



PACIFIC NORTHWEST CANNED PEAR SERVICE
FOODSERVICE RECIPES

ASSUMPTIONS ON NUTRITION INFORMATION CLARIFICATION

1. A Registered Dietitian analyzed the recipes using a computerized nutrient analysis program.
2. Except where noted, nutrient values for canned pears in light syrup were used in the analysis.
3. Except where noted, the per serving nutrient values represent the values of the entire recipe divided by the number of servings.
4. When a recipe serves a range, such as “Serves 4-6,” the nutrient analysis reflects the values for the lower number of servings.
5. Optional and “as needed” ingredients, garnishes, and ingredients added “to taste” are not included in the nutrient analysis. Salt in cooking rice or pasta water was not included.
6. If ingredient or measurement options are offered, the first ingredient or measurement was used.
7. 2% fat milk and salted butter were used, unless otherwise specified.
8. Recipes that provide 20% or more of the Daily Value for a nutrient are an “excellent source” of that nutrient.
9. Recipes that provide 10% or more of the Daily Value for a nutrient are a “good source” of that nutrient.
10. The Daily Value for dietary fiber is 25 grams. Recipes that provide 3 grams of dietary fiber are a “good source” of dietary fiber. Recipes that provide 5 grams or more of dietary fiber are an “excellent source” of dietary fiber.

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CINNAMON, PEAR, & PECAN STICKY BUNS

YIELD: 24 SERVINGS



1-1/2 cups	Milk, heated
2 teaspoons	Active dry yeast
1/2 cup	Granulated sugar, divided
1/2 cup	Butter, melted
3 large	Egg yolks
1 teaspoon	Salt
5-6 cups	All-purpose flour
3 cups	Brown sugar
3 teaspoons	Ground cinnamon
1-1/2 quarts	Pacific Northwest Canned Pears, drained, diced
2 cups	Pecans, toasted and chopped
2 cups	Dried cranberries
3/4 cup	Dried bread crumbs, plain
1/4 cup	Pear juice
1 quart	Confectioner's sugar, sifted

METHOD

1. Combine heated milk, yeast and 1 tablespoon sugar in a large bowl and let stand 5 minutes. Stir yeast mixture. Add remaining sugar, butter, egg yolks, and salt and mix well. Stir in 2 cups flour and mix well.
2. Slowly stir in remaining flour mixing well between additions. When dough is stiff enough, transfer to a warm surface and knead in remaining flour. Place dough in an oiled bowl, cover and let rise 45-60 minutes. Punch dough down and divide in half.
3. On a lightly floured surface roll each of the dough pieces into a 10 x 20-inch rectangle.
4. In a bowl combine sugar and cinnamon and mix well.
5. In another bowl mix together pears, pecans, dried cranberries and crumbs.
6. For each Pastry Rectangle: Sprinkle the surface on each sheet of pastry with 1-1/2 cups cinnamon-sugar. Top sugar-lined pastry evenly with 5 cups pear mixture.
7. Starting along the back, roll the long side of the dough gently to enclose pear mixture. Seal the log tightly by pinching the seam together. Cut each log into approximately 12 x 2-inch rolls. Repeat process for the other log.
8. Place the buns, cut-side-up, on a well-sprayed parchment-lined half sheetpan and let rise 20 minutes. Bake buns in pre-heated 375°F conventional or 350°F convection oven for 25–30 minutes or until golden and bubbly. Remove from heat and let the buns cool 10 minutes before turning over onto another half sheetpan and cooling.
9. In a bowl combine sifted sugar with pear juice and mix well to form a glaze, adding more liquid as needed. Drizzle glaze over warm buns and serve.

Note: Prepared sweet yeast dough (approximately 4 pounds) may be used to substitute for the dough recipe in this formula.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	457	Sodium	170mg	Vitamin A	4% DV
Calories from Fat	111	Carbohydrate	84g	Vitamin C	2% DV
Fat	12g	Dietary Fiber	4g	Calcium	7% DV
Saturated Fat	3g	Sugar	55g	Potassium	8% DV
Cholesterol	37mg	Protein	6g	Iron	9% DV

CREAMY PEAR AND BERRY FRAPPÉ

YIELD: 24 SERVINGS

PORTION: 1 – 8 OUNCE DRINK



6 pounds 6 ounces (24 halves)

3 quarts

4 pounds 8 ounces (2 quarts)

Pacific Northwest Canned Pear Halves, drained

Pear liquid

Berries, frozen

METHOD

1. For each serving, in a blender combine 1 canned pear half, 1/2 cup pear liquid (from canned pears), 1/2 cup frozen berries (strawberry, raspberry, blackberry, etc.) and blend until smooth.

*Option – For a creamier smoothie add 1 banana to each frappé.

