



Poire Belle Helene



Ingredients

- 4 ripe pears, peeled and cored, stem still intact.
- enough water to cover the pears
- 2 cups sugar
- 3 cinnamon sticks
- 8 - 10 whole cloves
- Hot Fudge Sauce
- Ice Cream (traditionally vanilla, but any flavor will do.)

Instructions

- Cover the peeled and cored pears with water, then remove the pears from the pan.
- Add the sugar to the water and cook and stir until the sugar is dissolved.
- Add the cinnamon sticks and cloves to the simple syrup and return the pears to the pan.
- To keep the pears from floating, place a plate or smaller pan lid on them to weigh them down.
- Bring the water to a simmering boil and allow the pears to poach for 45 min to 1 hour. This will depend on how ripe the pears were to begin with. They should be fork tender when finished.
- Place one poached pear in a shallow bowl or dish. Drizzle your favorite hot fudge sauce over the top of the pear. Serve a generous scoop of ice cream on the side. Serve immediately.

