

PEAR

There are many different varieties of pear. The most common types found in local markets are bosc (brown and sweet), anjou (small, green or red, mild), and bartlett (also green, mild).

lovin'
spoonfuls
a food rescue



BEST COOKING METHODS

- RAW
- SAUTEED
- BAKED

RECIPE IDEAS

- ADD FRESH SLICED PEARS TO SALADS OR SANDWICHES.
- POACH IN APPLE JUICE UNTIL TENDER.

STORAGE

- Place in fridge if pear is ripe, otherwise can be stored at room temperature.
- Keep away from other ripe fruit if you want the pear to last longer.

NUTRITION

- Good source of antioxidants and anti-inflammatory support.
- Good source of fiber.

TIPS

- Eat the skin; it has important nutrients. Just be sure to wash the pear first.
- To hasten the ripening process place in brown paper bag.



CAULIFLOWER WITH BROWN BUTTER, PEARS, SAGE & HAZELNUTS

- **6 tbsp** unsalted butter
- **1** medium head cauliflower, cut into small florets about 3/4 inch wide
- **1/2 c** toasted, skinned, chopped hazelnuts
- **8** fresh sage leaves, thinly sliced crosswise
- **Salt** and freshly ground black pepper
- **2** large ripe pears, cored and thinly sliced
- **2 tbsp** chopped fresh flat-leaf parsley

lovin'
spoonfuls
a food rescue



TO TOAST HAZELNUTS, SPREAD THEM IN A SINGLE LAYER ON A BAKING SHEET. BAKE IN A 350°F OVEN FOR 14 TO 18 MINUTES, STIRRING EVERY 5 MINUTES, UNTIL LIGHTLY BROWNED. WHILE STILL WARM, RUB THEM AGAINST EACH OTHER IN A CLEAN DISHTOWEL TO REMOVE THE PAPERY SKINS.

IN A 12-INCH SKILLET OVER MEDIUM-HIGH HEAT, MELT THE BUTTER UNTIL LIGHT BROWN AND BUBBLY. ADD THE CAULIFLOWER, HAZELNUTS, AND SAGE. COOK FOR 2 MINUTES, STIRRING OCCASIONALLY. SEASON WITH 1 TSP. SALT AND 1/2 TSP. PEPPER AND CONTINUE COOKING, STIRRING OCCASIONALLY, UNTIL THE CAULIFLOWER IS BROWNED AND CRISP-TENDER, 6 TO 7 MINUTES MORE.

REMOVE THE PAN FROM THE HEAT. ADD THE PEAR SLICES AND PARSLEY. GENTLY TOSS TO COMBINE AND WARM THE PEARS. SEASON TO TASTE WITH MORE SALT. SERVE HOT OR AT ROOM TEMPERATURE.

Made possible by BNY Mellon/Alice P. Chase Trust

