

Vanilla Poached Peaches

Serves 8

This is a simple yet elegant way to serve any stone fruit. Try nectarines, plums, apricots or cherries.

1 cup sugar
2 cups water
Seeds and pod of one vanilla bean
Two strips lemon rind (peel with a vegetable peeler)
4 peaches, cut in half, stones removed.

Slit the vanilla seed down the middle length wise, with a sharp knife scrape the vanilla seeds from the pod, set both seeds and pod aside. In a medium saucepan with a lid, bring sugar, water, vanilla seeds and pod, and lemon rind to a boil. Keep boiling until all the sugar has dissolved. Lower heat to a simmer, add fruit halves and cook covered for five minutes or until fruit is soft.

Serve warm or cold over, ice cream cake or cream desserts.

Ilana Epstein is a seasoned food writer who has been writing for The Jerusalem Post for the last 10 years and enjoys creating simple recipes for easy entertaining. For more information, contact Ilana on IlanaEpstein@012.net.il.