

SAFFRON POACH

SAFFRON POACHED PEARS WITH WHIPPED COCONUT CREAM (VE)

S E R V E S 2

This poached pear dessert is a decadent, elegant dessert that can be displayed beautifully. You can switch out the pears for apples if you wish, then serve them with the coconut ice cream from the Coconut Crumble recipe (see page 174) or simply whip up some cold coconut cream to accompany.

- ¾ CUP COCONUT CREAM
- 2 WHOLE PEARS, PEELED
- 5 CUPS WATER
- ½ CUP COCONUT SUGAR
- 3 WHOLE CLOVES
- 2 STAR ANISE
- 2 CINNAMON STICKS
- 4 CARDAMOM PODS
- 1 GENEROUS PINCH SAFFRON THREADS

Place the coconut cream in the freezer to chill. You do not want it frozen but you want the cream very cold or it will not whip.

In a medium-sized saucepan over medium heat, add the pears, water, coconut sugar, cloves, star anise, cinnamon, cardamom and saffron. Bring to a simmer for 35–40 minutes.

Once the pears are ready, remove them from the saucepan. Let the liquid simmer for another 5 minutes until it reaches a syrup-like consistency.

Meanwhile, remove the coconut cream from the freezer. Whisk the cream using a hand-held beater until soft peaks begin to form.

Serve the pears in a bowl topped with the whipped cream and drizzled with the saffron syrup.

HEALTH TIP

CARDAMOM IS USED AS A NATURAL BREATH FRESHENER AND PREVENTS CAVITIES WHILE MAINTAINING GUM HEALTH. IT IS ALSO GREAT FOR A RANGE OF DIGESTIVE ISSUES AND IMPROVES BLOOD CIRCULATION.