NUTRITION INFORMATION (per serving)

Calories	170	Sodium	5mg	Vitamin A	2% DV
Calories from Fat	0%	Carbohydrate	43g	Vitamin C	100% DV
Fat	0g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	0g	Sugar	30g	Potassium	5% DV
Cholesterol	0mg	Protein	1g	Iron	4% DV

PEAR AND CHEESE MEAL-IN-A-MUFFIN

YIELD: 48 MUFFINS



1 pound 12 ounces (7 cups)	Flour
12 ounces (3 cups)	Whole wheat flour
2 ounces (1/4 cup + 2 teaspoons)	Baking powder
6 ounces (1/3 cup)	Sugar
1 tablespoon	Salt
1 pound (1 quart)	Cheese (Cheddar or American), shredded in small shreds
4	Eggs
1-1/2 quarts	Milk
1 cup	Vegetable Oil
2 pounds 11 ounces (1-1/2 quarts)	Pacific Northwest Canned Pear Dices, well-drained

METHOD

1. On low speed, thoroughly mix dry ingredients; then mix in cheese until cheese is coated and separated.
2. Combine eggs, milk and vegetable oil; mix into dry ingredients on low speed until just blended. Batter will be lumpy.
3. Fold in pears.
4. Portion batter with a number 16 dipper into greased muffin tins, filling cups about 2/3 full.
5. Bake at 400°F until muffins are golden, about 20 minutes.
6. Turn out of pans immediately; cool.

NUTRITION INFORMATION (per serving)

Calories	212	Sodium	351mg	Vitamin A	5% DV
Calories from Fat	38%	Carbohydrate	27g	Vitamin C	1% DV
Fat	9g	Dietary Fiber	2g	Calcium	18% DV
Saturated Fat	3g	Sugar	6g	Potassium	4% DV
Cholesterol	30mg	Protein	7g	Iron	8% DV

PEAR AND CHEESE TURNOVERS WITH RAISINS

YIELD: 48 TURNOVERS



6 pounds (3 quarts)
5 pounds 4 ounces (3 quarts)
1 pound 8 ounces (1 quart)
12 ounces (1-1/2 cups)
1 tablespoon
1/2 teaspoon
9 pounds
As needed (about 1-1/2 cups)
As needed

Small-curd cottage cheese (not creamed)
Pacific Northwest Canned Pear Dices, well-drained
Raisins, plumped in hot water
Brown sugar
Cinnamon
Salt
Frozen bread dough, thawed
Milk
Granulated sugar

METHOD

1. Thoroughly combine cottage cheese, pears, raisins, brown sugar, cinnamon and salt; reserve.
2. Scale dough into 48 pieces, 3 ounces each; roll each circle about 7" in diameter.
3. For each circle, brush water around the edge.
4. Place 1/2 cup reserved filling on half of circle; fold other half over. Fold edges together towards center, sealing tightly. (Flute, if desired.) Put on parchment-lined sheet. Repeat with remaining circles.
5. Brush tops with milk.
6. Sprinkle with granulated sugar.
7. Cut a 1-inch slit into the top of each turnover.
8. Bake at 400°F until golden, or about 15 minutes; cool.

NUTRITION INFORMATION (per serving)

Calories	393	Sodium	734mg	Vitamin A	3% DV
Calories from Fat	14%	Carbohydrate	72g	Vitamin C	3% DV
Fat	7g	Dietary Fiber	4g	Calcium	9% DV
Saturated Fat	2g	Sugar	29g	Potassium	5% DV
Cholesterol	12mg	Protein	16g	Iron	21% DV

PEAR AND ORANGE SMOOTHIE

YIELD: 48 ONE-CUP SERVINGS



7 pounds (1 gallon)
1 gallon
1 gallon
1 pound 2 ounces (1-1/2 cups)
1/2 cup

Pacific Northwest Canned Pears, well-drained
Milk
Orange juice
Honey
Vanilla

METHOD

1. Combine pears with remaining ingredients; puree until smooth.
2. Portion into 1 cup drinking cups with tops. Chill until ready to serve.

NUTRITION INFORMATION (per serving)

Calories	154	Sodium	45mg	Vitamin A	7% DV
Calories from Fat	9%	Carbohydrate	32g	Vitamin C	45% DV
Fat	2g	Dietary Fiber	1g	Calcium	11% DV
Saturated Fat	1g	Sugar	29g	Potassium	10% DV
Cholesterol	7mg	Protein	3g	Iron	2% DV

PEAR AND PEANUT BUTTER FRENCH TOAST

YIELD: 24 SERVINGS



3 pounds
1-1/2 cups
48 slices
18
2 cups
2/3 cup
1 teaspoon
As needed
4-1/2 cups

Pacific Northwest Canned Pear Halves, drained
Peanut butter
Firm, white sandwich bread
Eggs
Milk
Honey
Ground cinnamon
Butter
Honey or maple syrup

METHOD

1. Slice pears 1/4-inch thick; reserve.
2. Spread 1 side of each bread slice with 1/2 tablespoon peanut butter.
3. Divide pear slices among 24 slices of bread on top of peanut butter; cover with remaining bread slices, peanut butter side down. Diagonally cut each sandwich in half; reserve.
4. Beat together eggs, milk, honey and cinnamon.

PER ORDER

1. Coat 2 triangles of sandwich in egg mixture. Cook over medium heat, turning once, until golden brown, about 2 to 3 minutes per side.
2. Serve with 3 tablespoons honey or maple syrup.

