

HOW TO MAKE THE PERFECT

AMARULA POACHED PEARS WITH AMARULA AND HONEY CREAM AND PISTACHIO CRUMBLE



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PREP TIME 20 min

COOKING TIME 10 min

INGREDIENTS

Pears

750ml Amarula Cream Liqueur

125ml water

3 tbsp granulated sugar

½ tbsp cardamom pods

1 whole clove

1 whole vanilla pod – seeds removed,
and pod kept

1 cinnamon stick

4 medium firm pears, peeled, leaving stems intact

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INGREDIENTS *(continued)*

Crumble

125g butter, melted

125g pistachios

375g cake flour

125g sugar

½ tsp salt

METHOD

Crumble

1. Preheat the oven to 180°C.
2. Line a baking tray with baking paper.
3. In a food processor, pulse the pistachios a few times until roughly chopped.

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METHOD *(continued)*

4. Add the flour, sugar, and salt, and pulse until the ingredients are just combined. Add the melted butter and pulse a few times until the mixture comes together in pea-sized crumbs.
5. Transfer the crumbs to the prepared baking sheet. Bake until crumble starts to brown at the edges (about 15 minutes). Remove tray from the oven and toss the crumb around a bit with a fork.
6. Bake for another 8 to 10 minutes, or until the crumble is golden-brown and very crisp.
7. Allow to cool completely before breaking apart into crumbs.

Pears

1. In a medium sized pot combine the Amarula Cream Liqueur, water, sugar, cardamom, clove, vanilla seeds, pod and cinnamon stick.
2. Bring to the boil, stirring until the sugar has completely dissolved, then reduce the heat.

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METHOD *(continued)*

3. Add the pears to the poaching liquid in the pan. To ensure they are as submerged as possible, lie them on their sides.
4. To ensure even cooking, turn the pears every few minutes. Turn off the heat once the pears feel soft when pierced with a blunt knife.
5. For the Amarula cream, fold the honey and Amarula Cream Liqueur into the double thick cream and set aside.
6. Serve the pears with a dollop of the cream and sprinkling of the crumble.

