

Pears with Elderflower Cordial

This is such a simple dessert. It's light and refreshing and the delicate flavour of elderflower is the ideal accompaniment to poached pears.

Of course, you can always add some extras like the dairyfree macaroons I posted last month and a dollop of soya yogurt, cream or non dairy icecream!

Ingredients

- 4 firm (not over ripe) pears
- 3 tbsp elderflower cordial
- 1 tsp lemon juice
- 1 tbsp golden castor sugar
- 500ml cold water

Method

- Pour the water into a pan and add the elderflower cordial, lemon juice and sugar. Stir over a low heat until the sugar has dissolved. Slowly bring to the boil and simmer gently for about 10 minutes until the liquid has reduced a little.
- Meanwhile, carefully peel the pears and, leaving the stalk intact, cut in half. Scoop out the core with a teaspoon.
- Place the pear halves in the hot liquid and simmer uncovered for about ten minutes until cooked.

Transfer the pears to a serving dish together with the poaching liquid and leave to cool. Chill in the fridge and serve cold.