

# Oatmeal and Pear Pudding Brûlée

24 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

3 quarts almond or soy milk  
6 cups old-fashioned rolled oats  
8 cups golden raisins, dried cranberries, nuts, coconut or a combination  
2 to 2-1/2 cups lightly packed light brown sugar, divided  
12 eggs  
6 cups Caramelized Pears, diced (recipe below)

### CARAMELIZED PEARS

16 cups Pacific Northwest Canned Pears, slices, in juice, drained and juice reserved  
1/4 cup canola or vegetable oil

## Method

Preheat the oven to 325 degrees F. Lightly grease 24 (8-ounce) ramekins or 2 half-size hotel pans. Set aside.

Pour the milk and 6 cups of the reserved pear juice into a saucepan. (If there isn't enough juice, add water to measure 6 cups.) Stir in the oats, raisins and 1-1/2 cups 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.

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 ramekins, or the 2 half-size hotel pans.

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 (or 1/4 to 1/2 cup on each of the hotel pans). Place under the broiler or use a propane torch to melt and caramelize the sugar. Serve immediately.

When baking in hotel pans, allow the brûléed pudding to sit 15 minutes before portioning and serving.

### 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 sheet pans 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.

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## Nutrition

Calories	410
Calories from fat	70
Fat	8g
Cholesterol	95mg
Sodium	130mg
Carbohydrate	80g
Dietary Fiber	6g

<i>Sugar</i>	58g
<i>Protein</i>	7g
<i>Vitamin A</i>	8%
<i>Vitamin C</i>	2%
<i>Calcium</i>	6%
<i>Iron</i>	15%