

Aromatic Baked Pears

PREP: 20 MINS | COOKING: 30 MINS | PORTIONS: 6 | SKILL LEVEL: EASY

Pears are one of my favourite fruits, and I love baking with them too. This recipe couldn't be easier, and the poached pears will keep happily in the fridge for 4-5 days when covered, making them perfect to prepare in advance. They're wonderfully versatile too.

Enjoy them for breakfast with natural yoghurt and a sprinkle of seeds, or serve as an easy dessert with crème fraîche or whipped cream. Finish with crushed caramelised nuts (see Auds Tip below) and a few fresh berries or pomegranate seeds for a lovely finishing touch.

Ingredients

6 Firm Pears, small to medium in size
 55g Demerara Sugar
 ½ level teaspoon ground Cinnamon
 Seeds from 3 Cardamom Pods, crushed
 ½ level teaspoon ground Cloves
 ¼ level teaspoon ground Nutmeg
 Juice from ½ Lemon
 1 dessertspoon runny Honey
 1 teaspoon Almond extract

Method

1. Heat the oven to 170°C
2. Peel the pears, cut in half and carefully cut out the tough core and scoop out the seeds in the centre. You can leave the stalk on for attractive presentation if you like.
3. Select a baking dish large enough to lay all the pears cut side down in a single layer.
4. Add all the other ingredients to the chosen baking dish and mix together, push the mixture along the bottom off the dish so you have a thin layer covering all the bottom of the dish.
5. Lay the pears cut side down in a single layer onto the sugar mixture. Cover with foil and bake for 20 minutes, then turn over all the pears. Bake for a further 10 minutes or until they feel soft when a knife is inserted.



Auds Tip ...

Of course, you can make your own caramelised nuts, but these days you can also buy ready-made bags in most supermarkets all year round. They used to be just a Christmas treat, but thankfully not anymore! They're brilliant to keep in the cupboard for sprinkling over ice cream, desserts, yoghurt... and, of course, these delicious pears.