For batch yield, French toast may be baked at 500°F on a well-greased sheet pan; turning once.

NUTRITION INFORMATION (per serving)

Calories	576	Sodium	461mg	Vitamin A	8% DV
Calories from Fat	22%	Carbohydrate	103g	Vitamin C	1% DV
Fat	14g	Dietary Fiber	3g	Calcium	12% DV
Saturated Fat	3g	Sugar	69g	Potassium	9% DV
Cholesterol	162mg	Protein	15g	Iron	17% DV

PEAR BUTTERMILK SODA BREAD

YIELD: 3 LOAVES (8 SERVINGS/LOAF)



1 pound 8 ounces (6 cups)	All-purpose flour
15 ounces (3 cups)	Whole wheat flour
6 ounces (3/4 cup)	Sugar
2 tablespoons	Baking soda
1/2 tablespoon	Salt
6 ounces	Butter, cut in bits
1 pound 8 ounces	Pacific Northwest Canned Pear Slices, drained, chopped coarsely
8 ounces (1-1/2 cups)	Golden raisins
2-1/4 cups	Buttermilk

METHOD

1. Thoroughly combine dry ingredients; cut in butter.
2. Stir in pear and raisins.
3. Stir in buttermilk until a soft dough just forms; turn out onto a floured work surface.
4. Divide into 3 pieces; knead each piece 10 times.
5. Shape into 3 round loaves; place on a parchment-lined sheet pan. Slash an X into the top of each loaf.
6. Bake at 350°F until golden brown, about 45 minutes; cool.

NUTRITION INFORMATION (per serving)

Calories	296	Sodium	548mg	Vitamin A	7% DV
Calories from Fat	20%	Carbohydrate	55g	Vitamin C	1% DV
Fat	7g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	4g	Sugar	18g	Potassium	6% DV
Cholesterol	17mg	Protein	7g	Iron	13% DV

PEAR CHOCOLATE CHIP SCONES

YIELD: 24 SCONES



1 pound
1 pound 8 ounces (5 cups)
4 ounces (1/2 cup)
2 ounces
6 ounces (1 cup)
1/2 cup
2
2
1 teaspoon
As needed

Pacific Northwest Canned Pear Slices, drained
All-purpose baking mix (such as Bisquick)
Sugar
Butter
Semi-sweet chocolate chips
Plain, low fat yogurt
Eggs
Egg yolks
Vanilla extract
Heavy cream

METHOD

1. Coarsely chop pears; reserve.
2. Thoroughly combine baking mix and sugar; cut in butter.
3. Stir in reserved pears and chocolate chips; reserve.
4. Thoroughly mix yogurt, eggs, egg yolks and vanilla; stir into reserved baking mix mixture until a soft dough forms.
5. Turn dough onto a floured work surface; knead about 10 times, add flour only as necessary to keep dough from sticking.
6. Roll or pat into a square about 3/4" thick. Cut dough into 18 small squares. Cut each square into 2 triangles.
7. Arrange triangles on a parchment-lined sheet pan; brush tops with heavy cream.
8. Bake at 375°F until golden brown, about 15 minutes.
9. Serve warm or at room temperature.

NUTRITION INFORMATION(per serving)

Calories	194	Sodium	258mg	Vitamin A	4% DV
Calories from Fat	24%	Carbohydrate	34g	Vitamin C	0% DV
Fat	5g	Dietary Fiber	2g	Calcium	5% DV
Saturated Fat	3g	Sugar	13g	Potassium	5% DV
Cholesterol	41mg	Protein	5g	Iron	6% DV

PEAR-CRAN-BRAN MUFFINS

YIELD: 24 MUFFINS



- 2 cups
- 4-1/2 cups
- 1 cup
- 1 cup
- 3
- 1

Pacific Northwest Canned Pear Chunks

- Bran muffin mix
- Dried cranberries
- Reserved pear juice
- Egg whites, lightly beaten
- Egg, lightly beaten

METHOD

1. Drain pear chunks, reserving 8 ounces of syrup.
2. In a mixing bowl, stir together muffin mix and cranberries. Add reserved pear syrup, egg whites, egg and pear chunks. Mix lightly; lumps may remain, but do not over mix.
3. Spoon 2-1/4 ounce batter into 24 standard-sized greased or paper-lined muffin cups.
4. Bake at 350°F for 25 to 30 minutes.

NUTRITION INFORMATION (per serving)

Calories	118	Sodium	101mg	Vitamin A	0% DV
Calories from Fat	10%	Carbohydrate	22g	Vitamin C	0% DV
Fat	1g	Dietary Fiber	5g	Calcium	6% DV
Saturated Fat	0g	Sugar	6g	Potassium	2% DV
Cholesterol	9mg	Protein	5g	Iron	6% DV

PEAR FRENCH TOAST STRATA

YIELD: 24 SERVINGS

PORTION: 1 WEDGE



2 ounces (1/4 cup)
1 pound 14 ounces (48 slices)
1-2 teaspoons

Butter, softened
French bread, sliced 1-inch thick
Ground cinnamon, optional

CUSTARD (2 quarts)

