



Stewed Pears with Rose and Cardamom

Soft, fragrant pears gently simmered with cardamom and rose create a simple dish that can be enjoyed as a light breakfast, afternoon snack, or nourishing dessert.

Servings: 2

Preparation Time: 20-25 minutes



Ingredients

- 2 ripe pears, cored and diced
- ½ cup water
- 4 green **cardamom pods**, lightly crushed
- 1 teaspoon **edible rose water**
- Pinch of **pink salt**

Instructions

1. Place the pears, water, cardamom pods, and salt in a small saucepan.
2. Bring to a gentle simmer over medium heat.
3. Reduce the heat to low, cover, and cook for 10-15 minutes, stirring occasionally, until the pears are soft but still hold their shape.
4. Remove from heat and discard the cardamom pods.
5. Stir in the rose water.
6. Allow the pears to cool for a few minutes before serving.

Stewed Pears with Rose and Cardamom (Cont.)



Pears are naturally sweet, juicy, and cooling, making them especially supportive when Pitta is elevated. Rose is traditionally used in Ayurveda to help soothe excess heat and support emotional balance, while cardamom adds gentle warmth without being overly stimulating.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

