



# Cider-Poached Pears for Fall

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## Ingredients

2 cups fresh apple cider  
2 Tbs. mulling spices  
4 pears, peeled, halved and cored  
Optional: 1 tsp. raw honey

## Instructions

Add the cider and spices to a medium-sized saucepan and bring to a low boil. Stir in the honey if you are using it. Reduce the heat, and allow mixture to simmer, uncovered, for ten minutes.

Meanwhile, peel, halve and core your pears and place them gently in the liquid. Continue to simmer for 10 to 15 minutes, until the pears yield easily to the tines of a fork but are not falling apart. By now, your liquid should have reduced to half its original volume. If it has not, remove the pears when they are tender and continue to reduce poaching liquid.

Remove the pears from the pan and place in shallow bowls. Strain the liquid into a bowl to remove the spices, and generously spoon the liquid on top of the pears. Serve warm as a dessert, or cooled as an accompaniment to breakfast yogurt.