

Pear & Chocolate Crumble

Reference - Maggie Beer

Preparation 25 minutes **Cooking** 15 minutes + 10mins pears **Makes** 7 serves **Cost** \$1.30 per portion (based on retail prices)
Season Winter **Ability** Easy **Can Serve** immediately or keep for the next day **Equipment** Oven

Did you know? This dessert provides four times the amount of energy and three times the fibre of a serving of tinned fruit and ice cream.

The benefits: Pears contain vitamin C, B2 and potassium, great for strengthening the body's immune system and helping with regular functions including energy metabolism and fluid balance. Dark chocolate has a range of health benefits, it can reduce risk of cardiovascular disease and diabetes and may even help reduce the amount of stress hormones the body makes. Almonds are a great source of calcium, folic acid, magnesium and vitamin E, perfect for bone health, immune function and healthy skin. Lastly, the humble oat provides soluble fibre and can help stabilise blood glucose levels by providing slowly released energy.

Ingredients

For crumble

80g caster sugar
65g plain flour
115g unsalted butter
40g almond Flakes
20g oats

For base

1.5kg beurre bosc pears
65g unsalted butter
60g 70% chocolate

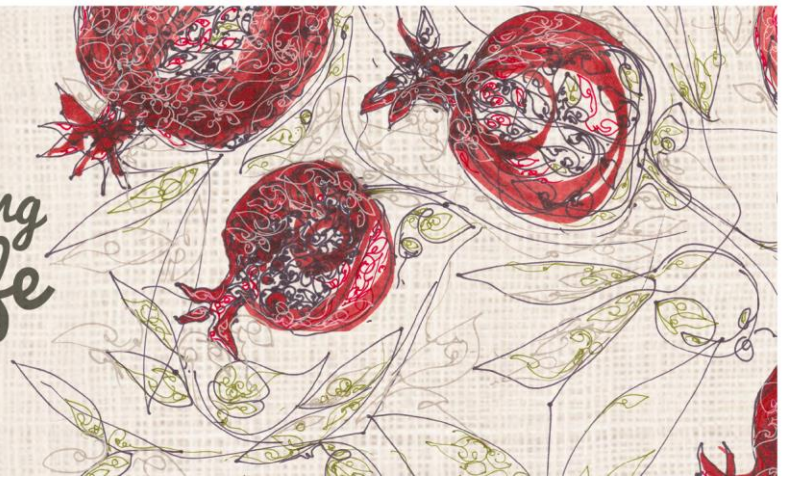


Method

1. Preheat oven to 220°C. Place the sugar, flour and butter into the food processor and pulse until the butter starts to come together. Add the almonds and oats and continue to pulse the mixture until it just starts to form a large crumb. Do not over mix or the mix will form large clumps. This process will depend on the food processor being used and the temperature of the butter (butter must be very cold). Remove from the food processor and place into a tray. Place tray in fridge.
2. To make the pear filling, place the butter into a large pot or fry pan over high heat. Once butter has melted, add the pears and cook for 10 to 15 minutes or until they are soft, but not falling apart. Remove from the heat and allow to cool.
3. Place 130g of cooked pear into each unit and add 10g of chocolate. Top each unit with 47g of crumble topping. Place the crumbles into the preheated oven and bake for 15 minutes or until golden brown. Serve with cream or custard.



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an
appetite
for life*



Nutritional Information

Pear and Chocolate Crumble - Serving Size: 183g		
	Per Serving	Per 100g
Energy (kJ)	1855	1014
Protein (g)	3.5	1.9
Fat (g)	27.4	14.9
- Saturated (g)	15.6	8.7
Carbohydrate (g)	44.6	24.4
- Sugar (g)	30.6	16.7
Fibre (g)	6.6	3.6
Sodium (mg)	10.9	6.0

