



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mtevaz Lezzetler® Turkish cooking recipes

Pear Dessert

Armut Tatlıs



6 big pears
12 tsp granulated sugar
Strawberry juice or sour cherry jam
Turkish cream or icing sugar
Walnut

- # Peel the pears, cut them into 2 long pieces. Remove their seed beds.
- # Sprinkle 1 tsp granulated sugar all over the each cleaned surfaces of half pears.
- # After preparing all pear halves by this way, place them into baking bag as just one layer.
- # Close the bag firmly and cut off the extra side of the bag, if it has. And then place it onto a heat resistant baking pot.
- # Cook the pear halves in the oven which is preheated to 392 F until the pear halves soften. (About 25-30 minutes.)
- # After cooling the pear halves in the bag for a while, remove them from the bag and place them onto the service plates.
- # Pour the jam all over the cool pear pieces to colourize them.
- # Garnish them with Turkish cream and walnut and serve.

Note: Pear includes A, B1, B2, B6 and C vitamins. 3.5 ounces pear= 60 cal.