

## Lavender - Poached Peaches & Blackberries

10 servings



### Ingredients:

4 cups water

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1 cup orange juice

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10 tbsp honey

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Ten 4" long sprigs fresh lavender

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1 tbsp vanilla

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10 just ripe med. peaches

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2 cup fresh blackberries

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Low-fat vanilla frozen yoghurt or vanilla ice cream  
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### Preparation:

Combine water, orange juice, honey, large lavender sprigs and vanilla in a large nonreactive saucepan. Bring just to a boil, stirring until the honey dissolves. Add whole peaches to the boiling liquid and cook, gently turning, until the skins start to loosen, 1 to 2 minutes. Remove the peaches to a colander with a slotted spoon; rinse under cold water and let drain.

Meanwhile, adjust the heat so the poaching liquid boils briskly and begins to reduce. Using a paring knife, peel the peaches and add the skins to the boiling liquid. Cut the peaches in half vertically, keeping the halves intact. Remove the pits, if possible; if it's too difficult, leave them in until after poaching.

Adjust the heat to a bare simmer. Return the peaches to the pan and poach until they are not quite tender when pierced with a fork, 3 to 7 minutes; they should still hold their shape. Transfer them to a nonreactive bowl with a slotted spoon. When

cool enough to handle, gently cut out and discard any remaining pits. Cover and refrigerate for at least 30 minutes and up to 3 days.

Add blackberries to the barely simmering liquid in the pan. Poach for 1 to 2 minutes. Remove them to a small bowl with a slotted spoon. Cover and refrigerate for at least 30 minutes and up to 3 days.

Adjust the heat so the poaching liquid boils briskly and cook until reduced to about 2/3 cup, 14 to 18 minutes, watching carefully to prevent scorching. Strain the liquid through a fine sieve into a nonreactive bowl, pressing down on the solids to force through as much liquid as possible; discard solids. Cover and refrigerate the syrup for at least 30 minutes and up to 3 days.

To serve, let the fruit and syrup come to almost room temperature. Arrange the peach halves in pairs in individual serving bowls. Spoon a small scoop of frozen yogurt or ice cream into each half, if desired. Top with the blackberries and drizzle with the fruit syrup.