

Rosé Wine Poached Peach Splits

Serves 6

The peaches can be poached and the poaching liquid can be reduced a day in advance. Store both, covered, in the refrigerator. The Blueberry Sauce can also be made ahead. Bring both to room temperature before serving.

Blueberry Sauce

- 1 pint blueberries
- 2 tablespoons sugar

Peaches

- 3 slightly firm peaches
- 1 750 ml bottle rosé wine, about 3 cups
- 2½ cups water
- ¾ cup sugar
- Large pinch of kosher salt
- Grated zest from ½ lemon
- ½ cinnamon stick

To serve

- 6 scoops vanilla ice cream
- ¼ cup coarsely chopped roasted, unsalted pistachios

For the sauce: Put half the berries and all of the sugar in a

small saucepan; cook over low heat, stirring frequently, until the berries give off their juice and the sugar dissolves. Increase to medium-low and cook until the berries break apart, about 5 minutes. Add the remaining blueberries and cook 3 minutes. Cool to room temperature. Makes about 1½ cups. Save any extra for another use.

For the peaches: Halve and pit the peaches. Reserve the pits.

In a large, nonreactive saucepan, combine the wine, water, sugar, salt, lemon zest and cinnamon stick. Bring to a boil over high heat, stirring to dissolve the sugar. Reduce the heat to a simmer and add the peaches. Cover them with parchment paper or a plate to submerge them completely in the liquid. Cook at a low simmer just until the peaches can

be easily pierced all the way through with a small knife, about 12 minutes.

While the peaches are poaching, make an ice bath by filling a medium bowl one third full of ice and adding water until the ice is covered. Have ready a second bowl that fits into the ice bath.

Use a slotted spoon to transfer the peaches to the second bowl with about 2 cups of the poaching liquid. Place the bowl into the ice bath. Let the peaches cool for 10-15 minutes or until room temperature. Remove peaches from the liquid, peel them and set aside; save the skins.

Add the cooled liquid, reserved pits and skins to the saucepan with the remaining poaching liquid and bring to a boil over high heat until it has reduced to 1 cup, about 40 minutes. Remove from the

heat, strain through a fine-mesh sieve into a clean bowl; discard the solids. Let cool to room temperature. You can speed things up by placing the syrup over an ice bath or in the refrigerator.

To serve: Place a peach half, cut side up, into 6 wide bowls. Place a scoop of vanilla ice cream on top then spoon some

of the reduced rosé syrup around each peach. Spoon a little Blueberry Sauce over the ice cream. Scatter pistachios over the ice cream and around the peach.

Per serving: 404 calories, 4 g protein, 58 g carbohydrate, 10 g fat (5 g saturated), 29 mg cholesterol, 61 mg sodium, 3 g fiber.



Craig Lee / Special to The Chronicle; styling by Sarah Fritsche and Kathryn Scholte