

Pears with Lavender

Also Known As

Course	Yield	Type of Food	Main Ingredient
Appetizer	4 servings	Fruit	Fruit

Comments

I am a big advocate of using cracked black pepper with fruit. This recipe goes even further and adds the great taste of lavender.

Prep Time 5 minutes **Cooking Time** **Ethnic Origin** French

1/8=.125 1/4=.25 1/3=.33 3/8=.375 1/2=.5 5/8=.625 2/3=.66 3/4=.75 7/8=.875

Measure	Ingredient	Pre-Heat? <input type="checkbox"/> Yes	Temperature	Measure	Grease Pan? <input type="checkbox"/> Yes	Ingredient
2 large	Bartlett or Anjou pears, ripe, peeled					
1 Tbs.	lemon juice					
.125 tsp.	or more lavender flower heads					
.5 tsp.	coarse cracked black pepper					

Instructions

Sprinkle the lemon juice over the pears.
Combine the lavender and pepper and sprinkle over the pears.
Chill lightly then serve.

Adding a wedge of Italian Fontina or other mild semi-soft cheese as an accompaniment takes the dessert out of the "Heart-Healthy" category, but makes it "Magnifique".