

Recipe for Mascarpone & Poached Pear Tarts

INGREDIENTS

Poached Pear

2 c Water

3/4 c Caster Sugar

Juice of 1 lemon

2 Cardamom pods, crushed

1/2 Cinnamon quill

2 small pears

2 Tbl Icing Sugar

1/2 tsp lemon zest

SERVES 4

PREP TIME 15

TOTAL TIME

OVEN TEMP

Filling

250g Mascarpone

1/4 Greek Yoghurt

DIRECTIONS

Poach Pears: Combine water, caster sugar, lemon juice, saffron, cardamom and cinnamon into a saucepan

Peel the pears and place into the saucepan. Bring to the boil then simmer for 30 minutes until pears are tender.

Once cooked, remove from the heat. Remove pears from the syrup, cut into slices. Boil syrup until it reduces.

Combine mascarpone, yoghurt, icing sugar & lemon zest in a bowl, divide between tart shells

Top each tart with pear slices & syrup

