

Baked pears in cinnamon cream



The pear is a versatile fruit that is available in Australia almost all year round.

Pears may be enjoyed in fritters, tarts, fruit salad, cakes and even in savoury dishes such as curry. They're a versatile fruit and can be grilled, sautéed,

poached, baked or barbecued and may act as a substitute for apples in most recipes.

Depending on the variety, their skins can either be yellow, green, brown, red or a combination of two or more of these colours.

Ingredients

- 3 pears
- 1½ tbsp butter
- 2½ tsp sugar
- 600ml whipping cream
- ½ tsp ground cinnamon
- ½ cup honey
- 1 tsp lemon zest
- ¼ tsp freshly grated nutmeg

Method

Preheat oven to 180°C.

Butter the interior of a frypan and then coat with sugar.

Peel all three pears with a **Wüsthof Crème IKON 7cm Peeling Knife**. Slice the pear in half (from the stalk down the core) and place the pears in the pan, stem end pointing toward the centre of the pan and the cut side down. Bake at 180°C for 20 minutes.

While the pears are baking, combine honey, cream, cinnamon, lemon zest and nutmeg in a bowl.

After 20 minutes, remove the pears from the oven and pour the cream mixture over them. Bake at 180°C until fork tender (depending on ripeness of the pears, baking could take up to 40 minutes).



Peeling made simple

The **Wüsthof Crème IKON 7cm Peeling Knife** features a curved shaped blade that is commonly referred to as the "bird's beak". This curved blade is ideally suited for peeling, cleaning or shaping any fruit or vegetable with a rounded surface. Code #4020-0. RRP\$169.00.