### For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

### KNOW YOUR PEARS



You can enjoy fresh pears in winter, for the Western pears — Anjou, Bosc and Comice - are at their plentiful best Not only delicious for out-of-hand eating, they also add sweet fresh flavor in cooked recipes for coffee 2 cakes, pies and cobblers

While all three pear varieties are tender and sweet when cooked, the lush Comice pears are best eaten fresh Known as the "gift pears," these heart-shaped fruits can be served halved ½ with only a squeeze of lemon to accent the flavor Chilled toppings like minted whipped cream or sour cream and brown sugar make different versions of the European cheese-andpear dessert combination

Buttery is the word used by West Coast

not, simply keep them at room calories. temperature for a day or two, until they ripen These pears have a very special ripening secret Unlike most fruits, these

growers to describe Bosc pears pears change very little in color Their distinctive flavor imparts when they ripen. Rape Anjous, special character to recipes. for instance, may be a greenish-Halves, brightened with lemon, yellow in color and yet be sugar, nutmeg and a sprinkling sweet and juicy ripe. The test of orange juice, bake tender in is to hold the pear in the palm of your hand. If it yields to Anothe pear that is famed ready to enjoy. Pears & e one for cook. 3 is the Anjou vari- of the few fruits which do not ety Thin-sammed and spicy, An-ripen properly on the tree (If jous also highlight salads. In left on, they become et her Slice pears anto large bowl; good supply through May, this mealy or gritty.) Instead, they sprinkle with sugar, flour and juicy fruit teams well with are picked at maturity and held cinnamon. Toss lightly until all chunks of tuna or chicken or in storage under exact humidity threes are coated, then place in

#### **BAKED PEARS WITH** FLUFFY ORANGE SAUCE

Bosc pears cup orange juice tablespoons sugar

teaspoon nutmeg Halve and core pears. Place 1 in baking dish and pour orange juice over them. Mix sugar and er sugar and cornstarch; stir in 1/4 nutmeg and sprinkle on top. hot water and cook, stirring un-Bake at 400 degrees for 15 to 20 the thick and clear. Add butter,

der. Serve warm with Fluffy cooking and stirring for 2-3 Orange Sauce\*. Makes 4 serv- minutes. Serve hot.

#### FLUFFY ORANGE SAUCE

- 1/2 cup sugar
- cup orange juice
- eggs, slightly beaten tablespoon lemon juice
- teaspoon salt
- cup heavy cream, whipped

teaspoon vanilla

Blend ingredients except vanilla. Serve over Orange with Cranberry Dressing to 6. 1 Baked Pears.

### FRESH PEAR PIE

4-5 ripe Bosc pears

- cup sugar
- tablespoons flour teaspoon cinnamon
- tablespoon butter

Line pie pan with pastry. with other fruits for winter and temperature control, then prepared pie pan. Sprinkle with ripened as needed. Under this sugar mixture remaining in It's easy to know when West- method, their texture is fine, bowl and dot with butter. Covern pears are ripe. If they yield juice is abundant and flavor the er with top crust, vent, and to gentle pressure when you sweetest Keep only ripe pears seal edges. Bake at 425 degrees hold them in the palm of your in the refrigerator. An average for 45 to 50 minutes or until hand, they are ready to eat If size pear has approximately 75 done. Serve warm with Hot Cinnamon Sauce . Makes 6 to

### 8 servings WATER - FOOD - SOIL FEED - FERTILIZER

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### ·HOT CINNAMON SAUCE

- cup sugar
- tablespoon cornstarch cup hot water tablespoons butter
- teaspoon cinnamon teaspoon vanilla

To prepare sauce, mix togeth-

#### TURKEY-PEAR SALAD

- fresh Comice pears tablespoon lemon juice
- cup diced turkey -cup chopped celery

Halve and core pears Scoop out pear balls with melon cutter 1 or a measuring teaspoon Sprin- 3/3 kle pear balls with lemon juice 1/2 cream and vanilla. Cook and and toss lightly with turkey and 2 stir over hot water until thick-celery. Place pear shells on ened and smooth. Cool. Fold in crisp lettuce and fill centers 1/4 whipped cream flavored with with pear-turkey mixture. Serve 1/4

### CRANBERRY DRESSING

Blend 1 cup mayonnaise with with HOT CINNAMON SAUCE 1/4 cup whole clamberry sauce

and 1 tablespoon lemon juice. Makes 1¼ cups.

#### PEAR TROPICAL SALAD

- fresh Anjou pears
- 1-lb. 4½-oz. can pineapple rings
- banana cup toasted grated coconut.

Halve and core pears. Drain pineapple slices, reserving syminutes or until pears are ten-cirnamon and vanilla. Continue rup. Dip cut sides of pears into der. Serve warm with Fluffy cooking and stirring for 2-3 pineapple syrup. Peel and cut banana into 2-inch pieces. Dip in pineapple syrup, then roll in coconut. Arrange greens on platter with pear halves, pineapple rings and bananas. Garnish with maraschino cherries. Top pear halves with Fluffy Nut Dressing\*. Makes 4 servings.

#### FLUFFY NUT DRESSING

cup sugar

- cup light corn syrup
- cup hot water
- egg whites, stiffly beaten Dash of salt
- teaspoon vanilla
- cup mayonnaise
- tablespoon grated orange
- peel cup chopped Macadamia
- nuts

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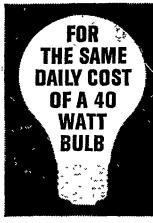
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