

# Summer Poached Peaches



Serves: 4    Prep Time: 5 mins

Cook Time: 15 mins

OK to Freeze?:



Complexity:



## Ingredients

- 4 peaches, slightly firm
- 1.5 litres water
- 1 cup caster sugar
- 2 teaspoons vanilla paste or extract

## To serve

- Ice-cream, cream or custard



## Method

1. Combine the water, vanilla and sugar in a large pan big enough to hold the peaches (but don't add the peaches yet).
2. Bring the water to the boil over medium heat, stirring to dissolve the sugar and vanilla.
3. When the sugar is dissolved bring the liquid to the boil and cook for five minutes.
4. With a small knife make a small cross in the top of the peach, (opposite end to the stalk).
5. Reduce the heat to low and have the syrup just simmering.
6. Carefully place the peaches into the hot syrup.
7. Scrunch up a piece of baking paper and wet under the tap. Wring out and flatten before placing over the peaches in the pan. Top with an upturned saucer to keep the fruit submerged.
8. Cook for 10 to 15 minutes depending how ripe the peaches are. If they are hard cook for longer or until a metal skewer goes in easily when inserted into the middle of a peach.
9. Using tongs remove the saucer and the paper.
10. With a slotted spoon lift the peaches from the syrup and place in a bowl to cool.

**Fruit for dessert it is great, and this is a good recipe to make it taste different. Remember to limit the amount of sugars in your diet.**

11. Return the syrup to the stove and increase the heat to high. Boil the syrup until reduced to half the quantity and quite syrupy in thickness. Place in a ceramic heatproof bowl to cool.
12. When the peaches are cool remove the skin and discard.
13. When the syrup is cool pour over the peaches and serve immediately or refrigerate overnight in an airtight container for later.
14. Serve with ice-cream, cream or custard.

## Comments

When buying peaches choose fruit that has a lovely deep blush as this will colour the syrup beautifully.

Peaches will keep in an airtight container for up to five days.

Late summer, around February, “slip stones” are available for a very short time. The stone can be removed very easily.

Nectarines can replace the peaches although they don't peel as easily.