

Caramelized Pears

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 20 minutes

Chef's Notes

Bartlett or Anjou pears are good for poaching due to their smooth flesh (some varieties can have a grainy texture). Pears are available year round; however, their peak season generally runs between August and December.

For this recipe, choose pears that are somewhat firm with no bruises and minimal marks. They should not be completely ripe or they'll be too soft once cooked. Choose pears that are still light-green and are just turning yellow. The fragrance of the pears will indicate how ripe they are; ripe pears will be yellow in color and give off a sweet aroma.

Step 1: Prepping the Pears

- 4 Bartlett pears (see notes) To prepare the pears, wash, core and peel. Cut each pear into 8 even-sized wedges. Set aside.

Step 2: Heating the Pan

Heat a large, stainless-steel pan over high heat.

Step 3: Coating the Pears in Sugar

- 1/2 cup granulated sugar (approx.) While the pan is heating, place the sugar into a flat bowl (or plate). Lightly coat the pears with the sugar.

Step 4: Cooking and Flipping the Pears

Once the pan is hot, place the pears, flat-side-down, into the pan. Let cook until the bottom begins to caramelize and brown. Swirl the pan a bit to slide the pears around. The juices from the pears will help prevent the sugar from overheating and burning.

Note: If you are using a gas stove, just make sure the flame isn't coming up the sides of the pan, or the sugar will have a tendency to burn and taste bitter.

Once the first side is golden and caramelized, gently turn each wedge over. Continue to cook until both sides are golden and caramelized.

Step 5: Serving the Pears

Once the pears are done, remove them from the pan immediately.

Serve with vanilla or Cafe Latte Ice Cream, Chantilly Cream, or alongside another dessert, such as Fresh Ginger Cake with Caramelized Pears .