

Cinnamon semolina dumplings with caramelised pear – a recipe by Herbert Hintner



The pear season in Germany starts in late summer. In autumn and winter pears are particularly sweet and succulent – enjoy trying the many varieties of this mild fruit!

Ingredients for 4 portions:

For the semolina dumplings:

250 g milk
60 g butter
20 g sugar
¼ vanilla pod
60 g semolina
2 eggs
Some lemon and orange peel (from untreated fruit)

For the cinnamon-sugar:

4 tbsp grated white bread (or breadcrumbs from toast)
1 tsp cinnamon
2 tbsp sugar

For the caramelised pear:

2 pears
150 g sugar

20 g butter

To serve:

Mint

Icing sugar

Tipps from Herbert Hintner:

- When preparing the semolina mixture it is important not to remove it from the heat straight away when it starts to set but to continue stirring until a compact mixture is formed and it loosens from the base of the pan. Then allow the semolina mixture to cool completely before adding the eggs, otherwise the dumplings may separate when cooking
- This recipe can be prepared for fewer persons by reducing the quantities accordingly.

Preparation (c. 1,5 hours):



Bring the milk, butter, sugar to the boil with the vanilla pod. Add the semolina and cook until it loosens from the base of the pan (or when it just starts to set).

Remove from the heat and allow to cool completely.

Add the lemon and orange peel as well as the eggs and mix well. Then place the dough in the fridge.



Peel the pears, cut lengthways into two slices and use a corer device to remove the core.

Form dumplings from the dough and simmer in slightly salted and sweetened water for 10 minutes.



Lightly caramelize the sugar, then add the butter and 150ml water. Cool until all caramelized sugar is dissolved.



Add the pear slices and depending on the ripeness of the pears cook until softened but still firm to bite (circa 5-10 minutes).
Remove the dumplings from the water and turn over when still hot in a bowl filled with cinnamon-sugar until they are completely covered.



Serve the pear slices on a plate. Place the semolina dumplings on top.
Garnish with a dusting of icing sugar and mint.

Bon appetite!
