



PEAR CLAFOUTI

3 large organic pears, firm, ripe, cored and sliced thin

2 T Earth Balance Natural “Buttery Spread,”
at room temperature

1 T agave sweetener

1 cup soy milk (I use Westsoy Soy Plus Plain)

1 t pure vanilla extract

1 t lemon peel, grated

1/3 cup white spelt flour

3 egg whites

1 whole egg

Directions: Preheat oven to 350. Saute the pear slices in one tablespoon of the Earth Balance over medium-high heat, tossing gently, until they begin to soften and look a little golden—do not overcook. This should take no more than 4-5 minutes, but maybe more or less depending on the ripeness of the pears. Slide the pears gently into a deep-dish glass or ceramic baking dish (I use my soufflee dish). Use a rubber spatula to transfer the buttery juices from the sauté pan to the baking dish.

Beat together the eggs, agave and the rest of the “butter.” Whisk in flour until smooth, then whisk in the soy milk, vanilla and grated lemon peel. Pour the mixture over the pears and place on middle rack of preheated oven. Baking time will vary, depending on the warmth of the pears in the bottom. Start checking after 20 minutes. Bake until set in the middle and golden.

Note: A tip of the hat to Jonathan Bagley, who threw this together on a lovely early autumn night in Maine as part of a famously good meal. Jonathan and I had had a wonderful time foraging for all manner of amazing vegetables. We found some beautiful pears in the Belfast Co-op store that almost made us swoon.

Sauteing the pears, and fruit in general, is a great way to bring out their sweetness to a point where adding more sweetener is almost unnecessary. Earth Balance is a quite amazing vegan product—they have a proprietary process which keeps the stuff from melting at room temperature without the use of trans fats. It’s high in sodium, and I’d prefer that they wouldn’t use canola oil, but given the givens...

*Joyful cooking.
Healthy eating.*

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