

poached little pears with vanilla bean



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Ingredients:

- 1 vanilla bean, split lengthways
- 2 cinnamon sticks
- 1 lemon, rind removed and juiced
- 1 cup caster sugar
- 3 cups water
- 8 small Corella pears*, peeled
- reduced fat vanilla ice-cream or thick natural yoghurt, to serve

*Small Beurre Bosc or Packham pears may also be used for this recipe.

HEALTH BENEFITS:

Pears

- Eat the skin for higher levels of an antioxidant called epicatechin. Like other antioxidants, epicatechin helps protect tissues throughout the body from the damaging effects that accompany ageing.
- A good source of dietary fibre. Plenty of fibre is important to keep the intestine healthy.
- Low glycaemic effect, so good for sustained release of energy.
- One pear weighing 200 g has just 300 kJ – about the same as just 1 grams of potato crisps.

Method:

1. Combine vanilla bean, cinnamon sticks, lemon rind and water in a deep oven-top casserole or large saucepan. Bring mixture to the boil, stirring often, over medium-high heat until sugar dissolves. Boil gently for 10 minutes or until syrup is reduced by one third.

2. Add pears, cover and simmer over medium-low heat for 20–25 minutes or until pears are just tender. Spoon pears into serving bowls and drizzle with warm syrup. Serve with ice-cream or yoghurt.

Serves: 4

Preparation: 12 minutes

Cooking: 35–40 minutes

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