

# Baeksuk, Korean Pear Dessert



Let's Practice our **slow simmer** or **poaching** skills by making Baeksuk! These Asian pears cooked with honey and served warm are a classic home remedy for colds and coughs in Korea, but it also makes a delicious dessert!

Note: Pay particular attention to steps 1, 6 & 7 in the directions, that's where you will be boiling and poaching.

**Serves: 2-3 People • Prep time: 5 mins. • Cook time: 15 mins.**

## Ingredients:

- 2 Korean or Asian pears (or any type of pear will be fine), peeled and sliced any way you like
- 3 cups water
- 2 tablespoons of sugar or honey
- 1/2 tablespoon of ginger, peeled and thinly sliced (optional)

## Kitchen Tools:

- cooking pot
- measuring cup
- measuring spoon
- knife
- vegetable peeler
- cutting board
- bowls and spoons for serving

## Directions:

1. Bring 3 cups water to a boil in large pot.
2. Add pear slices into the pot.
3. Add ginger into the pot.
4. Add sugar or honey into the pot.
5. Cook everything on high heat until the pot is boiling.
6. Turn the heat down to low when the water starts to boil and wait until the water starts to simmer. This is called poaching.
7. Continue to poach the pears for 15-20 minutes and then allow to cool for 5 minutes.
8. Divide the finished poached pears with the liquid into small bowls and enjoy!