12
6 ounces (1 cup)
1 quart
2 cups
1 tablespoon
1 tablespoon

Eggs
Sugar
Milk
Pear liquid
Vanilla extract
Ground cinnamon

PEAR CREAM CHEESE (2-1/2 quarts)

3 pounds (1-1/2 quarts)
6 ounces (1 cup)
4
2 teaspoons
1 teaspoon
2 pounds 2 ounces (1 quart)

Reduced fat cream cheese, softened
Sugar
Eggs, whisked slightly
Vanilla extract
Ground cinnamon
Pacific Northwest Canned Pear Dices, drained

METHOD

1. Spread bottom and sides of full steamtable pan with softened butter. Lay half the slices of bread in an even layer in bottom of half steamtable pan. Pour half of Custard (1 quart) over bread slices.
2. Spread Pear Cream Cheese in an even layer over top of bread slices.
3. Top with remaining bread slices in even layer.
4. Top with remaining Custard (1 quart) over top of bread layer evenly. Sprinkle with cinnamon, if desired. Cover and refrigerate at least 1 hour before baking.
5. Bake at 325°F 50-60 minutes or until cooked to an internal temperature of 150°F. Remove from oven. Cool 20 minutes before cutting into 12 pieces to serve.

CUSTARD

1. In the bowl of a mixer equipped with paddle, blend eggs until creamy.
2. Add sugar and continue mixing on medium until sugar is dissolved and mixture is creamy.
3. Add remaining ingredients and blend until incorporated. Use as directed.

PEAR CREAM CHEESE

1. In the bowl of a mixer equipped with paddle, blend cream cheese with sugar until smooth.
2. Add eggs, vanilla and cinnamon and whisk until smooth.

3. Stir in pear just until incorporated. Use as directed.

NUTRITION INFORMATION (per serving)

Calories	430	Sodium	510mg	Vitamin A	15% DV
Calories from Fat	27%	Carbohydrate	41g	Vitamin C	15% DV
Fat	20g	Dietary Fiber	2g	Calcium	20% DV
Saturated Fat	10g	Sugar	16g	Potassium	7% DV
Cholesterol	320mg	Protein	19g	Iron	20% DV

PEAR-LEMON BREAKFAST CAKE

YIELD: 48 SERVINGS



TOPPING

12 ounces (1-1/2 cups)

5 ounces (1-1/4 cups)

4 ounces (1/2 cup)

Brown sugar

All-purpose baking mix (such as Bisquick)

Butter or margarine, cold, cut in bits

CAKE

3-1/4 pounds (2-3/4 quarts)

1 cup

3 cups

4

4 teaspoons

3 pounds

All-purpose baking mix (such as Bisquick)

Sugar

Milk, low fat (2%)

Eggs

Lemon extract

Pacific Northwest Canned Pear Slices, drained

METHOD

1. To make topping, combine sugar, baking mix and butter until mixture resembles coarse crumbs; reserve in refrigerator.
2. To make cake, combine dry ingredients.
3. Beat milk, eggs and lemon extract into dry ingredients until just mixed.
4. Pour batter into greased 18" x 26" x 1" sheet pan.
5. Press sliced pears, rounded side up, into batter in rows.
6. Evenly crumble reserved topping over pears.
7. Bake at 375°F until top has browned and a toothpick inserted in the center comes out clean, about 30 minutes.
8. Cool; cut into 3" x 3" squares.

NUTRITION INFORMATION (per serving)

Calories	209	Sodium	306mg	Vitamin A	4% DV
Calories from Fat	13%	Carbohydrate	41g	Vitamin C	0% DV
Fat	3g	Dietary Fiber	2g	Calcium	7% DV
Saturated Fat	2g	Sugar	18g	Potassium	6% DV
Cholesterol	24mg	Protein	5g	Iron	7% DV

PEAR PANCAKES WITH ORANGE CURD SAUCE

YIELD: 24 SERVINGS (3 PANCAKES)



SAUCE

1 pound 4 ounces (2-1/2 cups)	Sugar
1/3 cup	Cornstarch
1/8 teaspoon	Salt
3-1/2 cups	Water
2/3 cup	Orange juice concentrate
8 ounces (1 cup)	Butter

PANCAKES

6 pounds 4 ounces	All-purpose baking mix (such as Bisquick)
2-1/2 quarts	Milk
18	Eggs
4 pounds 3 ounces (2-1/2 quarts)	Pacific Northwest Canned Pear Dices, drained

METHOD

1. To make sauce, mix sugar, cornstarch, and salt.
2. Gradually stir in water and orange juice concentrate.
3. Bring mixture to a boil; reduce heat to simmer. Cook 2 to 3 minutes, stirring frequently.
4. Stir in butter until it melts and mixture is well blended; reserve.
5. To make pancake batter, beat together all-purpose baking mix, milk and eggs until blended; fold in pears.

PER ORDER

1. Pour 3 pancakes, 1/3 cup batter each, onto a lightly oiled, hot griddle. Cook until bottoms are golden brown.
2. Turn; cook second side until golden brown.
3. Serve with 1/4 cup warmed Orange Curd Sauce.

