



Roast Pears with Cranberries and Walnuts in a Honey-Wine Sauce

1 hour
Hands on

4
Portion(s)

2
Difficulty



Method

Photo credit: G. Drakopoulos - Food Styling: T. Webb

- Preheat oven to 200* C (390* F) Fan.
- Peel pears and cut in half down the middle, trying to keep the stems intact. Remove seeds for pears with a small knife. Chop some of the fruit into small cubes (2 tablespoons). Combine cubes of fruit with walnuts and 1 tablespoon honey.
- Place pear halves into a baking pan. Spread the nut mixture over pears, dividing it evenly among them.
- Add the remaining fruit, honey, wine and a few drops of food coloring (optional) to a pot. Bring to a boil over medium heat. Simmer for 5 minutes until it reduces and thickens slightly.
- Use a spoon to drizzle syrup over pears, being careful not to move the nut mixture in the process.
- Cover baking pan loosely with aluminum foil. Bake for 30 minutes, basting pears with syrup 3-4 times.
- Serve warm or cold. Garnish with mint leaves.

Ingredients

- 4 pears, large ripe, peeled and cut in half down the middle, stems in tact
- 250 g cranberries
- 1 tablespoon(s) walnuts, finely chopped
- 3 tablespoon(s) honey
- 150 ml white wine, dry
- [red food coloring paste](#), a few drops
- mint leaves, to decorate

Διατροφικός πίνακας

Nutrition information per portion

282 Calories (kcal)	2.8 Total Fat (g)	0.3 Saturated Fat (g)	59.0 Total Carbs (g)
14%	4%	2%	23%
56.0 Sugars (g)	1.5 Protein (g)	5.7 Fibre (g)	0.36 Sodium (g)
62%	3%	23%	6%