

Baked Pears

Swick

Serves 1 | Active Time: 15 minutes | Total Time: 45 minutes

Preparing to bake

Preheat the oven to 375°F.

Step 1: Preparing to bake

Step 2: Preparing the pears for baking

- 2 ripe pears, peeled, halved and cored
- 2 to 3 tablespoons maple syrup
- 2 tablespoons unsalted butter

Cut the pears in half lengthwise and remove the core. Cut a small slice from the rounded side of the pears so that they sit flat. Arrange in a gratin dish or shallow, ovenproof dish. Drizzle with maple syrup and dot with butter.

Step 3: Baking the pears

Bake for 20 to 30 minutes. Remove from the oven and turn the pear halves so they are cut-side down. Allow to cool to warm or room temperature.

Step 4: Serving

- Pumpkin seeds, for garnish
- Sour cream, for garnish
- Mint or sage sprigs, optional, for garnish
- Pound cake, for serving

Serve one half per person, cut-side up. Spoon some of the juices from the dish over the pear. Sprinkle with pumpkin seeds and top with a dollop of sour cream. Add the herb sprig and arrange the pound cake around the pear and serve immediately.