

Spiced Poached Breakfast Pears with Star Anise

Gather
& Feast

By [Ashley Alexander](#)

I love pears - often underrated, but absolutely delicious in so many ways. One of my favourite ways to enjoy them is by poaching them with warm spices and fragrant orange peel. After poaching, I store them in the fridge and savour them for breakfast, either on top of warm porridge during the colder months or served cold alongside bircher muesli or thick Greek yogurt with granola in the warmer months. The pears can also be served as an impressive yet simple dessert option, accompanied by a dollop of fresh cream or ice cream.

SERVES 10 | **PREP TIME** 15 minutes | **COOK TIME** 2 hours | **TOTAL TIME** 2 hours 15 minutes

INGREDIENTS

- 8-10 brown beurré bosc pears (feel free to use any pears I just find these keep their shape and texture well once cooked)
- 8 cups boiling water (or enough to just cover the pears)
- 3 cinnamon sticks
- 1 teaspoon whole cloves
- 3 whole star anise
- 1 tablespoon ground cinnamon
- Fresh orange rind (about 4-6 strips using a vegetable peeler)
- 1/4 cup honey (you could also use 3 tablespoons brown sugar or raw sugar)



METHOD

Browned butter

1. Pour the boiling water into a large deep pot.
2. Add the cinnamon sticks, cloves, star anise, ground cinnamon, honey (or sugar), and orange rind into the boiling water.
3. Peel the pears and pop them in the pot.
4. Bring the pears and spiced water back up to a simmer. At this point, if you stir the spiced water it can turn a little slimy in texture from the ground cinnamon. If it is worrying you, add some extra boiling water and it should thin out.
5. Now leave the pears to simmer on low for 2 hours with the lid on.
6. Enjoy the pears warm or allow them to cool in the spiced water.
7. Serve with a dollop of fresh cream or ice cream, or for breakfast on top of warm porridge, bircher, or thick Greek yogurt with granola.
8. Store any leftovers in an airtight container in the fridge, submerged in the spiced water for up to a week.

NOTES

Store any leftovers in an airtight container in the fridge, submerged in the spiced water for up to a week.

I've used brown beurré bosc pears as I find they keep their shape and texture well once cooked, but feel free to use any type of pear.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/spiced-poached-breakfast-pears-star-anise>

Let me know if you make the recipe! x **@gatherandfeast**