

Orange-poached pears with date ricotta



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Preparation: about 20 minutes (+ cooling time)

Cooking: about 25 minutes

Serves: 6

2 cups water
1 cup caster sugar
Rind of 1 orange
1 cinnamon stick
6 medium firm Beurre Bosc, Josephine or Packham pears

Date ricotta

150g ricotta cheese
2 tbs icing sugar, sifted
6 fresh dates (about 150g), deseeded and finely chopped
Pinch ground cinnamon (or to taste)

1. Place water, sugar, orange rind and cinnamon stick in a medium saucepan. Bring to the boil over medium-high heat. Reduce heat to medium-low and simmer for 5 minutes.
2. Add pears. Press a sheet of baking paper over pears in pan. Cover and simmer for 12–15 minutes, turning occasionally, until pears are tender. Set pears aside to cool in the syrup.
3. Meanwhile, to make date ricotta, beat ricotta and icing sugar in a small bowl until smooth. Add dates and a sprinkle with cinnamon. Stir until just combined.
4. Serve pears with date ricotta.



Pears:

- A good source of dietary fibre. An average pear has as much fibre as almost 2 cups of cooked brown rice.
- Provide vitamin C, a vitamin that is important for healthy gums and blood vessels.
- A fruit with a low GI, which means it gives a sustained release of energy.