NUTRITION INFORMATION (per serving)

Calories	758	Sodium	1140mg	Vitamin A	22% DV
Calories from Fat	17%	Carbohydrate	138g	Vitamin C	17% DV
Fat	15g	Dietary Fiber	8g	Calcium	30% DV
Saturated Fat	7g	Sugar	53g	Potassium	22% DV
Cholesterol	188mg	Protein	23g	Iron	23% DV

PEAR YOGURT GINGER SMOOTHIE

YIELD: 1 SERVING



- 2
- 1 cup
- 1/4 cup
- 1/4 teaspoon

Pacific Northwest Canned Pear Halves, drained

- Non-fat vanilla yogurt
- Non-fat milk
- Ground ginger

METHOD

1. In a blender, puree 2 pear halves.
2. Blend in yogurt, milk and ginger until frothy.

NUTRITION INFORMATION (per serving)

Calories	333	Sodium	207mg	Vitamin A	1% DV
Calories from Fat	2%	Carbohydrate	69g	Vitamin C	5% DV
Fat	1g	Dietary Fiber	2g	Calcium	52% DV
Saturated Fat	0g	Sugar	64g	Potassium	22% DV
Cholesterol	5mg	Protein	15g	Iron	4% DV

STORMY DAY BREAKFAST BREAD PUDDING

YIELD: 48 SERVINGS



- | | |
|---------------|---|
| 2 gallons | Dry bread cubes or crumbs |
| 1 gallon | Milk, low fat (2%) |
| 16 | Eggs |
| 2-1/2 cups | Brown sugar |
| 2 tablespoons | Vanilla extract |
| 2 teaspoons | Salt |
| 3 quarts | Pacific Northwest Canned Pear Dices, drained |
| 1 teaspoon | Cinnamon |
| 2 quarts | Granola |

METHOD

1. Heat oven to 350°F.
2. Divide bread cubes between two spray-coated 12 x 20 x 2" pans.
3. Mix milk, eggs, brown sugar, vanilla and salt; pour an equal amount of custard mixture over each pan of bread cubes.
4. Layer pears over bread. Sprinkle with cinnamon. Top with granola.
5. Bake 75 to 90 minutes or until knife inserted near center comes out clean.
6. Let sit for 5 minutes before cutting each pan 6 x 4. Serve warm.

NUTRITION INFORMATION (per serving)

Calories	282	Sodium	298mg	Vitamin A	8% DV
Calories from Fat	21%	Carbohydrate	48g	Vitamin C	2% DV
Fat	7g	Dietary Fiber	5g	Calcium	18% DV
Saturated Fat	2g	Sugar	26g	Potassium	7% DV
Cholesterol	78mg	Protein	10g	Iron	11% DV

VANILLA PEAR BUTTER

YIELD: 1 QUART



1 quart
1 pint
1 tablespoon

Pacific Northwest Canned Pear Slices, drained

Reserved pear syrup
Vanilla extract

METHOD

1. Combine pears and reserved syrup in saucepan. Simmer over medium heat until tender, about 15 minutes.
2. Remove from heat. Stir in vanilla.
3. Mash mixture with potato masher. Serve warm over pancakes, waffles, crêpes or French toast.

NUTRITION INFORMATION (per 1/4 cup serving)

Calories	38	Sodium	3mg	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	10g	Vitamin C	1% DV
Fat	0g	Dietary Fiber	1g	Calcium	0% DV
Saturated Fat	0g	Sugar	8g	Potassium	1% DV
Cholesterol	0mg	Protein	0g	Iron	1% DV



appetizers

ASIAN GRILLED SHRIMP

YIELD: 24 SERVINGS



1 cup
1 cup
1/2 cup
1/3 cup
2-4 tablespoons
1/4 cup
144 pieces
48

24 leaves
1-1/2 quarts
1 cup
24

*** PEAR RELISH**

1-1/4 quarts

2/3 cup
1/2 cup
1/4 cup
1/3 cup
2 teaspoons

Pacific Northwest Canned Pear juice

Soy sauce
Rice wine vinegar
Dark sesame oil
Chili-garlic sauce
Pickled ginger, minced
Shrimp, peeled and deveined (16 count/lb.)
Bamboo skewers, soaked in water

Baby bib lettuce leaves
Pear Relish*
Dark sesame oil
Fresh cilantro leaves

Pacific Northwest Canned Pears, finely diced, juice reserved for marinade

Cilantro, minced
Red onion, finely diced
Rice wine vinegar
Fish sauce
Chili-garlic sauce

METHOD

1. In container with lid, whisk together Pear juice, soy sauce, vinegar, oil, chili sauce and ginger; add shrimp, toss to coat, cover and refrigerate 1-2 hours, stirring occasionally. Before cooking, remove shrimp from marinade and drain.
2. Weave shrimp evenly onto skewers, 3 shrimp per skewer.
3. To Prepare: Grill 2 skewers per serving to order over medium-high heat.
4. To Serve: for each serving, place lettuce leaf on plate and mound 1/4 cup Pear Relish* over leaf. Top with 2 shrimp skewers and drizzle with 2 teaspoons Sesame oil. Garnish with fresh cilantro sprig.

