

Roasted pears with Florentine cream



Roasted pears with Florentine cream

Preparation 20 mins | Cooking 45 mins | Serves 6

- 1 cup water
- 1 cup caster sugar
- 1 tsp vanilla bean paste or extract
- 6 firm Beurre Bosc pears
- 300ml thickened cream
- 1 tbs icing sugar
- 150g Florentine biscuits*, roughly chopped

**Buy Florentine biscuits at bakeries and some supermarkets. Size varies - it's about 3-4 biscuits.*

STEP 1 Combine water, sugar and vanilla in a small saucepan over medium heat. Stir until sugar dissolves. Bring to the boil, reduce heat and simmer for 5 minutes.

STEP 2 Preheat oven to 180°C/160°C fan-forced. Peel, halve and core pears. Arrange in a single layer in a large baking dish. Pour hot sugar syrup over pears. Cover with foil, seal edges and bake, turning once, for 35-40 minutes until tender. Remove pears from oven, uncover and set aside to cool for 30 minutes. Transfer the syrup to a jug.

STEP 3 Place cream and icing sugar in a medium bowl and whip until soft peaks form. Swirl through chopped biscuits. Refrigerate until ready to serve. Serve pears with Florentine cream and drizzle with the syrup.

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.

