



Autumn Recipe II

Poached Pears in Mandarin Orange Spice Sauce

Makes 4 servings

Mandarin Orange Spice Sauce:

Zest of half a mandarin orange

1 cup mandarin orange juice (also called temple oranges), 2 oranges, freshly squeezed

2 tablespoons brown rice syrup, pure maple syrup or honey

¼ teaspoon Chinese 5-spice powder (cinnamon, anise seed, cloves, ginger and fennel seed)

1 heaping teaspoon thickener (kuzu root starch or arrowroot or tapioca powder)

1 tablespoon water

Fruit:

2 Bosc pears, peeled, halved lengthwise and cored (A melon baller works nicely.)

Mint leaves for garnish

1. Place zest, juice, syrup and spice in a 3-quart pot. Bring to simmer and stir. Add the pears cut-side down. When simmering resumes, cover pot to cook until fruit is tender, 10 to 20 minutes.

2. Transfer pears to serving platter or individual plates. Dissolve thickener in water and add to pot. Stir until mixture thickens, in about a minute. Makes ½ cup. Pour sauce over pears to serve.

Note: For large amounts, measure the liquid remaining after cooking the pears. **Figure a tablespoon of thickener per cup of liquid.** Dissolve the thickener in enough cool water to cover it and proceed as stated.

Nutritional Analysis, per serving:

Calories: 96 Protein: 1gm Saturated Fat: 0 Fiber: 2gm Carbohydrate: 23gm Fat: 0.5gm Cholesterol: 0 Sodium: 68mg

Calories from Protein: 4% Calories from Fat: 4% Calories from Carbohydrate: 92%