

Pears stuffed with Gorgonzola Cheese

Makes 4 servings



Ingredients

- 1 ½ cups of Dessert Wine or Grape Juice
- 2 cups of water
- ¾ cup of sugar
- ½ stick of cinnamon
- 4 cloves-whole
- 4 bosc pears
- 2 tsp of lemon juice
- 1 oz of cream cheese at room temp.
- 4 oz of Gorgonzola (blue cheese) crumbled & softened
- 1 Tbsp of Hoeny
- Pinch of sea salt
- Pinch of pepper
- ¼ cup of pecans, pistacio or pine nuts- lightly toasted and chopped

Directions

- ☞ In a large saucepan combine first 5 ingredients over medium-high heat & bring to a boil, stirring to dissolve sugar & become the poaching liquid. Meanwhile peel the pears, leaving the stem intact.
- ☞ Rub the pears with lemon juice to keep them from discolouring
- ☞ When poaching liquid has come to a boil, add pears & simmer until tender, about 30 minutes. Then use slotted ..spoon to carefully transfer pears to a plate to cool
- ☞ Return poaching liquid to a boil & reduce to a syrup, about 20 minutes. Strain & transfer to a bowl.
- ☞ Once cooled, carefully remove the pears' inner core. Pat dry on all sides & set aside.
- ☞ In a small mixing bowl combine the two cheeses, honey, salt & pepper - mix thouroughly. Transfer to a pastry bag with a plain tip. Pipe into the cavity of each pear.
- ☞ Place on desert plates & drizzle with room temperature syrup. Garnish with nuts & serve.

Nutrients (approximately)

452 Calories per serving,
Fat 12g, Saturated Fat 5g, Cholesterol 20.6mg, Sodium 287.7mg,
Carbohydrates 85.4g, Fiber 6.4g, Sugars 73g, Protein 6.1g

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