



Organic Cuisine

Nicola Galloway

Crumble Stuffed Baked Pears

Apples and pears are abundant during the winter months. They can be eaten raw or stewed to serve on cereal or as a simple dessert. Apples and pears contain a soluble fibre called pectin. In the body soluble fibre combines with stomach juices to produce a gel-like substance which is soothing on the digestive system. It also binds with toxins and excess cholesterol to assist in their elimination from the body.

Serves 6

6 medium pears – comice or bosc

1/2 cup pitted dates, roughly chopped

50g cold butter, cubed

1/2 cup rolled oats

1/3 cup hazelnuts or walnuts, chopped

1/2 teaspoon cinnamon

pinch of freshly grated nutmeg

natural yogurt for serving

Preheat oven 200C

1. Wash the pears and cut off the tops 1-2 cm below the stalks. The narrower tops will cook to fast if left on and it also gives you something to nibble on while cooking. Use an apple corer to remove enough of the core to produce a 1.5 cm wide hole. Run a knife around the belly of the pears so the flesh can breathe while cooking and prevent the skin from bursting.
2. In a food processor pulse together the dates and butter (if you don't have a food processor chop together on a chopping board) until roughly combined. Add the rolled oats, hazelnuts, cinnamon and nutmeg. Pulse to create a lumpy texture that holds together. Pack this mixture tightly into the pear cavities.
3. Place the pears in a baking dish so they are sitting upright. Bake for 30-45 minutes until the flesh is soft. Note: the cooking time will vary depending on the variety of pear used. Serve with yogurt.