



CALIFORNIA PRUNE AND PEAR MISO CARAMEL POT

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"Miso is a fermented food that is traditionally used in Japanese cooking. Because it is fermented – just like the Greek yoghurt - it contains friendly bacteria that's good for your gut. Combined with the fibre from the pear and the California Prunes, which feeds the friendly bacteria, this is one of the healthier puddings – although remember it still contains a load of butter and sugar! Miso is salty so it is often used for soups but in this recipe I use it to create a salted caramel sauce. Be careful to whisk in the miso at the end however, once the sauce has cooled slightly as heat can kill all the good bacteria!"

Serves: 4

Ingredients:

For the fruit pots

3 pears, cored and cut into small dice
100g California Prunes, chopped
400g Greek yoghurt

For the caramel sauce

75g sugar
20g butter
50ml double cream
2 tsp white miso paste



Here's How:

1. Put the chopped pear into a microwave-safe dish with a couple of tablespoons of water and cook on high for 2mins. The pear should be soft but not mushy.
2. Meanwhile, divide the yoghurt between four 4 serving glasses. Once the pear has softened slightly combine with the California Prunes and layer on top of the yoghurt. Set aside while you make the caramel sauce.
3. Put the sugar in a small pan and add 2 tablespoons of water. Cook over a high heat until the sugar melts. You can swirl the pan a bit but don't stir with a spoon. Continue cooking until the sugar turns a medium brown. Let it go beyond golden, but not quite as far as dark brown. When it reaches the right colour, turn off the heat and whisk in the butter and the cream.
4. Leave to cool a bit, but while it is still warm whisk in the miso. Make sure it's fully combined with no lumps then pour over the top of the fruit pots and serve.

Link to Website: <https://www.californiaprunes.net/recipes/pear-miso-caramel-pot/>