

Whipped Feta with Honey-Roasted Pears

Airy, tangy whipped feta is topped with tender pears caramelized in honey and toasted walnuts. Serve as a shareable appetizer with crisp crostini or warm flatbread.

**30 min**

Total time

Easy

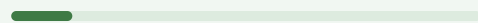
Difficulty

470

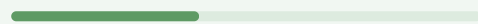
kcal / serving

Nutrition per serving (estimated)

Protein 15 g



Carbs 48 g



Fat 25 g



Fiber 6 g · Sugar 28 g · Sodium 780 mg

Ingredients

- 60 g feta, crumbled
- 30 g plain Greek yogurt
- 1 ripe but firm pear, cored and sliced into wedges
- 1 tsp olive oil
- 2 tsp honey, divided
- 15 g walnuts, roughly chopped
- 1 tsp lemon juice
- A few fresh thyme leaves (optional)
- 2-3 crostini or a small piece of warm flatbread
- Black pepper, to taste

Substitutions

Plain Greek yogurt – Thick plain yogurt, drained briefly through a fine sieve

Walnuts – Pecans

Crostini or flatbread – Crackers sturdy enough to scoop the topping

Steps

- 1 Heat the oven to 200°C (400°F). Toss the pear wedges with olive oil and 1 tsp honey, then arrange them in a small baking dish.
- 2 Roast for 15-20 minutes, turning once, until tender with golden, caramelized edges.
- 3 Meanwhile, toast the walnuts in a dry skillet over medium heat for 2-3 minutes, stirring until fragrant. Set aside.
- 4 Blend the feta, Greek yogurt, lemon juice, and a pinch of black pepper until smooth and fluffy, scraping down the sides as needed.
- 5 Spoon the whipped feta onto a small serving plate. Arrange the warm pears on top, scatter over the walnuts and thyme, and drizzle with the remaining honey.
- 6 Serve with crostini or warm flatbread.

Chef's tips

- Choose a pear that yields slightly near the stem but still holds its shape; very soft fruit may turn mushy.
- A small food processor or immersion blender gives the feta its smoothest, airiest texture.
- Toast extra walnuts while the pan is out; cooled leftovers make a useful crunchy topping for salads.

Drink pairing

A dry sparkling wine

Its bright acidity and bubbles balance the creamy feta while complementing the sweet pears and honey.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftover feta and pears in a covered container within 2 hours and use within 3-4 days. Keep crostini or flatbread separate so it stays crisp.

Frequently asked questions

Can I make the whipped feta ahead?

Yes. Blend it up to 2 days ahead and keep it covered in the refrigerator; let it sit briefly at room temperature before serving for a softer, spreadable texture.

How do I know when the pears are ready?

They should be tender when pierced and have glossy, golden edges, while still holding their wedge shape.

Can I serve this without baking the pears?

Roasting gives the pears their caramelized flavor and tender texture, but the whipped feta also works with ripe pear slices for a fresher, crisp topping.