



Pear tarte tatin

Ingredients: (Serves 4)

- 2 Tablespoons butter
- 2 Tablespoon brown sugar
- 1 Teaspoon vanilla extract
- 1 Cinnamon quill
- 2 Star Anise
- 3 Green pears, cut into eight wedges
- 1 Sheet puff pastry
- ½ Cup crème fraiche, to serve

Method:

1. Preheat oven to 200°C.
2. Melt butter in a large frying pan over medium heat. Add brown sugar, vanilla, cinnamon and star anise. Cook for 2-3 minutes or until sugar has melted. Add pear evenly around the pan and sauté for 2 minutes each side or until slightly cooked. Remove pan from the heat and discard cinnamon quill and star anise.
3. Cover the top of the pears with the puff pastry and tuck in over-hanging dough. Bake for 15-20 minutes until the crust is deep golden brown. Remove from oven and allow to cool for 2-3 minutes.
4. Carefully place a plate over the top of the pan and flip the pan over so that the fruit is now on top of the tart. Remove the pan gently as the fruit juices will be very hot.
5. Cut tarte tatin into wedges and serve with crème fraiche.

Nutrition Information (per serve):

Energy:	1725kJ (412cal)	Sodium:	124mg		
Protein:	3.3g	Sat Fat:	14.2g		
Fat:	24.7g	Sugars:	23.7g	Fibre:	5.5g
Carbohydrate:	37.3g				