

Gingerbread with Caramel Pears

Turkey Day Primer | November 2007



Serve this simple yet extra-special dessert with homemade Pumpkin Ice Cream or your favorite purchased ice cream.

PREP: 50 MINUTES BAKE: 55 MINUTES COOL: 30 MINUTES OVEN: 325°

- 1 CUP BUTTER
- 1 CUP MILK OR WATER
- $\frac{3}{4}$ CUP DARK BROWN SUGAR
- $\frac{3}{4}$ CUP UNSULPHURED BLACKSTRAP MOLASSES OR DARK-FLAVORED MOLASSES
- $\frac{1}{2}$ CUP HONEY (FULL-FLAVORED)
- 3 CUPS ALL-PURPOSE FLOUR
- 2 TSP. GROUND GINGER
- 2 TSP. GROUND CINNAMON
- 1 TSP. BAKING POWDER
- $\frac{1}{2}$ TSP. BAKING SODA
- $\frac{1}{4}$ TSP. SALT
- $\frac{1}{8}$ TSP. GROUND CLOVES
- 3 EGGS
- 1 RECIPE *CARAMEL PEARS* (BELOW)
- 1 RECIPE *PUMPKIN ICE CREAM*, OPTIONAL

Grease a 9×9×2-inch pan; set aside. In a medium saucepan combine butter, milk, brown sugar, molasses, and honey. Cook and stir over low heat until butter is melted. Remove from heat and transfer to a large bowl; cool slightly.

In a medium bowl combine flour, ginger, cinnamon, baking powder, baking soda, salt, and cloves. Set aside.

With an electric mixer, on medium speed, beat eggs, 1 at a time, into cooled butter mixture, beating well after each addition. Add flour mixture, about 1 cup at a time, beating on low speed just until combined (batter may be lumpy). Pour batter into prepared pan. Bake in a 325° oven for 55 to 60 minutes or until a toothpick inserted near center comes out clean. Cool for 30 minutes on a wire rack. Serve warm with *Caramel Pears* and *Pumpkin Ice Cream*, if desired. Makes 12 to 16 servings.

CARAMEL PEARS: In a small bowl soak $\frac{1}{4}$ cup dried cherries in $\frac{1}{4}$ cup cognac or orange juice for 30 minutes or until softened. Meanwhile, in a large skillet sauté 3 to 4 pears, peeled, cored, and thinly sliced, in 3 tablespoons butter and a pinch of sugar until golden brown and cooked. Drain cherries. Stir cherries into pear mixture before serving.

Per serving Gingerbread with Caramel Pears: 492 cal., 20 g fat (12 g. sat. fat), 103 mg chol., 295 mg sodium, 71 g carbo., 3 g fiber, 6 g protein.