Pear Relish: In a bowl, combine all ingredients; toss to mix well; cover and refrigerate a least 2 hours before using as directed. Mixture may be processed slightly for smoother texture to serve as dipping sauce.

NUTRITION INFORMATION (per serving)

Calories	288	Sodium	1492mg	Vitamin A	13% DV
Calories from Fat	125	Carbohydrate	12g	Vitamin C	16% DV
Fat	14g	Dietary Fiber	1g	Calcium	6% DV
Saturated Fat	2g	Sugar	10g	Potassium	9% DV
Cholesterol	252 mg	Protein	29g	Iron	25% DV

PACIFIC NORTHWEST SALSA

YIELD: 1 QUART



2 pounds
2 cups
1 cup
1/4 cup

Pacific Northwest Canned Pear Dices, drained
Blue cheese, crumbled
Walnuts, toasted and chopped
Fresh chives, chopped

METHOD

1. Combine all ingredients in a large bowl. Serve as a dip with crackers or toasted pita bread triangles.

NUTRITION INFORMATION (per 2 tablespoon serving)

Calories	70	Sodium	119mg	Vitamin A	2% DV
Calories from Fat	60%	Carbohydrate	5g	Vitamin C	1% DV
Fat	5g	Dietary Fiber	1g	Calcium	5% DV
Saturated Fat	2g	Sugar	4g	Potassium	2% DV
Cholesterol	6mg	Protein	2g	Iron	1% DV

PEAR AND BLUE CHEESE FOCACCIA

YIELD: 24 SERVINGS



- | | |
|-----------------------------|---|
| 4 pounds | Frozen pizza or bread dough, thawed |
| As needed | Olive oil |
| 1 pound 12 ounces (1 quart) | Pacific Northwest Canned Pear Dices, drained |
| As needed | Dried thyme leaf |
| 10 ounces (2-1/2 cups) | Blue cheese, crumbled |

METHOD

1. Roll dough to fit an 18 x 26" sheet pan.
2. Press dimples all over surface with finger tips.
3. Brush dough with olive oil.
4. Scatter with diced pears; sprinkle with thyme and cheese.
5. Bake at 400°F until crust is browned and cheese melts, about 10 minutes.
6. Cut into 24 squares, about 4-1/2 x 4-1/2".

NUTRITION INFORMATION (per serving)

Calories	275	Sodium	588mg	Vitamin A	2% DV
Calories from Fat	22%	Carbohydrate	46g	Vitamin C	1% DV
Fat	7g	Dietary Fiber	3g	Calcium	8% DV
Saturated Fat	2g	Sugar	8g	Potassium	2% DV
Cholesterol	9mg	Protein	11g	Iron	16% DV

PEAR CHUTNEY

YIELD: 24 SERVINGS (1/4 CUP EACH)



3 pounds
1 pound (3 cups)
2 cups
1-1/2 cups
4 ounces (3/4 cup)
1/3 cup
1-1/2 teaspoons

Pacific Northwest Canned Pear Dices, drained

Onion, chopped
Honey
Cider vinegar
Raisins
Jalapeno pepper, finely chopped
Ground allspice

METHOD

1. Combine pear with remaining ingredients; bring mixture to a boil.
2. Reduce to a simmer; cook, uncovered, until thickened, about 30 minutes.
3. Cool; serve at room temperature.

NUTRITION INFORMATION (per serving)

Calories	142	Sodium	6g	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	38g	Vitamin C	3% DV
Fat	0g	Dietary Fiber	2g	Calcium	1% DV
Saturated Fat	0g	Sugar	34g	Potassium	4% DV
Cholesterol	0mg	Protein	1g	Iron	3% DV

PEAR RAITA BOMBAY

YIELD: 24 SERVINGS (1/4 CUP EACH)



1 pound 8 ounces
1-1/8 quarts
1 cup
3 tablespoons
1/2 tablespoon
3/4 teaspoon

Pacific Northwest Canned Pear Dices, drained
Plain, low fat yogurt
Mint leaves, fresh, shredded
Lemon juice
Salt
Ground black pepper

METHOD

1. Thoroughly combine pear with remaining ingredients; chill to marry flavors.

NUTRITION INFORMATION (per serving)

Calories	47	Sodium	179mg	Vitamin A	2% DV
Calories from Fat	14%	Carbohydrate	8g	Vitamin C	2% DV
Fat	1g	Dietary Fiber	1g	Calcium	9% DV
Saturated Fat	1g	Sugar	7g	Potassium	4% DV
Cholesterol	3mg	Protein	3g	Iron	1% DV

PEAR CROUSTADES

YIELD: 24 SERVINGS



As needed
 24 slices
 1-1/2 quarts (24 halves)
 As needed
 3 cups
 64 leaves
 1-1/2 cups
 As needed

Olive Oil
 Country white bread, sliced 1-inch thick
Pacific Northwest Canned Pear Halves, drained
 Salt and cracked black pepper
 Soft prepared herbed cheese blend*
 Arugula leaves
 Parmesan cheese
 Chives, chopped

