

For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

KNOW YOUR PEARS



SPENCE

growers to describe Bosc pears. Their distinctive flavor imparts special character to recipes. Halves, brightened with lemon, sugar, nutmeg and a sprinkling of orange juice, bake tender in minutes.

Another pear that is famed for cooking is the Anjou variety. Thin-skinned and spicy, Anjous also highlight salads. In good supply through May, this juicy fruit teams well with chunks of tuna or chicken or with other fruits for winter salads.

It's easy to know when Western pears are ripe. If they yield to gentle pressure when you hold them in the palm of your hand, they are ready to eat. If not, simply keep them at room temperature for a day or two, until they ripen. These pears have a very special ripening secret. Unlike most fruits, these

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 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 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-and-pear dessert combination.

Buttery is the word used by West Coast

pears change very little in color when they ripen. Ripe Anjous, for instance, may be a greenish-yellow in color and yet be sweet and juicy ripe. The test is to hold the pear in the palm of your hand. If it yields to gentle pressure, it is ripe and ready to enjoy. Pears are one of the few fruits which do not ripen properly on the tree. (If left on, they become either mealy or gritty.) Instead, they are picked at maturity and held in storage under exact humidity and temperature control, then ripened as needed. Under this method, their texture is fine, juice is abundant and flavor the sweetest. Keep only ripe pears in the refrigerator. An average size pear has approximately 75 calories.

BAKED PEARS WITH FLUFFY ORANGE SAUCE

- 4 Bosc pears
 - 1/2 cup orange juice
 - 2 tablespoons sugar
 - 1/4 teaspoon nutmeg
- Halve and core pears. Place in baking dish and pour orange juice over them. Mix sugar and nutmeg and sprinkle on top. Bake at 400 degrees for 15 to 20 minutes or until pears are tender. Serve warm with Fluffy Orange Sauce*. Makes 4 servings.

FLUFFY ORANGE SAUCE

- 1/2 cup sugar
- 1/2 cup orange juice
- 2 eggs, slightly beaten
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/2 cup heavy cream, whipped
- 1/2 teaspoon vanilla

Blend ingredients except cream and vanilla. Cook and stir over hot water until thickened and smooth. Cool. Fold in whipped cream flavored with vanilla. Serve over Orange Baked Pears.

FRESH PEAR PIE with HOT CINNAMON SAUCE

- 4-5 ripe Bosc pears
- 3/4 cup sugar
- 2 tablespoons flour
- 1/2 teaspoon cinnamon
- 1 tablespoon butter

Line pie pan with pastry. Slice pears into large bowl; sprinkle with sugar, flour and cinnamon. Toss lightly until all slices are coated, then place in prepared pie pan. Sprinkle with sugar mixture remaining in bowl and dot with butter. Cover with top crust, vent, and seal edges. Bake at 425 degrees for 45 to 50 minutes or until done. Serve warm with Hot Cinnamon Sauce. Makes 6 to 8 servings.

HOT CINNAMON SAUCE

- 1/2 cup sugar
- 1 tablespoon cornstarch
- 1 cup hot water
- 2 tablespoons butter
- 1 teaspoon cinnamon
- 1 teaspoon vanilla

To prepare sauce, mix together sugar and cornstarch; stir in hot water and cook, stirring until thick and clear. Add butter, cinnamon and vanilla. Continue cooking and stirring for 2-3 minutes. Serve hot.

TURKEY-PEAR SALAD

- 3 fresh Comice pears
- 1 tablespoon lemon juice
- 1 cup diced turkey
- 1/2 cup chopped celery

Halve and core pears. Scoop out pear balls with melon cutter or a measuring teaspoon. Sprinkle pear balls with lemon juice and toss lightly with turkey and celery. Place pear shells on crisp lettuce and fill centers with pear-turkey mixture. Serve with Cranberry Dressing* to 6.

CRANBERRY DRESSING

- Blend 1 cup mayonnaise with 1/4 cup whole cranberry sauce

and 1 tablespoon lemon juice. Makes 1 1/4 cups.

PEAR TROPICAL SALAD

- 2 fresh Anjou pears
- 1 1-lb. 4 1/2-oz. can pineapple rings
- 1 banana
- 1/4 cup toasted grated coconut

Halve and core pears. Drain pineapple slices, reserving syrup. Dip cut sides of pears into 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

- 1 cup sugar
- 1/2 cup light corn syrup
- 1/2 cup hot water
- 2 egg whites, stiffly beaten
- Dash of salt
- 1/4 teaspoon vanilla
- 1/4 cup mayonnaise
- 1 tablespoon grated orange peel
- 1 cup chopped Macadamia nuts

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