

# West Coast Shortcake

4 Servings



**Pacific Northwest  
Canned Pears**

Always ripe. Always ready.

## Ingredients

### SPICED PEARS

6 cups Pacific Northwest Canned Pears, slices, in extra light syrup, drained and syrup reserved  
10 coriander seeds  
8 black peppercorns  
4 whole star anise  
4 cinnamon sticks  
4 green cardamom pods, lightly crushed  
4 whole cloves  
Pinch kosher salt  
1 lemon, zested and juiced  
4 teaspoons unsalted butter

### PEAR SORBET

3/4 cup superfine granulated sugar  
1 (7-ounce) can condensed milk  
1/2 teaspoon pure vanilla extract  
Pinch kosher salt  
Scant 1/8 teaspoon ground white pepper  
4 buttermilk biscuits  
1 cup lightly sweetened whipped cream  
4 sprigs fresh mint

## Method

### SPICED PEARS

Pour the reserved syrup in a heavy-bottomed saucepan and add the coriander, peppercorns, star anise, cinnamon, cardamom, cloves and salt. Bring the mixture over medium-high heat and reduce to a simmer. Continue to simmer the liquid until it is thick and syrupy.

Add 3 cups of the reserved pear slices and return the mixture to a boil. Add the lemon juice and zest, reduce the heat to a simmer, and continue to until the syrup begins to caramelize. Remove the pan from the heat and whisk in the butter. Thin the sauce with a little hot water if necessary.

### PEAR SORBET

Puree the remaining pears. Combine 2 cups of the puree, sugar, condensed milk, vanilla, salt and white pepper in a deep pan. Whisk well and freeze 4 to 6 hours, or overnight, until firm. Remove the sorbet from the freezer 10 minutes before serving to allow it to temper and soften slightly.

To assemble, cut the biscuits in half and place the bottom halves on each of 4 plates. Put a scoop of sorbet on each of the biscuit bottoms and top with a generous dollop of chantilly cream. Prop the top biscuit up on its side, next to the sorbet and spoon the war spiced pears around the bottom biscuit. Garnish with a sprig of mint or, if you prefer, a few of the star anise and cinnamon sticks from the syrup. Serve immediately.

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## Nutrition

|               |        |
|---------------|--------|
| Calories      | 856    |
| Fat           | 27 g   |
| Saturated Fat | 14 g   |
| Trans Fat     | 1 g    |
| Cholesterol   | 67 mg  |
| Sodium        | 634 mg |
| Carbohydrates | 151 g  |
| Fiber:        | 7 g    |
| Sugar:        | 79 g   |
| Protein:      | 11g    |
| Calcium       | 264 mg |
| Iron:         | 3 mg   |
| Vitamin C:    | 24% DV |
| Vitamin A:    | 15% DV |

Recipe by Chef Daniel Orr, FARMbloomington, Bloomington, IN  
[eatcannedpears.com](http://eatcannedpears.com)