

Pear recipes

Poached Pears with Chocolate Sauce– Serves 4

Pears and chocolate are a match made in heaven and pears are very juicy and sweet at the moment. This dish is yummy!

Preparation Time:- Approximately 10 minutes.

Cooking Time:- Approximately 15 – 20 minutes.

Ingredients:- 4 firm pears (peeled), juice and rind of ½ lemon, 100g/3 ½ oz plain chocolate (broken into pieces), 3-4tbsp double cream, 50g/2oz golden caster sugar (we use unrefined).

Instructions:- Slice the pears in half leaving the stalks intact. Scoop out the cores. Pour ¾ pt/450ml of water into a shallow pan. Add the sugar, lemon juice and rind and heat gently until the sugar dissolves. Bring the liquid to the boil then add the pears and cover with a dampened disc of non-stick baking paper. Simmer for approximately 10 minutes until the pears are tender and then leave them to cool in the poaching liquid. Place the chocolate into a saucepan with 6 tbsp of the poaching liquid and melt over a very low heat, stirring constantly until smooth, then remove from the heat. Divide the chocolate sauce between four plates and spoon little dots of cream on each plate too. (If you want to do something a little different with the presentation you can feather the cream across the chocolate using a skewer- nice touch for dinner parties!) Remove the pears from the poaching liquid, pat dry with kitchen paper and place them on top of the chocolate sauce. Serve immediately.

Handy Hint: We use Green and Blacks Organic chocolate for this recipe – it's delicious. You don't have to use plain chocolate either if you prefer milk, although the plain chocolate adds a nice richness to this dish and a lovely contrast to the sweetness of the pears.

Baked Pears with Honey and Juniper – Serves 4

This makes a gorgeous dessert and is a lovely way to do something different with pears. It's also a quick and easy dish – great for dinner parties!

Preparation Time:- Approximately 5 minutes.

Cooking Time:- Approximately 30 minutes.

Ingredients:- 8 small ripe pears, 8 juniper berries, ½ teaspoon coriander seeds, 4 tablespoons runny honey, 2 tablespoons lemon juice

Instructions:- Preheat the oven to gas mark 6, 200C/400F. Place the pears in an oven proof dish. If the pears are small you can cook them whole, otherwise slice them for this recipe. Lightly crush the juniper berries and coriander seeds and add them to the pears together with all the other ingredients. Bake for approximately 30 minutes until tender.

Handy Hint:- You may need to vary the cooking time slightly with this dish depending on the size of the pears. The pears are lovely served warm with crème fraiche or cream. If you wanted you could also add a little liqueur of your choice to make this dish even more special (we sometimes add a little dash of Contrieu).