

Sweet soy & ginger poached pears

Total time **40 mins** 10 mins preparation time 30 mins cooking time

Nutritional facts (per portion):
862 kJ / 206 kcal

Fat: **3 g** Protein: **2 g**
Carbohydrates: **55 g**

INGREDIENTS

2 portion(s)

2	pears, peeled, quartered and cored
120 ml	water
60 g	sugar
2 tbsp	<u>Kikkoman Sauce for Rice - sweet</u>
2 g	grated ginger
0.5 g	chilli flakes
1 tsp	lemon juice
	Fresh mint for decoration (amount according to preference)
2 tsp	crème fraîche

PREPARATION

Step 1

120 ml water - **60 g** sugar - **2 tbsp** Kikkoman Sauce for Rice - sweet - **2 g** grated ginger - **0.5 g** chilli flakes - **1 tsp** lemon juice
Add the water, sugar, Kikkoman Sauce for Rice, ginger, chilli flakes and lemon juice to a pot. Bring to the boil and stir until the sugar dissolves.

Step 2

2 pears, peeled, quartered and cored
Add the pears to the sugar sauce and simmer for 15-20 minutes until they are soft but still slightly firm. Gently turn the pears several times while cooking. Remove them from the syrup and set aside. Increase the heat and cook the syrup for another 5-10 minutes until it thickens.

Step 3

2 tsp crème fraîche
Serve the pears while still warm. Pour the syrup over them, garnish with the mint leaves and top each portion with a teaspoon of crème fraîche.