



# Pikelets with Honey-Poached Pears and Cream

EASY • 1 HOUR 5 MINS

What could be sweeter than bite-sized pikelets topped with poached pears, cream and **Capilano Aussie Bush Honey**?

For an Aussie treat with stacks of flavour – these little rippers are the ultimate cross between comforting and vibrant. Enjoy them on a warm sunny morning alongside your choice of brew... delicious.



SKILL LEVEL  
Easy

PREP TIME  
15 mins

COOKING TIME  
50 mins

SERVINGS  
20 pikelets

Visit [capilano.com.au](https://capilano.com.au) to learn how to swap honey for sugar in your recipes.

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## Ingredients

### Honey Poached Pears

- 240g (¾ cup) **Capilano Bush Honey**
- 2 oranges (juice & zest)
- 2 tsp ground cinnamon
- 6 star anise
- 1 tsp ground cardamom
- 1 tsp vanilla extract
- 375ml (1½ cups) water
- 4 large pears

### Honey Pikelets

- 225g (1½ cups) self-raising flour
- 2 tbsp (60g) Capilano Bush Honey
- 250ml (1 cup) buttermilk
- 1 tsp cream of tartar
- ½ tsp bicarbonate of soda
- 1 egg
- Butter (for cooking)

### To serve

- Poached pears
- Pear syrup
- Dollop cream

## Method

1. Honey Poached Pears: In a medium pot, combine honey, orange juice, spices, vanilla, and water. Bring to the boil. Reduce heat and simmer for 10 minutes.
2. While poaching liquid simmers, peel, core, and dice pears into 1-2cm pieces.
3. After 10 minutes, add diced pears to pot. If liquid doesn't cover pears completely, add extra water. Simmer gently for 15 minutes, or until tender.
4. Strain pears into a bowl, reserving liquid. Remove cinnamon, star anise, cardamom and vanilla from pears and set aside to cool.
5. Pour poaching liquid back into pot and return to heat, simmering for 10-15 minutes, or until thick and syrupy.
6. Place syrup into a container and set aside.
7. Honey Pikelets: Place flour into a mixing bowl. In a jug, combine honey, buttermilk, cream of tartar, bicarbonate of soda and egg. Whisk well. Add liquid to flour. Whisk until combined.
8. Preheat a large non-stick pan over medium-low heat. Melt a teaspoon of butter and spread evenly.
9. Drop tablespoons of batter into the pan. Cook until pikelets begin to bubble and are golden underneath. Flip, then continue cooking. Once golden on both sides, remove from pan and place on a plate. Repeat with remaining batter.
10. To serve: top with poached pears, a drizzle of syrup and cream.
11. To prep ahead: Pears and syrup can be made up to 2 days prior to serving. Store pears and syrup separately in an airtight container in the refrigerator. Pikelets are best made the day of serving.

## Used in this recipe



### AUSSIE BUSH HONEY

Travel to Australia's native bushlands, where amongst the call of Kookaburras and Koalas grow trees such as Stringybark, Ironbark, Yellow Box, and Gum that our bees forage to create this uniquely Australian honey.

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#### Buttery, Silky and Bold

Comfort at its finest! With a rich buttery flavour, our Bush Honey is a dream for home made crumpets and lashing of butter. The fruity, floral notes of this honey will linger in the perfect honey and vanilla milkshake, and it will sit deliciously atop a stack of banana pancakes or waffles!

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

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