

The Ultimate Fall Dessert: Spiced Poached Pears with Luscious Mascarpone Crème

Poached Pears with Spiced Mascarpone Crème: The Elegant Dessert That's Surprisingly Easy



TIME

15 to 20 min

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ChefManiac

INGREDIENTS

For the Poached Pears:

For the Spiced Mascarpone Crème:

DIRECTIONS

1. Follow these simple steps for an elegant finish to your meal.
2. Step 1: Prepare the Pears: Peel the pears using a vegetable peeler, starting from the bottom and working up to the stem. Make sure to leave the stems intact—they look beautiful and give you something to grab onto! Using a small melon baller or knife, carefully core the bottom of the pear to remove the seeds. This makes for easier eating later.
3. Step 2: Create the Poaching Liquid: In a medium saucepan (one that is tall enough for the pears to stand up in), combine the water, wine (or juice), sugar, cinnamon stick, star anise, cloves, orange peel, and vanilla extract. Bring the mixture to a gentle simmer over medium heat, stirring just until the sugar dissolves.
4. Step 3: Poach the Pears: Gently place the peeled and cored pears into the simmering liquid, ensuring they are mostly submerged. If they aren't fully covered, you can use a small piece of parchment paper cut to fit the size of the pan and lay it directly over the liquid and pears to keep them submerged (this is called a cartouche). Reduce the heat to low and poach for 15 to 20 minutes. The time will vary based on the size and firmness of your pears. They are done when a sharp knife easily slides into the center, but the pear still holds its shape.
5. Step 4: Cool and Chill: Carefully remove the pears from the poaching liquid and place them on a plate to cool. Leave the poaching liquid on the stove. Once the pears are cool enough, cover them and chill them in the refrigerator until ready to serve.

6. Step 5: Make the Crème: In a medium bowl, combine the cold mascarpone cheese, cold heavy cream, powdered sugar, cinnamon, nutmeg, and vanilla extract. Using an electric hand mixer or a whisk, whip the mixture until it is smooth, creamy, and holds soft peaks-be careful not to over- whip.
7. Step 6: Serve and Finish: Optional but recommended: Reduce the poaching liquid over high heat for about 5 to 10 minutes until it has thickened into a syrup. Place one chilled or slightly warm pear in a small dessert bowl. Spoon a generous dollop of the Spiced Mascarpone Crème next to the pear. Drizzle with the thickened poaching syrup and garnish with a sprinkle of toasted, crushed pistachios or almonds for crunch.

SWAPS & NOTES

Pears (Bosc or Anjou) 4 ripe but firm Choose pears that stand up nicely and aren't bruised.

White Wine (or Apple Juice) 1 cup A dry white wine works best, like Pinot Grigio or Sauvignon Blanc.

Granulated Sugar 2 1/2 cup For sweetness and to create a syrup.

Cinnamon Stick 1 large Essential for that classic warm flavor.

TIPS FOR SUCCESS

Pears Must Be Firm: Make sure the pears you choose are ripe but still quite firm.

Overripe pears will turn mushy in the hot liquid.

Simmer, Don't Boil: The poaching liquid should only ever be at a gentle simmer with just a few bubbles breaking the surface.

A rolling boil will cook the pears too quickly and can make them fall apart.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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