

Seasonal Stewed Fruit

Prep time: 5 minutes Cooking time: 5-8 minutes



Ingredients

4 pears or eating apples, peeled, cored and halved
1-2 tablespoons water
2 tablespoons raisins / sultanas (optional)
2 tablespoons caster sugar (optional)



Method.

- Place fruit in a microwaveable dish
- Sprinkle sugar over the fruit. Add water
Cook in the microwave for around 3 – 5 minutes.
Check after 3 minutes stir and cook for a further 2 – 3 minutes if required serve with yoghurt, crème fraiche or custard



Tip!
Stir in the dried fruit if you like

Rice Pudding

Prep time: 5 minutes Cooking time: 2 hours



Ingredients

110g / 4oz pudding rice
50g / 2oz sugar
570ml / 1 pint semi-skimmed milk
150ml / 5fl oz / 1/2 pint water
1/4 teaspoon ground cinnamon



Method.

Pre heat oven 160°C / Gas Mark 3

- Mix rice and sugar in a baking dish and pour on milk and water. Add in cinnamon
- Bake in the oven for at least 2 hours



Tip!
For a variation, try adding dried fruit like sultanas, raisins or apricots or grate in the zest of an orange for a festive feel