

The background is a vibrant watercolor wash in shades of yellow, orange, and pink. A white rectangular box with a thin gold border is centered in the image, containing the title text in a dark brown, cursive font.

*Poached Pears with
Satsuma and Dates*

Poached Pears with Satsuma and Dates

Ingredients

- 4 ripe but firm pears, Anjou and Bosc work well
- 3 Medjool dates chopped
- ¼ cup of mandarin juice
- 1.5 teaspoon of maple syrup
- 1 tsp of grated fresh ginger
- 1 tsp of ground cinnamon
- Mandarin zest
- Shredded coconut toasted
- Water

Peel the pears leaving the stem intact.

Cut a thin slice of the bottom of the pear so it stands upright. Put the pears in a small saucepan then add less than an inch of water and over medium heat start cooking the pears when the water simmers add the rest of ingredients except for the coconut and cook until done, use a cake tester to check, they should be soft in the middle. Put them aside and reduce the liquid until it has a glaze consistency, then cover the pears with this glaze and serve with coconut on top.