

**COOKING  
SKILLS  
ACADEMY****INGREDIENTS:**

- 4 large, ripe peaches
- 425 ml sweet white wine
- 2 tbsp clear honey
- 1 vanilla pod, split

## *Braised Peaches and Wine with French Vanilla Ice Cream*

**DIRECTIONS:**

1. Put the kettle on, and fill a large bowl with iced water. Place the peaches in another large bowl and pour over enough boiling water to cover. Leave for 30 secs, then remove the peaches with a slotted spoon and plunge them into the cold water. The skins should now peel away easily.
2. Place the wine, honey and vanilla pod in a pan large enough to hold all the peaches, then gently heat until the honey has dissolved. Lower the peaches into the pan, cover and simmer gently for 15-20 mins until tender but not overly soft. Using two wooden spoons, turn the fruit 3 or 4 times while cooking and frequently baste with the syrup. Remove the cooked peaches from the pan and set to one side in a large bowl.
3. Boil the syrup hard until it has reduced by half (this will take about 10 mins). Spoon over the peaches, then set aside to cool. The peaches will keep for up to 2 days, covered and in the fridge. Serve the peaches and syrup at room temperature, warm or chilled with spoonfuls of clotted cream, if you like.