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HOLISTIC NUTRITION
AND CULINARY ARTS

Sautéed Pears with Honey~Ginger Syrup

High-fiber, low-glycemic pears are widely available and are one of the few foods considered hypo-allergenic. Sauté them in ghee (clarified butter) to leave out the casein from butter that can cause inflammation for those who are intolerant. Omega-3 fatty-acids in walnuts help to bring down inflammation in the body. This is an easy-to-prepare dessert that satisfies a sweet tooth without the sugar, corn syrup, wheat, eggs, or milk that can cause inflammatory diseases.

Ingredients

1/2 cup	raw honey	1 Tbs	ghee or butter
2 Tbs	water	3	firm Bosc pears, cored and sliced
1	cinnamon stick, broken in half	1/8 tsp	sea salt
2	cardamom pods, smashed	1/4 cup	toasted walnuts, roughly chopped (optional)
2 tsp	ground ginger (or fresh grated ginger)	1 Tbs	mint leaves, to garnish (optional)

Directions

1. In a small saucepan, bring the honey and water to a boil. Immediately turn the heat down to low, add the cinnamon, cardamom, and ginger, and simmer for about 10-15 minutes. Strain and set aside. (You may prepare the syrup ahead and keep it in a sealed container indefinitely).
2. Heat the butter or ghee in a large skillet over medium-high heat. Add the pears to the pan and, using tongs to flip them occasionally, sauté until they have softened a bit and are nicely browned around the edges, about 8 minutes. Sprinkle a pinch of salt over the pears at the end of cooking and coat evenly.
3. Serve the pears warm and drizzle with the syrup. Top with walnuts and mint if you opt to use them.

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