



AN INDEPENDENT HEALTH FOUNDATION PROGRAM

January 13<sup>th</sup>, 2014 Cooking Class

Featuring

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of Rust Belt Bar and Grill

## Vanilla Poached Pears with Cinnamon Balsamic Reduction

Serves 6

### Ingredients:

- 2 cups Riesling
- 3 Tbsp. sugar
- 2 cups water
- 1 tsp. cinnamon
- 1 tsp. allspice
- Pinch salt
- 1 vanilla bean, split lengthwise
- 3 pears, peeled and halved, cores removed

### For Balsamic Reduction:

- 3 cups cinnamon balsamic vinegar
- ½ cup sugar

### Directions:

- 1) Combine the first 6 ingredients in a medium saucepan. Scrape seeds from vanilla bean into poaching liquid and bring to a simmer. Carefully place pears into the hot liquid, cut side down, and simmer until pears are fork tender.
- 2) Meanwhile, heat balsamic vinegar and sugar in a small sauce pan over medium heat and cook until reduced by half. Remove from heat and allow to cool slightly.
- 3) Arrange cooked pears in a shallow dish and drizzle with balsamic reduction. Serve warm.

Nutrition Facts	
Serving Size: 1 serving (101.2g)	
Servings: 6	
Amount Per Serving	
Calories 200	Calories from Fat 80
% Daily Value*	
Total Fat 9g	13%
Saturated Fat 4.5g	21%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	7%
Sugars 22g	
Protein 4g	
Vitamin A 0%	Vitamin C 4%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

