

Poached Pears in Red Wine with Anise and Lemon

Ingredients:

- 1 750 ml bottle of dry red wine
- 1 cup sugar
- 1 cup water
- 6 2x1-inch strips lemon peel (yellow part only)
- 1 1/2 teaspoons aniseed
- 1 vanilla bean, split lengthwise
- 6 firm but ripe Bosc pears
- 1 1/2 cups nonfat vanilla frozen yogurt

Directions:

Combine first 5 ingredients in a large heavy pot. Scrape in seeds from vanilla bean, add the bean. Bring to a boil, stirring until sugar dissolves. Remove from heat. Peel, halve and core pears. Add pears, rounded side down, to cooking liquid. Return cooking liquid to a boil. Reduce heat to low, cover and simmer until pears are tender, basting occasionally with cooking liquid if necessary, about 25 minutes. Using slotted spoon, transfer pears to a bowl. Strain cooking liquid, discard solids. Return cooking liquid to pot. Boil until reduced to 1 cup, about 12 minutes. Pour syrup over pears. Chill until pears are cold, at least 3 hours or overnight. (Can be prepared 1 day ahead. Keep refrigerated.) Scoop frozen yogurt onto plates. Place pears on plates. Spoon sauce over pears.