DietCloud – Recipe

Recipe Name: Creamy Coconut Poached Pears Recipe

Diet Type:

Course: Dessert

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 250 ml Coconut milk • 1 tablespoon Coconut Sugar • 2 Pears • 1/2 inch Cinnamon Stick (Dalchini) • 1 Cardamom (Elaichi) Pods/Seeds • 1 tablespoon Slivered Almonds (Badam)	4

Preparation

• To begin making Creamy Coconut Poached Pears Recipe, we will first get the fruit ready for poaching.
• eel the skin of pears keeping the stem.
• Place the coconut milk, sugar, cinnamon and cardamon in a saucepan over low heat.
• Peel the skin of pears, keeping the stem.
• Place the coconut milk, sugar, cinnamon and cardamon in a saucepan over low heat.

• Take care not to let the coconut milk come to a boil.
• After about 20 minutes, when you notice the pulp of the pear lightly softened, turn off the heat.
• Place the Poached Pear on the serving platter and pour the spiced creamy coconut sauce over the pears.
• Top it off with slivered almonds.
• You can serve the Creamy Coconut Poached Pears warm or cold.
• If you plan to serve it chilled, then allow the poached pears to cool down and the chill the creamy coconut sauce in the refrigerator.
• Once you are ready to serve, plate the pear and pour the sauce over.

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Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)