



**Yield: 6 servings**

**Ingredients**

- 4 cups apple juice
- 2 tablespoons chopped ginger
- 10 cardamom pods
- 2 cinnamon sticks
- 3 pears, peeled, halved and cored

## Poached Pears

**Instructions**

1. In a medium sized sauce pan add the juice, ginger, cardamom and cinnamon. Cook over high heat until liquid begins to simmer. Reduce heat to low.
2. Add pears and cook for 20 minutes, until pears are fork tender but not mushy.
3. Remove pears from pan and serve.
4. Alternatively, after you remove the pears from the pan, you can continue to cook the liquid until it starts to thicken. Then drizzle the thick apple liquid onto the pears before serving. Sauce will thicken even more once cooled.

Presented by  
**Culinary Medicine**

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**Nutrition Information** Serving Size: ½ of a pear

Calories: 113 | Total Fat: 0.2 g | Saturated Fat: 0 g | Monounsaturated Fat: 0 g | Polyunsaturated Fat: 0 g  
Sodium: 14 mg | Total Carbohydrate: 20 g | Dietary Fiber: 0.3 g | Sugars: 26.7 g | Protein: 0.5 g

Source: Spectrum Health Culinary Medicine