



POACHED PEACHES WITH MINT AND VANILLA

Start to finish: 20 minutes

Serves: 2

INGREDIENTS:

1 cup sugar
1 vanilla bean split lengthways *OR* a few drops of vanilla extract
3 ripe peaches, cut in half
1 tablespoon lime juice
10 mint leaves
Vanilla ice cream as needed

DIRECTIONS:

Put the sugar, vanilla bean (or extract) and mint leaves (reserve a few leaves for garnish) into a large saucepan with 4 cups of water. Bring the water to a boil, then simmer for a few minutes to create a syrup. Put the peaches into the syrup skin-side up and cook for 2 minutes. With a large spoon, carefully turn the peaches

over and cook for another few minutes. Depending on the size of the peaches, you may have to do this in batches. With the point of a sharp knife, test to see if the peaches are cooked; they should still be firm but should give a little resistance to the knife.

Remove the peaches with a slotted spoon and put them into a large bowl. Leave the syrup to reduce for a few minutes.

Carefully peel the peaches. Pour the syrup over the peeled peaches and leave to cool. When the syrup has cooled, add the lime juice and mint leaves. Serve with as much vanilla ice cream as you want!