

Macadamia and dried pear loaf with salted caramel butter

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Macadamia and dried pear loaf with salted caramel butter

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Love eating locally? This recipe from was inspired by Western Australia's Southern Forests region. This wicked fruit loaf recipe is perfect for dessert or an afternoon treat!

Ingredients (serves 12)

Macadamia & dried pear loaf

- 50 g rolled [oats](#)
- 180 ml milk
- ½ cup Greek honey yoghurt
- 240 g wholemeal self-raising (or gluten-free) flour
- 1 tsp baking powder
- 1 tsp ground allspice
- 150 g dried [pears](#), chopped
- 75 g soft brown (or coconut) sugar
- 3 tbsp honey
- 1 lightly beaten free-range egg
- 100 g [macadamia nuts](#), toasted, chopped

Salted caramel butter

Macadamia and dried pear loaf with salted caramel butter

- 300 g caster (or coconut) sugar
- 4 tbsp water
- 240 g unsalted butter, cut into small pieces
- 200 g cream, warm
- 1 tbsp salt flakes

Method

Macadamia & dried pear loaf

Soak oats in the milk and yoghurt in a small bowl for 30 minutes. Preheat oven to 180°C. Lightly grease and line a 20 cm loaf tin with baking paper. Place flour, baking powder and allspice into a bowl and stir in the rolled oats mixture, dried pears, sugar, honey, egg and 60 g of the macadamia nuts until combined. Spoon into loaf tin and sprinkle with the remaining macadamia nuts. Bake for 30 to 40 minutes until a skewer comes away clean. Leave to cool.

[Salted caramel](#) butter

Place sugar and water in a saucepan, cook on low heat and stir until the sugar has dissolved. Increase to a high heat and boil until a deep golden caramel forms. Turn the heat off before adding the butter in three separate amounts, stirring after each addition. Stir through the cream until combined. Transfer to a bowl and leave to cool before refrigerating until completely chilled. Place in a food processor and blend for two minutes until lighter in colour and texture. Return to the bowl and stir through the salt flakes.

To serve: slice loaf and generously spread with whipped salted caramel butter.

Recipe and images from *Food of the Southern Forests* by [Sophie Zalokar](#)

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