



Cabernet Baked Pears

prep time:
10 minutes

cook time:
20 minutes

makes 4 servings

grocery list

fresh pears
red Cabernet wine
**Morton & Bassett Whole
Black Peppercorns**
Morton & Bassett Cinnamon Sticks
ShopRite sugar
**Modenaceti Platinum
Balsamic Vinegar**
heavy cream
all-natural vanilla bean ice cream

cabernet baked pears

- 4 fresh pears, bottom $\frac{1}{4}$ -inch removed, peeled and cored
- 2 cups red Cabernet wine
- 1 **Morton & Bassett Whole Black Peppercorn**
- 1 **Morton & Bassett Cinnamon Stick**
- 1 cup ShopRite sugar
- 2 tbsp. **Modenaceti Platinum Balsamic Vinegar**
- $\frac{1}{2}$ cup heavy cream
- 1 pt. all-natural vanilla bean ice cream, softened
- Fresh mint sprigs (optional)

1. Preheat oven to 375°F. Place pears cut side down in shallow baking dish. For poaching liquid, bring wine, cinnamon stick, peppercorn and sugar to boiling over high heat in a saucepan; boil 3 minutes.
2. Pour mixture over pears and cover. Bake 15 minutes or until pears are tender. Discard cinnamon stick and peppercorn. Spoon juice over pears to coat. Add vinegar to poaching liquid and reduce until syrupy. Set aside Cabernet syrup.
3. For vanilla sauce, whip cream until soft peaks are formed. Fold in softened ice cream. Set aside.
4. Remove pears from poaching liquid with slotted spoon. Place 1 pear onto each of 4 plates. Carefully fill cores with vanilla sauce. Drizzle outside with Cabernet syrup. Serve immediately, garnished with mint sprigs, if desired.

Per Serving: 592 calories, 90g carbohydrate, 3g protein, 19g fat, 6g fiber, 71mg cholesterol, 55mg sodium

cook's journal

kitchen tools

- paring knife
- cutting board
- liquid measuring cup
- dry measuring cup
- measuring spoons
- shallow baking dish
- medium saucepan
- spoon
- electric mixer or whisk
- slotted spoon
- servicing plates

recipe note

Pears are available in a delicious variety of spicy, sweet and sweet-tart flavors. They improve in texture and flavor after being picked.

a good idea

You can substitute half of a 3.5-oz. carton of vanilla pudding for the ice cream.

