

15 Pears



Store pears in the fridge. They can ripen overnight in a warm room, so only put out in the fruit bowl what will be eaten in the next few days.

- Pears make a safe weaning food.
- Pears are also an excellent cooking ingredient. Used with fresh fruit they can help to reduce added sugar or replace it.
- Pears are a good source of fibre, vitamin C, potassium, pectin and bioflavonoids.
- It is rare to have an allergic reaction to them so they are often included in exclusion diets used for identifying foods that cause allergies.



Spiced pears

Preparation and cooking time: about 40 minutes

serves

4

Ingredients

- 4 dessert pears
- 1 tablespoon brown sugar or honey
- 1 tablespoon cider, wine or balsamic vinegar
- 1 cinnamon stick
- 4 cloves (or more if you like it spicy)

Method

- Peel, quarter and core the pears.
- Put the pears with spices, sugar, vinegar and a little water in a pan with tight fitting lid.
- Bring to the boil then cover and simmer gently for 15 minutes or until tender.
- Remove from the pan to a serving dish.
- Turn up the heat and simmer the liquor until it becomes syrupy. Pour over the pears.
- Serve warm or cold with chocolate sauce or ice cream.