

RECIPE SUGGESTION – POACHED PEARS AND GOATS YOGURT SORBET

Please find below a recipe suggestion which might be of interest if you write for food pages, or suggest recipes to your readers.

Recipe Suggestion: Poached Pears in Red Wine with Goats Yoghurt Sorbet

What you need (makes 6)

Sorbet

250g Delamere Dairy Natural goats yoghurt

200g sugar

Juice of one lemon

350ml water

Poached Pears

6 William pears peeled and cored

Bottle red wine

200g sugar

½ teaspoon of ground cinnamon

What you do

1. For the sorbet, simply boil together the sorbet ingredients for 5 minutes, allow to cool and then place in ice-cream machine and churn until thick. If you do not have an ice-cream machine place a metal bowl in the freezer and stir frequently until the sorbet has set.
2. Poach the pears in the red wine, sugar and the ground cinnamon. Allow to cool overnight.
3. Remove the pears. Boil the liquid until syrupy and serve with the pears and sorbet.



NB. Delamere Dairy Natural goats' yogurt is available in Asda and Morrisons supermarkets and independent health food stores across the UK.

For more information, please visit www.delameredairy.co.uk, call Emma Kirkham on 01565 632422 or email emma@delameredairy.co.uk