Easy Cinnamon Caramelized Nectarines

This recipe for easy cinnamon caramelized nectarines is a quick dessert which pairs the moreish flavors of cinnamon, brown sugar and butter with fresh nectarines.

Ripe nectarines and nectarines which are only just beginning to ripen can be used as the heat will help to soften the flesh.

Serve warm with a dollop of cream or ice-cream.

Serves 2

Ingredients

- 2 Nectarines
- 1 Tbsp. Butter
- 2 Tbsp. Packed Brown Sugar
- ½ Tsp. Cinnamon

Method

First mix together the brown sugar and cinnamon then set aside. This will stop the cinnamon from clumping.

Next cut the nectarines in half then remove the stone. This is easier with freestone varieties which means the flesh doesn’t cling to the stone. If your variety is a clingstone then cut around the stone until the half is released.

Melt the butter in a medium frypan over medium heat. Add the brown sugar and cinnamon then stir until bubbling.

Place the nectarines face down in the frypan for 30 seconds then turn over. Continue moving the nectarine halves around the frypan coating them with the cinnamon caramel.

Place 2 halves in each serving bowl then dollop with cream or ice-cream. Serve immediately.

Tip

Don’t be tempted to walk away from the nectarines while they are in the frypan. The caramel will burn if left too long.