



PEAR SPONGE

Dessert: This recipe provides a portion of fruit and counts towards the standard to provide a portion of fruit each day.

Recipe adapted from: Lancashire County Commercial Group

Ingredients

200g plain flour
140g caster sugar
10g baking powder
140g unsaturated fat spread
150g (3) eggs, beaten
800g for primary or 1.3kg for secondary
canned pears, in juice, drained and chopped (drained weight 480g or 800g)

Method

1. Pre-heat the oven to 175°C/325°F/gas mark 3.
2. Line or grease a shallow dish.
3. Place all the dry ingredients into a mixing bowl with the margarine. Rub together to produce a fine breadcrumb texture.
4. Add the eggs and mix to a dropping consistency.
5. Arrange the chopped pears in the bottom of the dish and top with the sponge mixture.
6. Bake in the oven for approximately 30 minutes or until the sponge is firm to touch and golden brown in colour.

Serving suggestion: with custard.



Number of portions this recipe makes:

12 primary servings (95g)
10 secondary servings (120g)



Prep: 15 minutes
Cook: 30 minutes



Allergy information:

Egg, milk, wheat (gluten)



Top Tips

Replace 20g of flour with cocoa powder for chocolate flavoured sponge.

Government Buying Standards for Food & Catering Services

Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children's diets.

For this recipe: choose spreads based on unsaturated fats.