Local pear

Benefits

→ Because they are so delicate!
Avoid storing pears too close together or in a sealed bag or container, as they give off a gas that speeds up the ripening process and can cause them to spoil. They’re ready to eat when they just begin to soften near the stem.

→ Because there are so many ways to enjoy them!
Delicious on its own, the pear can also accompany a wide variety of dishes, both sweet and savoury. Whether in a pie, drizzled with chocolate or paired with cheese, this fruit is always succulent!

WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that’s picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.
**Pear halves topped with pollock**

**PORTIONS: 4**  
**10 MIN**

**Ingredients**
- 796 ml (1 can or 3 cups) pear halves, drained
- 227 g crab-flavoured pollock (1 package)
- 2 green onions
- 30 ml (2 tbsp) light Philadelphia cream cheese
- 15 ml (1 tbsp) mayonnaise
- 15 ml (1 tbsp) plain yogurt
- Salt and pepper to taste

**Directions**
1. Arrange the pear halves on a platter.
2. Mix together the remaining ingredients in a bowl and scoop out a bit of this mixture to garnish each pear half.

*Source: Julie Strecko, RD*

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**Pears poached in grape juice**

**PORTIONS: 6 TO 8**  
**60 MIN**  
**30 TO 35 MIN**

**Ingredients**
- 6 to 8 pears, peeled, halved and cored
- 500 ml (2 cups) grape juice
- 1 orange, sliced into rounds
- ½ lemon, sliced into rounds
- 125 ml (½ cup) sugar
- 500 ml (2 cups) water
- 1 cinnamon stick

**Directions**
1. Combine all the ingredients in a large pot and bring to a boil.
2. Reduce the heat and simmer 15 min (or until the pears are tender). Remove the pears and set aside to let cool.
3. Remove the citrus fruits and cinnamon. Bring the cooking liquid to a boil for 15 to 20 min, or until syrupy, and then let cool.
4. Serve the pears with the syrup and custard (see note).

**Note**
Pears aren’t just for dessert. They’re also delicious in mixed salads and pair perfectly with strong cheeses.

**Crème anglaise**
- 250 ml (1 cup) milk
- 2 egg yolks
- 30 ml (2 tbsp) sugar
- 1 pinch salt
- 5 ml (1 tsp) cornstarch
- 2.5 ml (½ tsp) vanilla extract

**Directions**
- Heat the milk in the microwave for 1 min.
- In a double boiler, mix together the egg yolks, sugar, salt and cornstarch. Gradually add the milk while stirring. Cook gently while stirring constantly with a spoon, until the mixture thickens and coats the back of a spoon.
- Add the vanilla, stir and let cool before serving. Store in the refrigerator.

*Source: Saveurs et plaisir dans votre assiette ! Recettes et conseils des finissants du département de Nutrition de l’Université de Montréal 2006.*

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**Cooking with kids!**
- To help children cut or peel round fruits safely, cut a small layer off the bottom to make a stable base.