

# Pears

2 WAYS

## CHOCOLATE PEAR PUDDING

BASED ON THE GUARDIAN RECIPE

**SERVINGS: 6**

**PREP TIME: 15 MIN**

**COOK TIME: 25 MIN**

### Ingredients

6 ripe pears  
2 Tbsp butter  
2 Tbsp brown sugar  
75 g flour  
50 g almond flour  
40g cocoa  
100g brown sugar  
1 tsp baking powder  
¼ tsp salt  
150g butter melted & cooled  
2 eggs  
30ml milk

### Directions

1. Preheat oven to 390 & grease a 8" square cake tin
2. Core & quarter pears, heat 2 tbsp butter & tbsp brown sugar in a large frying pan, & when bubbling add pears. Fry for 3-4 minutes on both sides until golden brown & softened
3. In a medium bowl combine flour, almond flour, cocoa, brown sugar, baking powder & salt
4. Add eggs & milk to cooled butter, mix to combine then add to flour. Whisk to combine into batter
5. Add batter to prepared cake tin, then lay pears on top. Spoon butter & juices from pan onto pears. Bake for 25-30 mins. Serve warm



## EASY POACHED PEARS

**SERVINGS: 4**

**PREP TIME: 10 MIN**

**COOK TIME: 20 MIN**

### Ingredients

4 Firm Pears  
2 c water  
2 c sugar  
2 Tbsp lemon juice  
1 cinnamon stick  
2 tsp vanilla extract

### Directions

1. Peel pears, and core from the bottom with a melon baller or paring knife
2. In a medium saucepan mix all other ingredients & bring to a boil over medium heat
3. Add pears and simmer gently, basting the pears with the liquid every 5 minutes, until pears are soft & can be easily pierced with a knife
4. Remove pears and continue to simmer the liquid until reduced by half, and has a syrup consistency. Pour over pears