



Spiced Pickled Pears

Ingredients

1kg Small Pears (not too ripe)

500ml Cider Vinegar

350g Light Muscovado Sugar

A selection of whole spices such as two cinnamon sticks (broken into pieces), a teaspoon of juniper berries, a few whole cloves and some mixed peppercorns (lightly crushed). Alternatively, along with the cinnamon stick, you could use crushed green cardamom pods and some slices of sushi ginger.

Method

- Heat the vinegar, sugar and spices in a large pan, stirring until the sugar has dissolved.
- Peel and core the pears and cut into quarters.
- Place them in the pan with the spiced vinegar and simmer for about 10-15 minutes until the pears start to look translucent and feel just tender when tested with a skewer (be careful not to overcook – timing depends on how under-ripe they are).
- Remove the pears and place in warm, sterilised jars – ‘Le Parfait’ style clip-seal jars are ideal.
- Bring the syrup to a vigorous, rolling boil for five minutes or until reduced by up to a third.
- Pour the syrup over the pears, ensuring they’re covered. Add the spices and seal.
- Store in a cool dark place. Refrigerate once opened, and consume within four weeks.