

# Leominster Living Orchard

## Apple Recipes, Activities, Stories & Poems



### **RECIPE:** Pear & Honey Parcels

#### **Ingredients**

- 1 large, ripe pear
- 1 tbsp honey
- Half tsp flour
- filo pastry
- 1 large egg white, beaten
- Half tbsp sugar and a pinch of salt

#### **Method**

- Preheat oven to 350°F. Line a baking sheet with grease-proof paper.
- Peel and core the pear. Cut into small cubes. Transfer to a small bowl and then add the honey, flour and salt. Stir well until combined.
- Cut pastry into squares of about 15cm.
- Put a dessert spoon of pear mixture into the middle of the square, and scrunch up the pastry at the top, using a little water to hold it together if needed.

- Brush the tops of the parcels with the egg white and then sprinkle with sugar.
- Bake until lightly browned for 10-15 mins
- Serve immediately, or store until ready to eat.
- Tip – add raisins, blackberries, chopped dates or chopped nuts

