

GINGER-HONEY PEAR

INGREDIENTS:

- 2 medium-size pears, peeled.
- 2 tablespoons honey.
- 2 teaspoons grated fresh ginger.
- 3 tablespoons water.

DIRECTIONS:

1. Preheat oven to 350°F.
2. Cut off top third of each pear and reserve. Cut out core of bottom part of pear, making a hole but leaving bottom and outside intact. Place pears and their tops on a glass or ceramic dish.
3. In a small bowl, combine honey, ginger, and water. Heat mixture to encourage honey to dissolve, if necessary.
4. Place ginger mixture inside pears. Now replace the top on each pear, restoring its original shape, and brush sauce on the outside of the pear as well. Save 2 teaspoons or so of the sauce for later.
5. Bake pears for 10 to 12 minutes, until they have begun to soften.
6. Take pears out of oven for a moment and drizzle with remaining sauce, then return pears to oven and broil at high setting for 3 to 5 minutes, until glaze has caramelized.
7. Serve warm.

VARIATIONS:

- Can slice pears into wedges rather than cooking them whole also works well; no need to peel pears. Bake for about 7 minutes, or until pear pieces begin to soften, then broil at high setting for 3 to 5 minutes, until glaze has caramelized.

Pears come in different variety. Asian pears, brownish skin and round shaped, are more juicy and more watery. They may be more suitable for conditions of dry cough.