

Pear bread & butter puddings



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Preparation: about 20 minutes

Cooking: about 35 minutes

Serves: 6

Butter, for greasing and spreading

3 Beurre Bosc pears, peeled, halved, cored and cut into 2cm pieces

2 tbs water

Juice ½ lemon

3½ slices sultana & chocolate bread or raisin bread

4 eggs

½ cup caster sugar

1 tsp vanilla extract

300 ml carton thickened cream

1¼ cups milk

1½ tbs demerara or raw sugar, for sprinkling

1. Preheat oven to 160°C. Grease 6 large (1½-cup capacity) heatproof cups or dishes with butter. Place pears in a medium baking dish. Drizzle with water and lemon juice. Cover and microwave on high for 5–8 minutes until just tender. Drain well.
2. Arrange pears in cups or dishes. Spread bread with butter and cut each slice into 4 triangles. Top pears with bread, overlapping slightly.
3. Whisk eggs, sugar, vanilla, cream and milk in a bowl until well combined. Pour mixture over bread. Stand for 2 minutes. Sprinkle with sugar. Place cups or dishes in a large baking tray and pour in hot water to come halfway up the side of the cups or dishes. Bake for 35–40 minutes or until set. Remove and set aside for 5 minutes then serve.



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.
- A source of vitamin E. Among its many functions, vitamin E helps prevent tissues being damaged by free radicals – a more common problem as we grow older.

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