



Pear Tray Bake

Recipe author: Love Food Hate Waste

<http://england.lovefoodhatewaste.com/recipes/pear-tray-bake>

This scrumptious desert is an ideal way to help use a glut of summer fruits like pears, apples or plums. Serve hot or warm with cream, ice cream or crème fraiche.



SERVES:

6

PREP TIME:

10 minutes

COOKING TIME:

30 minutes

INGREDIENTS:

- 150g (5oz) butter, softened
- 150g (5oz) brown sugar (white would be fine)
- 3 medium eggs
- 150g (5oz) self raising flour
- 2 ripe pears, peeled, halved and cored (350g)

METHOD:

1. Preheat the oven to 180oC, gas mark 4. Grease and base line a 22cm square tin.
2. Whisk the butter and sugar until pale and fluffy. Add the eggs, 1 at a time and whisk to incorporate. Gently fold in the flour.
3. Spread the cake mixture in the base of the tin and gently press the pears into the mixture evenly. Bake for 30 minutes until golden and the sponge is cooked.

Cook's tip

Sprinkle a little extra sugar on top before cooking to give a crunchy texture.

Use up

Use up the glut of fruit from the garden or when cheaper when in season.

Variations

Replace the pears with plums or apples

Extra flavour

Add ground ginger or cinnamon for extra flavour

Freezer advice

Cut into portions and freeze.

Vegan and vegetarian options

Suitable for vegetarians, not suitable for vegans.

Allergy advice

Contains, dairy, wheat and gluten.

Nutrition:

Per serving Calories (kJ) 1823 Calories (kcal) 436

Protein 6.4

Fat 24.3

Of which saturated fat 14.0

Carbohydrate 51.0

Of which sugar 32.4

Fibre 2.7 Sodium 0.28

