

Pear-Almond Clafouti

Ingredients:

- 1 pound fresh pears
- 32 oz. cranberry juice (enough to submerge the pear(s) while they are poaching).
- 1 cinnamon stick
- ¼ cup almond liqueur or orange juice (1/8 cup of each)
- Zest of one lemon
- 2 teaspoons lemon juice
- ½ teaspoon almond extract
- 1/3 cup sugar
- 3 egg whites
- 1 egg yolk
- 1 cup low-fat milk
- 2/3 cup flour
- Pinch of salt
- 1 Tablespoon sliced or slivered almonds
- Confectioners' sugar for dusting

Instructions:

1. Peel pears, then place them in cranberry juice with cinnamon and poach (or bring to low boil) for 50 to 60 minutes (or until tender). Refrigerate as is overnight.
2. When ready to assemble, slice pears in eighths then lay them in a baking dish coated with cooking spray (a shallow ramekin or casserole dish will suffice).
3. Beat the egg whites until they are soft and airy.
4. Add the following to the beaten egg whites and mix together: sugar, egg yolk, orange juice, almond liqueur (such as amaretto), almond extract, lemon juice and zest, low-fat milk, flour, salt,
5. Pour the batter over sliced pears.
6. Sprinkle sliced/slivered almonds on top.
7. Bake in a preheated 350 degree oven for 45 to 55 minutes.
8. Dust with confectioners' sugar and garnish with a mint sprig, then serve!