*ALTERNATIVE CHEESE MIXTURES

Creamy Blue

2 cups
 1 cup

Soft blue cheese
 Cream cheese

Herbed Goat

3 cups
 1/2 cup

Soft goats cheese
 Mixed Herbs (chives, parsley, thyme)

METHOD

1. Brush bread slices with olive oil and grill on both sides 2 minutes.
2. Brush pears halves with olive oil and sprinkle with salt and pepper.
3. Grill pears 2-3 minutes or until well marked.
4. For each Croustade: Slice each grilled Pear half into 2 slices.
5. Spread grilled toast with 2 Tablespoons cheese blend*, top with 2-3 Arugula leaves and fan out 3 Pear slices on top.
6. Sprinkle each Croustade with 1 Tablespoon Parmesan cheese and broil until cheese has melted.
7. Sprinkle croustades with chives. Serve as appetizer or over lightly dressed greens.

*Alternative cheese mixtures method

1. In a bowl combine blue cheese and cream cheese; mix well.

Or

1. In a bowl combine goat's cheese and herbs; mix well.

NUTRITION INFORMATION (per serving)

Calories	232	Sodium	405mg	Vitamin A	13% DV
Calories from Fat	131	Carbohydrate	21g	Vitamin C	7% DV
Fat	15g	Dietary Fiber	2g	Calcium	16% DV
Saturated Fat	6g	Sugar	8g	Potassium	5% DV
Cholesterol	mg	Protein	7g	Iron	6% DV



salads

ALL-AMERICAN CHOPPED SALAD

YIELD: 48 SERVINGS



10-1/2 pounds (6-3/4 gallons)	Iceberg lettuce garden salad, prepped
16	Eggs, hard-cooked, chopped
9 pounds	Pacific Northwest Canned Pear Slices, drained
12	Tomatoes, cut in eighths
1-1/2 pounds (1-1/2 quarts)	Bacon, cooked and crumbled
1-1/2 quarts	Prepared Ranch dressing

METHOD

1. Divide salad mix among 48 serving bowls.
2. Sprinkle each with 2 tablespoons chopped egg.
3. Put 3 pear slices and 2 tomato wedges on each salad.
4. Sprinkle each salad with 2 tablespoons crumbled bacon.
5. Serve each with 1 ounce dressing drizzled over or on the side.

VARIATION

For a more upscale dish, add 3 slices avocado to each salad and serve with prepared creamy blue cheese dressing.

NUTRITION INFORMATION (per serving)

Calories	270	Sodium	400mg	Vitamin A	20% DV
Calories from Fat	65%	Carbohydrate	18g	Vitamin C	18% DV
Fat	20g	Dietary Fiber	4g	Calcium	5% DV
Saturated Fat	4g	Sugar	13g	Potassium	11% DV
Cholesterol	83mg	Protein	6g	Iron	7% DV

BBQ CHICKEN & PEAR SALAD

YIELD: 24 SERVINGS



9 pounds (24 x 6-ounces)
1/4 cup
3-4 Tablespoons
3 cups

Boneless chicken breasts and thighs
Vegetable oil
Dry BBQ seasoning rub
Pear BBQ Sauce*

3 quarts (48 halves)
1/2 cup
1/2 cup
4-5 Tablespoons

Pacific Northwest Canned Pear Halves, reserve juice
Honey
Vegetable oil
Dry BBQ seasoning rub

6 quarts
2 quarts
2 quarts
1-1/2 quarts
3 cups

Hearty salad greens
Frozen peas, thawed
Roasted corn kernels
Crisp bacon bits
Scallion, sliced

*PEAR BBQ SAUCE (1quart)

1/3 cup
1/4 cup
2 cups
1 quart diced pears + 1 quart
juice
2 cups
2 cups
2-3 tsp.

Vegetable oil
Garlic, minced
Onion, yellow, diced
Pacific Northwest Canned Pear Dices, with juice

Hoisin sauce
Catsup
Chili-garlic sauce/paste

**BALSAMIC PEAR VINAIGRETTE (2 1/4 cups)

1/3 cup
1/3 cup
3 tablespoons
1-1/4 cups
To taste

Balsamic vinegar
Reserved Pear juice
Dijon mustard
Olive oil
Salt and ground black pepper

METHOD

1. Lay out chicken pieces on an oiled sheetpan and brush with oil. Sprinkle liberally with seasoning rub.
2. Grill until browned on both sides and cooked almost through. Place back on sheetpan and brush liberally with 1 cup Pear BBQ sauce*. Bake in 450°F conventional or 400°F convection oven, cooking until BBQ sauce becomes browned and bubbly. Cool to room temperature and use as directed. If not using immediately, cover and refrigerate until ready to serve. Bring to room temperature or heat slightly to serve.

3. On an oiled sheetpan spread out Pear halves in an even layer. Place under broiler for 3 minutes.
4. Mix honey, BBQ seasoning rub and oil and blend well.
5. Brush tops of Pear halves liberally with honey mixture and broil until browned and bubbly, basting often during broiling. Cool to room temperature to serve. Cover and refrigerate if not using immediately. Bring to room temperature before serving.
6. To Serve: For each salad, spread 1 cup greens over chilled dinner plate and top with 5 ounces sliced chicken. Arrange 1/2 cup peas, 1/2 cup corn, 1/4 cup bacon pieces and 1/4 cup scallions around chicken on lettuce. Arrange 4 barbecued pear slices around edge of salad and serve with 3 Tablespoons Balsamic-Pear Vinaigrette**. If desired, serve with extra Pear BBQ Sauce* in a ramekin on the side.

