



Baked Pears



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Introduction

Baked pears are a delightful dessert that combines simple ingredients with exquisite flavors. This recipe transforms ordinary pears into a warm, caramelized treat, perfect for a cozy evening. With just a few steps, you can create a dish that impresses family and friends or satisfies your sweet tooth.

Detailed Ingredients with measures

Pears – 4 medium-sized, ripe
Brown sugar – 4 tablespoons
Walnuts – 1/2 cup, chopped
Honey – 2 tablespoons
Cinnamon – 1 teaspoon
Butter – 2 tablespoons
Water – 1 cup

Prep Time

10 minutes

Cook Time, Total Time, Yield

Cook Time – 25 minutes
Total Time – 35 minutes
Yield – Serves 4



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Detailed Directions and Instructions

Step 1: Prepare the Pears

Wash the pears thoroughly under running water. Cut them in half lengthwise and remove the seeds using a small spoon or a melon baller, creating a hollow space in each half.

Step 2: Arrange the Pears

Place the pear halves cut side up in a baking dish. Ensure that they are arranged snugly to prevent them from tipping over during cooking.

Step 3: Add Ingredients

Drizzle honey over the pear halves. Sprinkle with ground cinnamon and, if desired, add chopped nuts for additional texture and flavor.

Step 4: Bake the Pears

Preheat the oven to 180°C (350°F). Bake the pears for about 25-30 minutes, or until they are tender and slightly caramelized.

Step 5: Serve

Once baked, remove the pears from the oven and allow them to cool slightly. Serve warm, optionally with yogurt or ice cream on the side for added indulgence.

Notes

Note 1: Pear Variety

Choose ripe yet firm pears, such as Bosc or Anjou, for the best results

as they hold their shape well when baked.

See also Five Ingredient Raspberry Shortbread Bars

Note 2: Sweetness Adjustment

Adjust the amount of honey to your preference. Use a sugar substitute if desired for a lower-calorie option.

Note 3: Storage

Leftover baked pears can be stored in an airtight container in the refrigerator for up to three days. Reheat before serving for the best taste.



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Cook techniques

Roasting Pears

Roasting pears enhances their natural sweetness and brings out a caramelized flavor. This technique involves placing halved pears in a baking dish, adding spices and sweeteners, and cooking them in the oven until tender.

Preparing a Syrup

Creating a syrup with sugar, water, and spices adds depth to the dish. Simmering these ingredients together until dissolved allows the flavors to meld before pouring it over the pears.

Seasoning

Using spices such as cinnamon, nutmeg, or vanilla can elevate the dish. Sprinkling these over the pears before roasting infuses the fruit with warmth and complexity.

Serving Suggestions

Roasted pears can be served warm or cold, often paired with ice cream, yogurt, or a drizzle of honey. Serving them on a plate garnished with nuts adds both flavor and texture.

FAQ

Can I use other types of fruit?

Yes, other fruits like apples or peaches can also be roasted using a similar technique.

What type of pears are best for roasting?

Bartlett and Bosc pears are excellent choices as they hold their shape and sweetness when roasted.

How long should I roast the pears?

Generally, pears should be roasted for about 20-30 minutes at 350°F (175°C) or until tender.

Can I prepare this dish in advance?

Yes, you can roast the pears ahead of time and store them in the refrigerator. Reheat them before serving if desired.

See also [Salmon Patties](#)

What can I do with leftover roasted pears?

Leftover roasted pears can be added to salads, blended into smoothies, or used as a topping for desserts like pancakes or waffles.



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Conclusion

The roasted pears recipe showcases how simple ingredients can create a delightful dessert that is both elegant and comforting. The balance of sweetness from the pears combined with aromatic spices elevates this dish, making it perfect for any occasion.

More recipes suggestions and combination

Spiced Apples

Try baking spiced apples with cinnamon and nutmeg for a warm, comforting dessert similar to roasted pears.

Caramelized Bananas

Caramelized bananas sautéed in brown sugar and butter offer a rich and sweet alternative for a quick treat.

Pear and Gorgonzola Salad

Combine roasted pears with mixed greens, walnuts, and Gorgonzola cheese for a refreshing salad with complex flavors.

Poached Pears in Red Wine

Consider poaching pears in red wine for a sophisticated dessert that offers deep flavors and a beautiful presentation.

Pear Tart

Make a pear tart using a flaky pastry base topped with thinly sliced pears and a sprinkle of sugar for a classic dessert option.

Stuffed Pears

Try stuffing pears with a mixture of nuts, dried fruits, and spices, then baking them for a deliciously filled fruit dish.

Pear Smoothie

Blend fresh or roasted pears with yogurt, honey, and a splash of vanilla for a healthy, creamy smoothie option.



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