

TO FINISH

# KARIPAN BAKED PEARS AND PLUMS

WITH CHANTILLY CREAM AND CRUSHED PISTACHIO, ROSE BRITTLE

## INGREDIENTS

2 x large pears, peeled & cored - 2-3 x plums halved and stoned - 2 x small star anise - ¼ tsp ground nutmeg - 4 tbsp orange juice or passion juice - 30g unsalted butter, cut into small cubes - 2 tsp brown sugar

### FOR THE CHANTILLY CREAM

300ml double cream - 25g icing sugar - ⅓ tsp ground cardamom - 1 tsp rosewater

### FOR THE PISTACHIO & ROSE PETAL BRITTLE

200g toasted pistachio - cooled & lightly crushed - 60g unsalted butter - 180g caster sugar - 200ml golden syrup - 3-4 tsp dried rose petals lightly crushed

## INSTRUCTIONS

1. Preheat oven to 190°C/Gas 5
2. Place all the fruit into the dish, add the star anise and pour over the juice
3. Sprinkle sugar, cubes of butter and nutmeg and bake in the oven for 10 mins
4. Remove from the oven and baste with the sweet juice in the dish
5. Serve warm with chantilly cream and crushed pistachio brittle

### TO MAKE THE CHANTILLY CREAM

1. Lightly whip the cream and fold through the icing sugar, cardamom and rosewater

### TO MAKE THE PISTACHIO & ROSE PETAL BRITTLE

1. Take a large sheet of greaseproof paper and keep it

ready for later

2. Place the butter, caster sugar and a tablespoon of water into a large nonstick pan and heat gently, then add the golden syrup and keep stirring until the butter completely dissolves

3. Bring up to a boil, then reduce the heat and allow it to bubble gently for approx 10 mins until it turns a rich deep brown

4. Quickly stir through the pistachios and rose petals, then immediately pour over the piece of greaseproof paper

5. Allow to cool and set completely, then snap into pieces

6. Take small pieces and using a pestle and mortar crush into small chunky pieces and sprinkle

SERVES 3-4 | PREPARATION TIME: 30-40 MINUTES | COOKING TIME: 20 MINUTES