



Local pear

Availability:
august to march

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

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.

Cooking with kids!

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

