

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.



Pear Crumble

Preparation and cooking time: about 1 hour

serves

4-6

Ingredients

- 1 large tin pears in natural juice or
- 3 dessert pears
- water or fruit juice
- sugar
- 1 tsp ground ginger

For the crumble:

- 100g/3½oz plain flour
- 75g/3oz unsalted butter
- 50g/2oz light brown or caster sugar
- 50g/2oz oats

Or use packet crumble mix

Method

- Cook the fruit and ginger, stirring occasionally until pureed. If using fresh fruit, peel, core and chop the fruit and add just enough water or juice to cover the bottom of the pan. Add about 1 dessert spoon of sugar if using water. Cover the pan and simmer gently until the pears are tender.
- To make the crumble: sift the flour into a bowl, add oats and rub in the butter until you have fine crumbs, then toss with the sugar.
- Place the pears into the bottom of the dish and sprinkle over the crumble in an even layer.
- Bake in a preheated fairly hot oven (200°C/400°F/Gas 6) for about 30 minutes, until the crumble top is nicely browned.
- Serve warm with crème fraîche or ice cream.