

Pear bread & butter puddings



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Preparation 30 mins | Cooking 45 mins | Makes 6

- 3 Beurre Bosc pears, peeled, cored and roughly chopped
- 2 tbs water
- 2 tbs lemon juice
- Butter or margarine, for greasing and spreading
- 4 free-range eggs
- ⅓ cup caster sugar
- 1 tsp vanilla extract
- 300ml thickened cream
- 1¼ cups full-cream milk
- 3 thick slices raisin or brioche bread
- 1 tbs Demerara or raw sugar, for sprinkling

STEP 1 Preheat oven to 160°C/140°C fan-forced. Place pears into a 6-cup capacity ovenproof dish. Drizzle with water and lemon juice. Cover and microwave on high for 5-7 minutes until just tender. Drain well.

STEP 2 Grease 6 large teacups or ovenproof dishes with butter. Arrange pears in cups or dishes. Spread both sides of bread with butter or margarine and cut into quarters. Top pears with bread, overlapping slightly.

STEP 3 Whisk eggs, sugar, vanilla, cream and milk in a bowl. Pour mixture over bread. Stand for 2 minutes. Sprinkle with sugar. Place dish in a baking pan and pour in hot water to come halfway up the side of the dish. Bake for 35-40 minutes or until set. Remove and set aside for 5 minutes. Dust with icing sugar and serve.

Good for you... PEARS

A good source of dietary fibre. Pears are also a natural source of sorbitol, which helps keep the body regular. Provide vitamin C, an important vitamin for healthy gums and blood vessels. A fruit with a low GI, which means it releases its natural sugars slowly.

