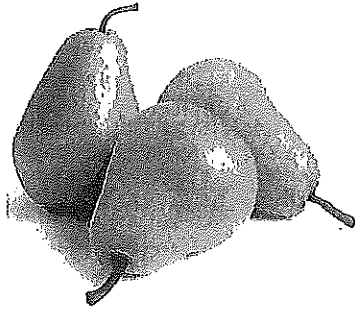


Poached Pears in Vanilla



Ingredients

4 Pears

½ cup of sugar

1 vanilla pod (cut lengthways)

2 cups of water

1 lemon

Method

Peel the pears and cut into 4 pieces diagonally, pour over the lemon juice and put to one side.

Put water and sugar into saucepan and heat until sugar has dissolved.

Gently add the pears & vanilla pod.

Simmer gently for approx 15 minutes until pears are cooked.

Serve with yogurt, or custard (optional)