

Asian Pears With Vanilla Poached Kumquats

Author: La Due & Crew blog



1/2 whole vanilla bean, halved lengthwise
1/2 cup water
3 tablespoons fresh lime juice
1/2 cup sugar, [I used Splenda]
1 pinch salt
1/2 pound kumquats, about 20, ends trimmed, seeded, and sliced across, 1/3 inch thick
4 large Asian Pears, peeled, cored and sliced lengthwise, 1/4 inch thick
1/4 cup fresh mint, whole leaves for garnish & eating (or may be minced) [my addition]

Serving Ideas: Serve a few slices of pear with enough kumquat slices so each bite can include some of both. The mint can be chopped and sprinkled over the top, or left whole (but then each person will need to cut the mint). Pour a small amount of the vanilla syrup onto each serving plate. Might be nice with a little dollop of creme fraiche on the side.

Categories: Desserts

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Your Text Here

Per Serving (excluding unknown items): 125 Calories; trace Fat (1.6% calories from fat); 1g Protein; 32g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 26mg Sodium. Exchanges: 0 Vegetable; 1 Fruit; 1 Other Carbohydrates.

Carolyn T's
Main Cookbook

Servings: 6

Notes: You'd think that with the kumquats being so tart you wouldn't need the lime juice, but do add it. You can substitute lemon juice.

Description:

1. Combine water and lime juice in a small, heavy saucepan. Scrape seeds from vanilla bean pod and add seeds and bean pod to the water, along with sugar and a pinch of salt. Bring to a boil, stirring until sugar is dissolved. Reduce heat and simmer for three minutes.

2. Add Kumquat slices, cover and simmer until they just begin to soften, three to four minutes. Meanwhile, slice the pears in a heatproof bowl. Pour kumquats and syrup over pears and toss gently, then cool. Chill fruit, covered, at least two to six hours. Or, place mixture in a heavy-duty ziploc bag and refrigerate, turning several times during the chilling process. Serve slices and kumquats on a shallow plate (including some syrup) with fresh mint.