

Baked Pears with White Wine Cream Sauce

At Stonehurst Place we cook with Organic ingredients whenever possible.

- 3 medium sized firm pears, any type
- 1 cup fresh green seedless grapes
- 3 teaspoons butter
- 6 teaspoons brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ cup white wine
- ½ cup apple juice
- 2 tablespoons cassis or other black currant liqueur, optional
- ½ cup light cream
- 1 tablespoon cornstarch
- whipped cream and berries, to garnish

Method

1. Preheat oven to 350°F
2. Peel pears, cut in half and hollow out centers removing any hard parts and the seeds. Place in baking dish with the hollowed out center side facing up.
3. Place about ½ teaspoon butter on each pear. Pour white wine and apple juice over the pears; add the liqueur if using. Sprinkle the grapes over the pears. Mix brown sugar, cinnamon, and nutmeg together and sprinkle over the pears and grapes.
4. Bake in a preheated 350 degree oven about 30 minutes or until pears are soft but still firm enough to hold their shape. Remove from oven.
5. Mix corn starch with water to make a thin paste. Slowly stir cornstarch paste into ½ cup cream and then slowly add to juice in the pan; stir with the wine and juice from the pears until a slightly thin cream sauce forms.
6. To serve, place 1 pear half on a small dish plate, cored side down. Beginning slightly below the "neck" of the pear, cut into 4-6 slice in a curving motion. Fan out the slices still attached to the neck. Spoon some of the grapes and sauce over pear. Top with a dollop of whipped cream.

Notes



from Barb "Personally, I never cook with any wine I wouldn't drink on it's own!"



Servings/Yield

6 servings

Categories

Fresh Starts

NUTRITION FACTS

Servings: 6

Amount Per Serving

Calories: 159

Total Fat: 5.64g

Cholesterol: 18mg

Sodium: 11mg

Total Carbs: 21.40g

Dietary Fiber: 2.54g

Sugars: 16.19g

Protein: 1.03g