



ROYAL
VOLUNTARY
SERVICE

POACHED PEARS WITH MAPLE SOFT CHEESE

by Ollie Bragg

Ingredients - Poached Pears

- 1½ litres/generous 3 pints water
- 55g caster sugar
- a few pieces of orange rind
- 2 cinnamon sticks
- 6 cardamom pods, cracked
- ¼ tsp ground ginger (or 1 tsp freshly grated ginger)
- 4 smooth pears
- juice from ½ lemon

Ingredients - Maple Soft Cheese

- 240g/8½ oz vegan soft cheese
- 2–3 tbsp maple syrup
- a good pinch of ground cardamom
- sliced almonds
- cinnamon powder, to dust

Method

- 1. In a large saucepan, combine water, sugar, orange rind and spices. Bring the mixture to a gentle simmer, stirring to ensure the sugar fully dissolves. Allow to simmer for around 5 minutes.**
- 2. Meanwhile, peel the pears from the top downwards, and slice a thin piece from the bottom to help them stand upright. Use a sharp knife to core the pears from the bottom, removing the seeds and any hard parts. Coating each pear with lemon juice will prevent browning.**
- 3. Add the prepared pears to the simmering liquid. Let them cook gently, turning occasionally to ensure even cooking. The pears are done when they are tender enough to be easily pierced with a spoon or fork – neither too firm nor too soft.**
- 4. Cooking time will vary depending on the type and ripeness of the pears; approximately 30 minutes should suffice.**



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5. Once cooked, turn off the heat, cover the pot with a lid, and allow the pears to cool in the liquid for 1 2 hours.
6. When ready to serve, mix cheese, maple syrup, and cardamom in a bowl. Spoon some of the mixture onto a plate, place a poached pear on top, and sprinkle with sliced almonds. Drizzle with extra poaching liquid and maple syrup, then dust with cinnamon powder.
7. Store any leftovers in an airtight container with some of the syrup to keep them from drying out.

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