

Poached turmeric, lime & honey pears

Poached turmeric, lime & honey pears

Preparation 10 mins | Cooking 15 mins | Serves 4-6

Wear disposable gloves when slicing the fresh turmeric. If preferred, substitute ½ tsp ground turmeric for the fresh turmeric. Use Packham or Beurre Bosc pears, when Corella pears are out of season.

- 6 Corella pears
- 3 cups water
- 3cm-piece fresh turmeric, washed and sliced
- 1 small lime, sliced
- ½ cup honey + extra to serve
- 1 star anise
- Greek-style natural yoghurt and honey, to serve

STEP 1 Peel pears, leaving the stalk intact. Using a small sharp knife, remove the cores from the base end of the pears. Place pears into a deep medium saucepan. Add water, turmeric, lime, honey and star anise. Place a sheet of baking paper over the pears to cover. Cover the pan with a lid and bring to a gentle boil over medium heat.

STEP 2 Reduce heat and gently poach pears, stirring occasionally, for 10-12 minutes or until just tender when tested with a skewer. Turn off the heat, and leave the pears to cool in the syrup.

STEP 3 Serve pears with the cooking syrup, yoghurt and a drizzle of honey.

Good for you... PEARS

A good source of dietary fibre. Provides 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.

