



Grilled Peaches with Lavender and Vanilla

Serves - 4

Preparation time - 5 mins

Cooking time - Approx. 6 mins

Special equipment – High-sided baking tray

Ingredients

- 4 peaches, ripe, halved and de-stoned – 10g carb per peach
- 20g unsalted butter
- 4 tsp brown sugar or 35ml Agave syrup or clear honey –
- sugar = 20g carb, honey (35 ml) = 18g carb, Agave syrup (35ml) = 25g carb
- 60ml or 1 whole orange, juiced with pips removed - 6g carb
- Half a vanilla pod split - 1.5g carb approx.
- 2 sprigs lavender (optional)

Total carbs using sugar = 9g carb

Using honey = 8g carb

Using agave syrup = 10g carb

Method

Pre-heat your grill to a medium heat.

On a large baking tray place the halved peaches cut side up.

Fill each cavity with a small knob of butter, sprinkle the brown sugar (or agave/honey) over the peaches and squeeze the orange juice over them.





Slit the vanilla pod lengthways but do not remove the vanilla seeds. Place the vanilla pod into the orange juice in the baking tray.

Scatter the lavender sprigs around the peaches and grill for 10-12 minutes until the peaches begin to bubble and caramelise.

Remove from the grill and leave to cool slightly. Turn the peaches over in the reduced juice in the baking tray to glaze them.

Serving

Place the peaches in a large serving dish, drizzle any remaining juices over them and serve with a big pot of creme fraiche or vanilla ice cream. You can dress each peach with a stalk of lavender but it is only for decoration.

Chef's notes

It is important the peaches are ripe but NOT too ripe otherwise they will not hold.

The lavender will add a little perfume to the dish but it is really there for decoration to dress the peach. Make sure you soak the lavender in the orange juice otherwise it could burn.

Because you are not scraping out the vanilla seeds you can re-use the pod again.

