

# ReginaSpices

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## **Grilled Apples & Pears w/Mulling Spices**

- Fresh apple (I like Macoun) cut in half and cored
- Asian Pear, cut in half and cored
- Mulling Spices (or Whole Star Anise)
- Mascarpone Cheese, lightly sweetened with Maple Syrup

Build hot coals up to about 2-3" from the grate. Toss a small handful of Mulling Spices on the coals (for 2 halves of apple or pear maybe 2TBL, if you're using straight star anise 3-4 stars). Once the fire has stopped, place the fruit, skin side down and put the cover on the grill. Cook the apples until juice appears between the peel and on the cut side of the apple (the Asian Pear doesn't behave in the same way, cook it until it seems softened), turn the fruit and cook until desired color, texture.

Slice up or serve whole with the maple sweetened mascarpone cheese—or fresh heavy cream.

## **Mulling Spices:**

- 1 part coarsely pulverized cinnamon sticks (about 1")
- ½ part dried orange peel
- ¼ part whole allspice berries
- ¼ part whole cloves
- ¼ part whole star anise

For mulling cider, wine or cranberry juice use ¼ cup per gallon. Simmer for 30-40 mins.