

WHISKEY & PEAR MUFFINS

Gluten and Dairy containing, Low chemical

Makes 6 large muffins

1 x 6 large muffin tray

Lined with large muffin cases or baking paper

- 6 pieces of 16cm x 22cm baking paper

Ingredients:

400g can pear slices in sugar syrup

½ cup light brown sugar

125g unsalted butter, softened

100g crème fraiche

2 Tbsp golden syrup

1 tsp vanilla bean paste

2 eggs

1 ½ cup self-raising flour, sifted



Syrup

¾ cup light brown sugar

~ ¾ cup reserved pear syrup from the tin

2 Tbsp whiskey

Method:

Preheat the oven to 170°C.

- Drain the pears but reserve the sugar syrup for the whiskey syrup recipe. Roughly chop the pears and set aside.
- Cream the brown sugar and butter until pale and creamy.
- Beat in the crème fraiche and golden syrup.
- Add the vanilla and eggs and beat until combined.
- Gently incorporate the sifted flour and then fold through 2/3 of the chopped pear.
- Divide the mixture evenly between the 6 lined muffin holes.
- Top with the remaining pear and cook for 40 minutes.
- Fan force the oven for a further 5 minutes to brown the top. They are done when a skewer comes out clean.

Prepare the Syrup:

Combine the brown sugar, pear syrup and whiskey in a small saucepan and bring to the boil. Simmer for 8-10 minutes to reduce and slightly thicken the syrup.

To serve

- Drizzle the muffins with warm syrup
- Serve remaining syrup in a pourable container, so it can be added as desired

Adapted from a *DELICIOUS* recipe to be low chemical