

Published March 17th, 2021

## A scrumptiously simple concoction to top your favorite frozen dessert

By Susie Iventosch



This recipe for caramelized pears is super simple, which is probably a good thing after the last two recipes we've featured. Serve it over your favorite vanilla frozen concoction, whether it's ice cream, frozen yogurt or some other variation, like coconut milk or soy "ice cream" and you have an easy, delicious dessert. You can make the caramelized pears ahead of time and reheat them, or just start them as you serve dinner and they'll be ready to go by dessert time. Gather together a pear, butter, brown sugar, cinnamon, cardamom and pear or apple juice and you're ready to go. If you prefer apples, you can also make this very same dessert with apples, too. Honey Crisp is our apple choice for this recipe. Serve this over pancakes, too, for a fun breakfast treat.

Caramelized Pear Sundaes

Serves 4 for dessert

Caramelized Pear Sundaes Photo Susie Iventosch

### INGREDIENTS

1 large red Anjou pear, (use a firm pear, not one that's too ripe)

2 tablespoons butter

2 tablespoons brown sugar

1/2 teaspoon cinnamon

1/4 teaspoon cardamom

Dash of salt

1 cup pear or apple juice

\*Optional: 1 tablespoon brandy or calvados (add in with the last cup of juice)

Garnish: 4 cinnamon sticks

Vanilla Ice Cream

### DIRECTIONS

Then slice each quarter into thin slices, approximately 5 slices per quarter, for a total of 20 slices. Heat butter in a skillet over medium-low heat. When melted stir in brown sugar, cinnamon, cardamom and a dash of salt.

Arrange pear slices on top of the butter brown sugar mixture, and cook over low heat for approximately 12-15 minutes per side, or until just beginning to turn golden-brown. Add 1 cup of juice and simmer over low heat for 30 minutes or so, until the pears begin to caramelize. The juice will reduce down and thicken to a syrup during this process.

Serve the warm pears over vanilla ice cream and spoon the syrup over all. Garnish with a cinnamon stick.

That's it! Enjoy!



Before caramelized Photo Susie Iventosch



After caramelized Photo Susie Iventosch



Susie can be reached at [suziventosch@gmail.com](mailto:suziventosch@gmail.com). This recipe can be found on our website: [www.lamorindaweekly.com](http://www.lamorindaweekly.com). If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977. Or visit <https://treksandbites.com>

Reach the reporter at: [suziven@gmail.com](mailto:suziven@gmail.com)

[back](#)

Copyright © Lamorinda Weekly, Moraga CA