



Recipe by Shannon Bennett,  
developed in conjunction with Miele.

# Spiced pear dumplings

## Ingredients

1¼ cups self-raising flour  
¼ cup caster sugar  
125g unsalted butter, diced  
2 tbs water  
5 Packham pears  
2 tsp Eight Spice Powder

## Sauce

Pinch Eight Spice Powder  
1 cup brown sugar  
2 tbs golden syrup  
½ cup water  
50g unsalted butter  
Roasted hazelnuts and vanilla  
ice cream to serve

## Eight-Spice Powder

20g juniper berries  
30g whole star anise  
15g white peppercorns  
15g cinnamon quills  
15g cloves  
Pinch saffron threads  
25g salt  
10g cardamom pods

**Preparation Time:** 30 minutes

**Cooking time:** 40 minutes

**Servings:** 6

## Appliance and Function

Fan Plus

Induction Cooktop

## Method

### Spiced Pear Dumplings

1. Pre-heat Oven on Fan Plus at 160°C.
2. Combine flour, sugar, butter and water into a mixer or food processor. Pulse until it has formed a dough or use your hands to bring it together. Rest the dough for 20 minutes.
3. Peel 3 pears and cut into 2.5 – 3cm chunks. Season with Eight-spice powder.
4. Divide the dough into 9cm circles, 3-4mm thick. Place 1 piece of pear onto each dumpling and wrap the dough around the fruit, sealing well at the top. Ensure that the pastry is well sealed all around the pear so that it will steam inside whilst the pastry. Place seam-side down in an ovenproof dish.

### Sauce

1. Combine all ingredients into a saucepan and bring to a simmer. Pour half the sauce over the dumplings. Bake in the Oven, shelf position 2 for approximately 30 minutes or until golden and the dumplings are cooked through.
2. Thinly slice the remaining pears lengthways. Heat 2 tbs of the remaining sauce in a frying pan on medium-high heat, Induction setting 7. Add the pear slices and cook, turning, until caramelised. Cool on a baking paper lined Multi-purpose tray.
3. Remove the dumplings from the Oven and allow to cool for 5 minutes and serve with vanilla ice-cream, spooning the sauce over the top. Scatter over some hazelnuts and caramelised pear slices.

### Eight-Spice Powder

1. Grind all the spices to a fine powder in a spice grinder.
2. Toast the ground spices in a large frying pan over a medium heat, Induction setting 6. Allow to cool.
3. Store in an airtight container and use as required.

### Hints and tips

Dumplings can be made in advance, frozen and baked straight from the freezer.



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