

LEMON CARDAMOM PEAR CRISP



Moderate



60 minutes



Dessert



08 Servings

INGREDIENTS

4 – 5 cups of pears, peeled,
cored & chopped
zest and juice of 1 fresh lemon
1 teaspoon cornflour
1 tablespoon flour
¼ teaspoon cardamom
½ teaspoon pure vanilla extract

For the topping:

¼ cup butter
½ cup packed brown sugar
½ cup old fashioned oats
¼ cup whole wheat flour
¼ teaspoon salt
¼ teaspoon cinnamon
¼ teaspoon ginger
¼ teaspoon nutmeg
¼ teaspoon cardamom



COOKING STEPS

Preheat oven to 350 F.

Peel, core and chop the pears, then toss with the lemon juice, lemon peel, cornflour, 1 tablespoon flour, vanilla and cardamom. Set the pears aside.

In a small saucepan, melt the butter over a medium low heat and cook until browned, swirling occasionally. I'm not sure exactly how long this took, for approx. 5 minutes or so.

While the butter is browning, mix together the brown sugar, oats, whole wheat flour, salt and spices in a small mixing bowl. Pour the browned butter over the oat mixture and mix it in till everything is moistened and well mixed.

Pour the pears into a pie dish, then sprinkle the oat crumble over the top. Bake at 350 for about 45 minutes or until nicely browned on top. Serve with vanilla ice cream.