

## **Peaches Poached in Wine**

**Source:** Casual Cuisines of the World – Pizzeria (Weldon Owen)

The amount of sugar added to the poaching liquid will depend upon the wine's relative dryness; the liquid should be just sweet enough to heighten the natural sweetness of the peaches. To dress up the dish, top each serving with a dollop of mascarpone.

### **INGREDIENTS:**

6 yellow- OR white-fleshed peaches  
1 bottle fruity white wine or red wine or Champagne  
1/3-2/3 C sugar  
1 vanilla bean, split lengthwise

### **DIRECTIONS:**

Bring saucepan 3/4 full of water to boil. One at a time, dip each peach into the boiling water for 5 seconds. Lift out with slotted spoon - using a sharp paring knife, peel peaches. Halve each fruit along the natural line and remove pits.

In saucepan large enough to hold all the peaches in a single layer, combine wine, 1/3 C sugar + vanilla bean. Place over low heat - stir till sugar dissolves. Add more sugar as needed to achieve a pleasant sweetness. Bring to simmer, add peaches - simmer till barely tender (2-5 minutes, depending upon their ripeness).

Transfer peaches + cooking liquid to deep glass bowl (the peaches should be completely covered by the liquid) - let cool to room temperature. Cover tightly with plastic wrap and refrigerate for at least 2 days or for up to 3 days.

**TO SERVE:** Using slotted spoon, transfer peach halves to large wineglasses, placing 2 halves in each glass - half-fill each glass with poaching liquid - serve.

Serves 6

**Nutrition Facts:** **Calories:** 171 **Fat:** 0g **Carbohydrates:** 23g **Cholesterol:** 0mg **Sodium:** 6mg **Protein:** 1g **Fiber:** 2g **%Cal. from Fat:** 0% **%Cal. from Carbs:** 54%