



Pickled pears & cheese platter

 Vegetarian  Gluten Free

READY IN



55 min.

SERVINGS



8

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 500 ml cider vinegar
- ☐ 250 g golden caster sugar
- ☐ 1 tbsp pink peppercorns
- ☐ 1 tbsp mustard seed white yellow
- ☐ 10 cloves
- ☐ 8 small pears firm
- ☐ 1 large loaf walnut with a good crust
- ☐ 700 g a firmish goat's cheese good

☐ 9 servings winter salad leaves

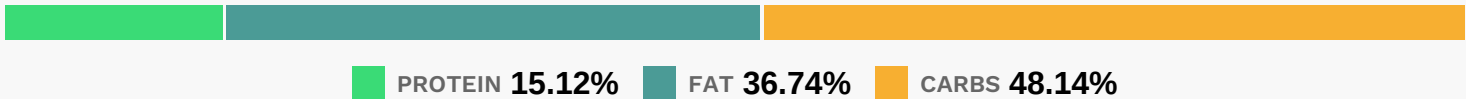
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ slotted spoon

Directions

- ☐ Put the vinegar, sugar and spices into a large saucepan with 500ml of water.
- ☐ Heat gently to melt the sugar. Meanwhile, peel the pears, halve, then scoop out the core with a teaspoon or melon-baller.
- ☐ Add the pears to the pan, they should be just about covered with the liquid, then bring to a simmer for 25–30 mins. Test the pears with a tip of a knife they should be just tender. Lift out with a slotted spoon and put into a large Kilner jar or a few smaller ones. Boil the liquid down to about 600ml, then pour over the pears to cover. Seal and store in the fridge for up to a week, before serving.
- ☐ On Christmas Day, remove the pears from the fridge so they come up to room temperature. To serve, thickly slice and toast the bread and slice the cheese into thin wedges. Lift the pears from the jar and layer up with the cheese on a large platter or board, then scatter with some leaves.
- ☐ Serve with the bread.

Nutrition Facts



Properties

Glycemic Index:16.09, Glycemic Load:6.97, Inflammation Score:-8, Nutrition Score:14.429130295049%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg

Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 463.21kcal (23.16%), Fat: 19.12g (29.42%), Saturated Fat: 12.84g (80.25%), Carbohydrates: 56.39g (18.8%), Net Carbohydrates: 51.3g (18.65%), Sugar: 45.84g (50.94%), Cholesterol: 40.25mg (13.42%), Sodium: 348.13mg (15.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.41%), Copper: 0.83mg (41.44%), Manganese: 0.74mg (36.76%), Vitamin A: 1459.58IU (29.19%), Phosphorus: 274.8mg (27.48%), Vitamin B2: 0.4mg (23.44%), Vitamin C: 16.86mg (20.44%), Fiber: 5.09g (20.37%), Calcium: 181.36mg (18.14%), Vitamin B6: 0.32mg (15.94%), Iron: 2.79mg (15.49%), Potassium: 385.01mg (11%), Magnesium: 41.18mg (10.29%), Vitamin K: 10.53µg (10.03%), Folate: 39.5µg (9.87%), Vitamin B5: 0.79mg (7.89%), Zinc: 1.15mg (7.7%), Selenium: 4.94µg (7.06%), Vitamin B1: 0.1mg (6.73%), Vitamin B3: 0.95mg (4.77%), Vitamin B12: 0.17µg (2.77%), Vitamin E: 0.41mg (2.74%), Vitamin D: 0.35µg (2.33%)