>	
84532 Brakes Mini All Butter Shortbread Rounds - BRAKES	<b>70g</b>	10x Each
114231 Pears - BRAKES	<b>656g</b>	5x Each
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	<b>100g</b>	

Products / Pack Sizes ...

**1 Serving**



*Product code*

*Barcode*

176g / 255kcal

# 1

## **Preparation:**

Peel the pears

## **Method:**

1. Place the pears in a saucepan and pour over wine
2. Add the sugar and spice
3. Bring to a gentle boil and turn down to simmer
4. Simmer for approx. 20 mins or until the pears have softened slightly, turn off the heat
5. Allow to cool in liquid
6. Serve with shortbread and mascarpone cream