

# Spiced poached peaches



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**Preparation** about 5 minutes (+ cooling time)

**Cooking** about 12 minutes

**Serves** 4

This is an easy summer dessert that can be made in advance.

2½ cups water

1 cup caster sugar

1 star anise

1 cinnamon stick

4 large peaches\*, halved and stones removed

Greek-style yoghurt or vanilla ice-cream, to serve

1. Combine water, sugar, star anise and cinnamon stick in a large saucepan. Stir until sugar dissolves over medium-high heat. Bring to the boil, reduce heat to medium and gently boil for 5 minutes until slightly reduced.
2. Add halved peaches and simmer, uncovered and turning occasionally, for 4–5 minutes or until tender when tested with a skewer. Remove from heat and leave to cool to room temperature or transfer to a heatproof dish, cover and refrigerate until cool. Remove skin to serve if preferred. Serve peaches with Greek-style yoghurt or vanilla ice-cream.

\* *Freestone peaches are best for this recipe – check with your greengrocer. If using clingstone fruit, it's easier to poach whole peaches and cut in half after cooking.*



### Peaches

- A source of carbohydrate and has a low glycaemic index (GI), so that the carbohydrate provides long-lasting energy.
- A good source of vitamin C, yellow peaches also contain a powerful antioxidant beta-carotene.