



Sautéed Peaches with Mascarpone Cheese

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

- ½ cup bourbon (divided)
- 2 tablespoons brown sugar
- Zest from one Naval orange
- 3 tablespoons orange Juice
- 2 tablespoons O&V [Peach Apricot Vinegar](#) *
- 1 tablespoon butter
- 4 Peaches, quartered
- 4 oz Mascarpone cheese (at room temperature)
- 1-2 tablespoons Runamok **Bourbon Barrel Aged Maple Syrup** *
- 2 tablespoons pistachio nuts, roasted and lightly crushed
- 4 sprigs mint leaves

Preparation

Combine 1/3 cup Bourbon, with the brown sugar, peach apricot vinegar and orange juice, whisk to dissolve sugar.

Quarter and pit the peaches, and place in a bowl. Pour mixture over peaches and allow them to infuse for 20 to 30 minutes.

Heat a skillet or cast-iron pan over medium high heat. Add the tablespoon of butter and the peaches. Pour in the marinade/juice from the bowl into the hot skillet

Cook 3-4 minutes on each side until peaches are golden brown and soft. Remove peaches from pan onto a plate. Allow juices in pan to come to a boil and thicken slightly.

While the peaches are cooking. Combine mascarpone, maple syrup and the remaining 3 tablespoons of Bourbon together and blend until smooth.

Place peaches on serving plate. Place a spoonful of mascarpone mixture next to peaches. Pour pan juices over peaches, sprinkle over with nuts and mint leaves, serve immediately.

Serves 4

Active time 15 minutes Total Time: 45 minutes

Notes

* The [Peach Apricot vinegar](#) adds a nice balance of tang and sweet along with those delicious peach and apricot flavors. There is no easy substitute, but certainly another high quality, sweet and fruity vinegar could be used. The **Runamok Bourbon Barrel Aged Maple syrup** adds wonderful sweetness and doubles down on those bourbon notes. Substitute with another high-quality maple syrup or powdered sugar if you prefer.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Dessert, Gluten Free, Vegan Option, Vegetarian, Plant Based, Mediterranean Lifestyle, Sauteed Peaches, Mascarpone Cheese, Pistachios, Runamok Maple Syrup, Bourbon Barrel Aged