INDIRECT · EASY

Red Wine Poached Pears in an Enamelled Dutch Oven on the Kamado, with Cinnamon and Orange

Poach Conference pears in young red wine with cinnamon and orange, in an enamelled dutch oven at 160 °C indirect in the kamado. Reduce the syrup with the lid off and chill overnight: a make-ahead dessert with no pastry.



PREP	COOK	SERVINGS	TEMPERATURE
20 min	90 min	4	160 °C

Ingredients

- **4 ud** firm Conference pears, about 200 g each
- **120 g** sugar
- **1 ud** cinnamon stick
- **1 ud** star anise (optional)
- **200 g** mascarpone or whipping cream, to serve
- **750 ml** young, fruity red wine (Garnacha/Grenache, young Tempranillo or Monastrell)
- **1 ud** orange (the peel in strips, without the white pith, and the juice)
- **2 ud** cloves
- **0.5 ud** lemon, for rubbing the peeled pears

Method

1 LIGHT THE CHARCOAL AND SETTLE AT 160 °C

Fill the Kamado Bono Media firebox with NaturBraza marabú charcoal; whatever does not burn goes out when you close the vents and is ready for next time (marabú is a very dense hardwood), light one spot in the centre and fit the two side deflectors, together, with the grate on top. Let it climb with the vents open and start closing them at about 130 °C to avoid overshooting. Aim for a steady 160 °C at grate level for 10 minutes. After another roast, open by burping (lid up 5 cm, about 5 seconds, gloves on, face away), top up only what is missing and fit the deflectors.

2 PREPARE THE PEARS

Peel the four pears with a peeler, leaving the stalk on if they have one, and halve them lengthwise. Take out the core and pips with a teaspoon or a melon baller and rub each half with the half lemon so they do not darken while the syrup comes to the boil. Choose pieces of similar size, about 200 g: a much thicker pear is still hard when the others are already tender.

3 BOIL THE SYRUP ON THE HOB

In the enamelled dutch oven, on the kitchen hob, put the wine, sugar, cinnamon, cloves, star anise, orange peel and its juice. Heat over a medium flame, stirring, until the sugar dissolves and the wine comes to the boil, about 8-10 minutes. That way the pot goes into the kamado hot, and the enamel does not take a sudden change of temperature when it meets the grate.

4 POACH IN THE KAMADO

Put the pear halves into the syrup cut side down, in a single snug layer; if one does not fit, it sits on top and changes places when you turn them. Cover the pot, set it in the centre of the grate over the deflectors and close the dome. Cook for 20 minutes at 160 °C without opening: with the pot covered, the wine holds a gentle simmer and the sugar does not catch on the bottom.

5 TURN AND CHECK

Open the kamado by burping it: raise the lid about 5 cm, wait about 5 seconds and then open fully, wearing gloves and keeping your face turned away (why). Uncover the pot, turn the pears with a spoon so the rounded side takes the colour, and cover again. Cook 10-25 minutes more. They are ready when the tip of a knife slides into the thick part without resistance and the pear keeps its shape.

6 REDUCE WITH THE POT UNCOVERED

Lift the pears out onto a dish with a slotted spoon and leave the pot uncovered on the grate. Open the bottom vent a finger's width more and let the temperature climb to 175-180 °C. Reduce the syrup for 30 to 60 minutes, until it has lost about half its volume and coats the back of a spoon. Texture decides, not the clock, and do not push it to caramel: it thickens more once cold. Short of time? Finish it on the hob over a medium flame.

7 COOL AND REST OVERNIGHT

Take the pot out of the kamado wearing gloves and remove the cinnamon, cloves and star anise. Transfer the pears and syrup to a shallow glass container, because iron holds its heat and cools slowly. The pears left the heat when the reduction began: get them into the fridge, covered, within 2 hours of that moment. The next day serve them cold or left to warm for a few minutes, with mascarpone or whipped cream. They keep 3-4 days in the cold.

Editor's tips

- For children or anyone who does not drink, swap the wine for red grape must and add no sugar, or 20 g at most: the must already carries around 14-15 g of sugar per 100 ml, almost as much as the 120 g of the wine version. Add

the juice of another half lemon for acidity. Cooking the wine version for longer does not make it suitable: alcohol falls with time but never disappears.

- Do not use a bare cast-iron dutch oven for this recipe: more than an hour of acidic wine strips the seasoning and can give a metallic taste. Keep that iron for dry, very hot jobs such as bread; for the syrup, use enamel.
- If the kamado is coming from a roast at 200 °C or more, close the vents almost completely as soon as the meat comes off. To fit the deflectors, open the lid by burping: lift it about 5 cm, wait about 5 seconds and then open fully, wearing gloves and keeping your face away, because with the vents closed a sudden rush of air can throw back a flare (flashback). With the pot covered, a few degrees extra only shorten the poaching: start testing with the knife 10 minutes after turning the pears.
- No smoking wood. With the pot covered the smoke does not reach the pears, and in the uncovered reduction a heavy smoke settles in the sugar of the syrup. With well-lit charcoal, what reaches the open pot is fairly clean combustion gas: at most, a discreet toasty note.

Gear for this recipe

Kamado Bono Media 51 cm

This recipe asks two things of the kamado: room for a pot about 32 cm from handle to handle, and a chamber that holds 160 °C for more than an hour on very little air. The Kamado Bono Media does both. Its grate measures about 44.5 cm according to the manufacturer, so the dutch oven sits centred over the deflectors with room at the sides; in a kamado with a 33-34 cm grate it would be too tight. It comes with two side deflectors as standard that, together, cover all the embers, and that is what stops the embers scorching the sugar on the bottom. And the thermal mass of the ceramic lets you poach at 160 °C and then climb to 175-180 °C to reduce, without changing appliance or switching on the oven at home.

mikamado.es/en/kamados/kamado-bono-media-51

NaturBraza marabu charcoal, pack of two 5 kg bags (10 kg)

Poaching and reducing add up to more than an hour with the vents almost closed, and in that regime you want a charcoal that burns slowly. NaturBraza marabú charcoal comes from a very dense wood: it is heavy for its bulk, burns with a short flame and, according to the product page, leaves little ash, although it publishes no figure. With the firebox full there is plenty of fuel to reach 160 °C, hold it through the poaching and climb to 175-180 °C for the reduction without topping up while the pot is inside; the vents set the temperature, not the amount of charcoal, and whatever is left over goes out when you close them. If you are coming from a roast, the marabú left in the firebox makes a good base. The page gives neither origin nor lump size: sift the dust from the bottom of the bag before loading.

mikamado.es/en/accesorios/naturbraza-carbon-marabu-2x5kg

Lodge Enameled Cast Iron Dutch Oven 2.84 L (Red)

Red wine is acidic and here it spends more than an hour in the pot, between poaching and reducing. That is why the piece is the Lodge enamelled dutch oven: the vitreous enamel does not react with the wine, there is no seasoning to lose and no metallic undertone in the syrup. Its 2.84 L holds four halved pears and the bottle of wine, and the mass of the iron stores heat and releases it steadily, which, with heat arriving from every side in the kamado, keeps the sugar from catching on the bottom. The manufacturer rates it to 260 °C, steel knob included. It goes into the kamado already hot from the hob: enamel does not tolerate sudden changes.

mikamado.es/en/accesorios/lodge-cocotte-esmaltada-284l

Full recipe at: mikamado.es/en/recetas/peras-al-vino-tinto-dutch-oven-kamado

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