

## Poached Pears with Vanilla and Asian spices

### Ingredients

#### 4 Servings

- 2 ½ cups of stevia
- ½ vanilla bean, split lengthwise
- cinnamon stick
- 3 star anise,
- 5 slices fresh ginger
- 2 cloves
- 4 Pears



### Directions

Combine the stevia, vanilla or cinnamon with 5 cups of water in a medium saucepan over high heat. Peel the pears, leaving the stems on. Core them by digging into the blossom end with a melon baller, spoon, or paring knife. Lower the pears into the boiling water and adjust the heat so that it simmers gently. Cook, turning the pears every 5 minutes or so, until they meet with little resistance when prodded with a thin-bladed, knife, usually from 10 to 20 minutes. Turn off the heat and allow to cool in the liquid. Transfer the pears to serving plates.