

Steamed pears (or apples)

From thespruceeats.com by Rhonda Parkinson

Ingredients

6-8 Asian or other pears, or use apples instead

8 teaspoons honey or sugar

Optional: lemon juice (to brush on the pears to prevent discoloration)

Optional: ½ teaspoon cinnamon

Instructions

1. You will need a baking pan with high sides and a lid.
2. Cut around the core by cutting one side of the pear off at a time. **DO NOT HOLD THE PEAR IN YOUR HAND TO CUT OUT THE CORE.** Cut the larger pieces in half or thirds so you end up with 6-8 slices per pear. Brush the lemon juice over the skin of the pear if using.
3. Place the pears in the baking pan, skin side down.
 - a. If using honey: Warm the honey gently in a saucepan to liquify it. Drizzle a little honey onto each pear slice. Pour about 1cm water in the bottom of the pan. Place the pan in the oven and cook, covered, for 25 minutes, or until the pears are tender. Serve warm.
 - b. If using sugar: Sprinkle a little sugar over each pear slice. Pour about 1cm water in the bottom of the pan. Place the pan in the oven and cook, covered, for 25 minutes, or until the pears are tender. Serve warm.
4. If you'd like, sprinkle a little cinnamon over the top before baking.