

Grilled pears with vanilla



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Ingredients:

- 4 large just-ripe beurre bosc pears
- 3 tsp vanilla essence
- 2 tbs demerera sugar
- Vanilla ice-cream, to serve

Method:

1. Peel and halve pears lengthways and remove cores. Using a sharp knife, gently slice (about 3 mm deep) the rounded side of each pear at $\frac{1}{2}$ cm intervals. Place pears flat-side down into a large shallow microwave-safe baking dish. Evenly brush pears with vanilla essence.
2. Cover dish with a lid or plastic wrap and microwave on high for 5–6 minutes on high/100% or until almost tender. Carefully remove cover and evenly sprinkle pears with demerera sugar.
3. Preheat a grill on high heat. Place pears under grill, about 8–10cm from heat source, and grill for 10–12 minutes or until just golden. Place pears on serving plates, drizzle with pan juices and serve with ice-cream.

Health benefits:

Pears

- Excellent source of vitamin C
- Good source of carbohydrate
- Low GI providing sustained energy

Serves: 4

Preparation: 15 minutes

Cooking: 15–18 minutes

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