

Poached pears & Ice Cream

Serves 10

Ingredients	
5 medium (750g) pears, peeled, cored, and halved	1 cinnamon stick, use equivalent ground cinnamon if unavailable
1200 ml water	Pinch of ground ginger
270g, granulated sugar	150g raisins and/or sultanas
1 tsp (5 ml) vanilla essence	600g Swedish Glaze ice cream (1 scoop = 60g) Swedish Glaze is produced by Foundation Foods
6 cloves	

- METHOD:
- Peel and halve the pears, remove the stem and core.
- Heat the sugar and water in a large pan and add the vanilla, cloves, cinnamon and ginger. Lay the pears in the pan and bring to the boil, once boiling, reduce the heat and simmer for 20 minutes, turning once.
- Remove from the heat, add the raisins and let the fruit cool in the mixture
- Serve the pears and raisins warm, with a scoop of ice cream



- ✓ COOK'S TIP – FOR PUREE DIETS, PREPARE EXTRA PEAR AND STEW APPLE TO MAKE A PUREE

Nutrition analysis per serving							
Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Sugar (g)	Salt (g)	Iron (mg)	Calcium (mg)
200	2.7	5.6	37.1	36	0.2	1	76