



Cardamom Poached Pears with Biscotti

We have many fine varieties of pear so do hunt one out for this dish. The cardamom and cinnamon make this a warming dish for a chilling autumnal day. The biscotti will keep for a week in an airtight container, so we have made a mix enough for 20.

Ingredients (serves 4)

- 4 ripe pears
- 500 ml sweet red wine (or red wine with 50 g more sugar)
- 50 g raw cane sugar
- 2 green cardamom pods, crushed
- 1 bay leaf
- 1 x 3 cm cinnamon stick
- 1 star anise
- 2 cloves
- Juice of half a lemon
- 200 ml water

Biscotti

- 250 g plain flour
- 250 g caster sugar
- Half tsp baking powder
- 2 eggs
- 1 egg yolk
- 1 tsp cardamom seeds or fennel seeds or pistachios or almonds

Vanilla cream

- 200 ml double cream
- 1 tsp vanilla extract

