

RED WINE POACHED PEARS WITH CINNAMON YOGHURT

Serves: 4

Ingredients

400g reduced fat Australian yogurt
2 cups red wine
2 cups water
1/2 cup caster sugar
2 strips orange rind
1 star anise or cinnamon stick
4 firm pears, peeled, and halved
1 teaspoon cinnamon
2 tablespoons raw unsalted pistachios, chopped

Method

1. Place yogurt into a paper towel lined sieve over a large bowl. Cover and refrigerate for 1-2 hours or overnight.
2. Combine wine, water, sugar, orange rind and star anise in a large heavy based saucepan. Bring to the boil stirring until sugar has dissolved. Reduce heat, add pear halves and simmer for 15 minutes or until tender. Remove halves with half of the liquid. Set aside
3. Boil remaining liquid until reduced and thickened slightly.
4. Mix the yogurt and cinnamon until well combined.
5. For serving, drain pears from liquid, and divide between serving bowls, drizzle with some of the reduced liquid, top with yogurt and sprinkle with pistachios.



Nutritional Information:

Kilojoules 1401 kJ
Calories 334 cal
Protein 7 g
Total fat 5 g
Saturated fat 5 g
Carbohydrate 57 g
Sodium 72 mg
Calcium 180 mg
Iron 1 mg
Fibre 4 g

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