

Excerpted from [Ancient Wisdom, Modern Kitchen: Recipes from the East for Health, Healing, and Long Life](#) (Da Capo Lifelong Books)

Breathe-Easy Fritillaria Pear

Ingredients

About 1 tablespoon (10 grams) fritillaria (chuan bei mu)

1 large ripe pear, any variety

2 teaspoons honey, or to taste

Directions

- 1) Place the fritillaria in a coffee mill, spice grinder, or food processor and whirl into a powder (this may take some time).
- 2) Wash (but don't peel) the pear. Cut off the top third of the pear and reserve. Cut out the core of the bottom part of the pear, making a hole but leaving the bottom and outside intact.
- 3) Place the fritillaria powder in the hole, then add the honey. Replace the top of the pear.
- 4) Transfer the pear to a steamer and cook, covered, for about 40 minutes, or until soft. (If you don't have a steamer, steam the pear in a glass or ceramic bowl placed in a covered pot containing an inch of water.)
- 5) Serve warm as a dessert or snack.

Themes and Variations

- 1) The pears can be baked instead of steamed. Preheat the to 350 degrees and bake for about 40 minutes or until soft.
- 2) Try this dish with an Asian pear - a delicious variation.

Especially Good for

Anyone suffering from a dry cough, dry throat, bronchitis, asthma, or allergies. If you are eating this dish for therapeutic reasons, we recommend eating this dish once a day for three to seven days.