

Oatmeal and Pear Pudding Brûlée

4 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

2 cups almond or soy milk
1 cup old-fashioned rolled oats
2/3 cup golden raisins, dried cranberries, nuts, coconut or a combination
1/4 cup plus 2 to 3 tablespoons light brown sugar, divided
2 eggs
Caramelized Pears (recipe follows)

CARAMELIZED PEARS

1 (15-ounce) can Pacific Northwest Canned Pears, slices, in juice, drained and juice reserved
1 tablespoon canola or vegetable oil

Method

Preheat the oven to 325 degrees F. Lightly grease 4 (8-ounce) ramekins or custard cups and set aside.

Measure out 1 cup of reserved pear juice. (If there isn't enough juice, add water to measure 1 cup.) Pour the juice into medium saucepan with the milk, oats, raisins and 1/4 cup brown sugar. Cook, stirring frequently, over medium heat, until the oats have cooked through and thickened. Remove the pan from heat and set aside to cool slightly.

In a small bowl, whisk the eggs together until frothy and stir them into the cooled oats. Gently fold in the diced Caramelized Pears and divide the mixture between the prepared baking dishes. Arrange the dishes on a baking sheet and place in the oven.

Bake the puddings 15 to 20 minutes or until the custard has set. Remove the pan from the oven. Evenly sprinkle 1 to 2 teaspoons of the remaining brown sugar over each dish and place under the broiler or use a propane torch to melt and caramelize the sugar. Serve immediately.

CARAMELIZED PEARS

Preheat oven to 375 degrees F on the convection setting, or 400 degrees F for a conventional oven.

Toss the well-drained pear slices in a large bowl with the oil, being careful to coat them evenly. Spread the slices in single layer on a baking sheet with sides, lined with parchment paper.

Bake 35 to 40 minutes, or until the pear slices are caramelized, turning halfway through the baking time. Remove the pan from the oven, allow the pears to cool, and cut them into a large dice. Set aside until ready to use.

Servings

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Nutrition

Calories	410
Calories from fat	70
Fat	8g
Cholesterol	95mg
Sodium	130mg
Carbohydrate	80g
Dietary Fiber	6g
Sugar	58g
Protein	7g
Vitamin A	8%
Vitamin C	2%
Calcium	6%
Iron	15%