

Pear Stirabout



Serves	6-8
Prep time	15 minutes
Cook time	30 minutes
Total time	45 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - High Chemical , RPAH Elimination Diet - Low Chemical / Failsafe , RPAH Elimination Diet - Moderate Chemical , Salicylate Challenge
Meal type	Dessert
Misc	Child Friendly , Pre-preparable , Serve Cold , Serve Hot
From book	The Failsafe Cookbook

Ingredients

- 4 tablespoons butter or Nuttelex (softened)
- 1 cup wholemeal self raising flour
- 3 tablespoons caster sugar
- 1 egg (lightly beaten)
- 100ml low fat milk (approximately)
- 3 cups chopped pear (fresh or tinned in syrup, 1cm pieces)

To serve:

- Golden syrup

Directions

1. Preheat the oven to 220 C, grease or line a pie dish.
2. Sift the flour and add the husks back in.
3. Rub the butter/Nuttelex into the flour until it resembles bread crumbs.
4. Add the sugar, egg and enough milk to make a thick batter.
5. Add the pear and stir through.
6. Pour into a prepared pie dish and bake for 20 to 30 minutes.
7. Cut into pieces and serve drizzled with golden syrup.

Note

Low Chemical

Variations:

1. Replace the pear with cooked Golden or Red Delicious apples (moderate salicylates)
2. Replace the pear with rhubarb (high salicylates)