

## England: Yuletide Poached Pears with Almond Cream

– serves 8

8 small, firm Bosc pears, about 2 pounds total  
3 cups dry white wine or unsweetened apple juice  
3 ½ cups water  
6 peppercorns  
3 cloves  
2 cinnamon sticks, 3 inches long

### *Almond Cream:*

1 cup fat-free sour cream  
2 tablespoons light brown sugar  
1 tablespoon almond-flavored liqueur or 1/8 teaspoon (0.6 ml) almond extract  
2 tablespoons sliced almonds, toasted

1. Core the pears from the bottom, using a melon baller. Peel the pears, leaving the stem in place.
2. Bring wine, water, peppercorn, cloves and cinnamon sticks to a boil in a non-reactive saucepan. Add the pears and more water, if necessary, to cover pears.
3. Reduce the heat to simmer. Cover the pan and cook 10-15 minutes until they are barely tender when tested with a knife in the blossom end. Remove from heat, uncover, and allow the pears to cool in the poaching liquid . Refrigerate until ready to serve.
4. In a small bowl, whisk together sour cream, brown sugar, and almond liqueur. Cover and refrigerate until ready to serve.
5. To serve, spoon 2 tablespoons (30 ml) of the sour cream mixture in the center of each dessert plate, smoothing into a "puddle" with the back of a spoon. Place a pear upright in the center of each and sprinkle with some of the almonds. Serve with a fork and knife for eating.

**Per serving:** 135 calories (8% calories from fat), 3 g protein, 1 g total fat (0.1 g saturated fat), 26 g carbohydrate, 3 g dietary fiber, 3 mg cholesterol, 27 mg sodium

**Diabetic exchanges:** 2 carbohydrate (fruit)