

Roasted peaches with sweet shiraz syrup



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Preparation 15 mins + cooling time | Cooking 20 mins | Serves 6

6 semi-ripe peaches, halved and destoned
2 tbs caster sugar
vanilla ice-cream, to serve

Sweet shiraz syrup

125ml shiraz red wine
1 cup lightly-packed brown sugar
2 x 3cm strips orange peel

STEP 1 Preheat oven to 200°C/180°C fan-forced. Line the base of a baking pan with baking paper. Pour 1 cup water into pan. Arrange peaches cut-side up in pan and sprinkle with sugar. Bake for 20-25 minutes until tender. Remove from oven and set aside to cool to room temperature.

STEP 2 Meanwhile, to make sweet shiraz syrup, combine shiraz, brown sugar and orange peel in a small saucepan and bring to the boil over medium heat, stirring until sugar dissolves. Reduce heat to low and simmer for 8-10 minutes until thick and syrupy. Set aside to cool to room temperature.

STEP 3 Transfer peaches to a serving platter. Drizzle with sweet shiraz syrup and serve with vanilla ice-cream.

Good for you... PEACHES

A source of vitamin C, which contributes to the normal functioning of the body's immune system.

A source of dietary fibre which contributes to the normal function of the intestine. Peaches have a low GI (42) which means their natural sugars are broken down slowly for absorption into the bloodstream.

Peaches with yellow flesh have some beta-carotene which the body converts to vitamin A.

