

Recipe of the week

Poached Pears

Ingredients

- 2 conference pears (ripe but firm)
- Big strip of lemon rind cut into thin strips
- 3-4 cardamom pods
- 1 tablespoon lemon juice
- ½ teaspoon of sugar
- 2 tablespoons boiling water

Step 1

Peel and cut pears in half lengthways.
Put pears cut side down in an oven proof dish.

Step 2

Put the sugar around the pears but not on them.
Sprinkle lemon juice and rind, add cardamom pods.

Step 3

Spoon on the hot water and put in hot oven for 10 to 15 minutes, or until pears are soft but firm.