



# Slow Baked Pears

Recipe by Dillon Kesur

## INGREDIENTS

- 6 firm pears
- 1 cup white wine
- ¼ cup Amaro (an Italian herbal liqueur) or you can use your favourite spirit
- ½ cup maple syrup
- 1 tbspn sugar
- Pinch of salt
- Optional cinnamon, cardamom, cloves, rosemary or thyme

## DIRECTIONS

1. No need to peel the pears, just halve them length wise and remove core with a sharp teaspoon. Fit snugly into an earthenware baking dish, cut side up.
2. Pour white wine over the pears and spoon Amaro into their hollows, then gently pour over maple syrup. Lastly sprinkle sugar and salt over everything, as well as cinnamon etc, if wanted. Cover tightly with lid or foil.
3. Put baking dish into a 60C -100C oven (depending on your oven). Slow bake for 6 hours or overnight. The liquid should never bubble, just slowly evaporate and get absorbed by fruit.
4. Next morning, remove lid and spoon any reduced liquid onto the pears. Turn off oven. Replace lid and leave for a few more hours.
5. Serve as a rustic dessert, but best served with cheeses and walnuts.



## Sundays

with Lucie Cutting

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