WASTE LESS, TASTE MORE 029

Give Extra Apples or Pears a Dessert Role



THE FRUIT BOWL CAN INSPIRE THE NEXT COURSE.

Apples or pears bought for a dinner party salad or cheese course may still be waiting afterward. While they remain sound, turn them into a baked fruit dessert.

1 Choose fruit suitable for cooking

Check its condition and use a recipe suited to the variety and ripeness.

Why: Different apples and pears soften differently and may need different cooking times.

2 Choose a simple preparation

Consider baked apples, roasted pear halves, or a small fruit crumble.

Why: A focused preparation lets the fruit become the main feature of the dessert.

3 Add a complementary finish

Serve with yogurt, cream, ice cream, or a suitable custard sauce. Include a little cooking juice where it improves the plate.

Why: A creamy or crisp contrast makes the dessert feel complete.

KITCHEN NOTES

Connect to the original menu

Pears purchased for cheese can return roasted with a little honey and thyme.

Use a suitable serving dish

Individual oven-safe dishes can give a crumble a tidy presentation.

Let the fruit show

Keep the shape visible rather than covering the entire serving with cream or sauce.

THE PLATING MINDSET

Give sound extra fruit the attention of a planned dessert.