Pear BBQ Sauce: In large saucepan heat oil over medium heat, add garlic and sauté 30 seconds. Stir in onion and continue cooking 3 minutes, stirring often. Add pears and cook 3 minutes. Stir in pear juice, Hoisin, catsup, and chili paste; bring to boil, reduce heat and simmer 30 minutes until reduced and thickened. Remove from heat and cool.

With a hand blended or in a food processor, process mixture until smooth. Pour into covered container and let stand at least 4 hours before using as directed. Refrigerate in not using immediately.

Balsamic Pear Vinaigrette: In container with cover mix vinegar and pear juice; stir in mustard. Whisk in oil until thick and smooth. Adjust seasonings with salt and pepper. Use as directed.

NUTRITION INFORMATION (per serving)

Calories	899	Sodium	2250mg	Vitamin A	60% DV
Calories from Fat	458	Carbohydrate	64g	Vitamin C	46% DV
Fat	51g	Dietary Fiber	8g	Calcium	9% DV
Saturated Fat	9g	Sugar	38g	Potassium	25% DV
Cholesterol	123mg	Protein	50g	Iron	26% DV

CHINESE CHICKEN SALAD WITH PEARS

YIELD: 48 SERVINGS (1 CUP EACH)



- | | |
|-----------------------------|---|
| 3 cups | Water |
| 1-1/2 cups | Cornstarch |
| 12 pounds | Chicken or turkey, chopped coarsely |
| 1-1/2 pounds (1-1/4 quarts) | Green onions, chopped coarsely |
| 3-3/4 pounds (2 quarts) | Water chestnuts, chopped coarsely |
| 1-1/2 cups | Vegetable oil |
| 3 cups | Soy sauce |
| 3 cups | Sherry wine (optional) |
| 2 ounces (1/4 cup) | Garlic, chopped finely |
| 3 tablespoons | Ground ginger |
| 1-1/2 quarts | Chicken stock |
| 5 pounds (3-3/4 quarts) | Pacific Northwest Canned Pear Dices, drained |
| 3 tablespoons | Asian (toasted) sesame oil |
| 1 tablespoon | Crushed red pepper (optional) |
| 192 pieces* | Iceberg lettuce |
| As needed for garnish | Coriander, chopped |

*Use outer leaves only; cut large ones in halves or thirds.

METHOD

1. Blend water and cornstarch; reserve.
2. Combine chicken and vegetables. Stir in 3/4 cup oil, soy sauce, Sherry, garlic and ginger. Sauté mixture in remaining 3/4 cup oil, stirring frequently, until meat is opaque, about 10 minutes.
3. Stir in the chicken stock and pears; bring to a boil. Cover, reduce heat and simmer 15 minutes.
4. Stir the cornstarch mixture to re-mix; stir it into the chicken mixture.
5. Cook over medium heat, uncovered, until mixture thickens, stir in sesame oil and crushed red pepper.

PER ORDER

1. Fill each of 4 lettuce pieces with 1/4 cup chicken mixture; arrange on a serving plate.
2. Sprinkle with chopped coriander.

NUTRITION INFORMATION (per serving)*

Calories	367	Sodium	1141mg	Vitamin A	10% DV
Calories from Fat	39%	Carbohydrate	18g	Vitamin C	7% DV
Fat	16g	Dietary Fiber	4g	Calcium	3% DV
Saturated Fat	3g	Sugar	7g	Potassium	11% DV
Cholesterol	94mg	Protein	34g	Iron	64% DV

*Does not include optional ingredients.

FRIZZLY PEAR SALAD

YIELD: 24 SERVINGS



3 gallon
1-1/2 cups
As needed

Lettuce, Frisée or other hearty green
Pear Balsamic Vinaigrette
Salt and cracked black pepper

6 pounds 6 ounces (3 quarts)
6 pounds (3 quarts)
2-1/4 pounds (1-1/2 quarts)
1 pound 14 ounces (1-1/2 quarts)
1 pound 2 ounces (1-1/2 quarts)
1-1/2 cups
48 toasts
2-1/4 pounds (1-1/2 quarts)

Pacific Northwest Canned Pear Slices, drained
Smoked ham, julienned
Red pepper, roasted, julienned
Kalamata olives, pitted
Parmesan cheese, shaved
Pear Balsamic Vinaigrette*
Parmesan crouton toasts, optional
Feta cheese, crumbled, optional

*PEAR BALSAMIC VINAIGRETTE (1 quart)

2 cups
1 cup
1 cup
2 tablespoons
1 tablespoon

Olive oil
Pear liquid
Balsamic vinegar
Salt, Kosher
Black pepper, cracked

METHOD

1. For each serving (4 cups), place 2 cups greens in bowl and drizzle with approximately 1 tablespoon Pear Balsamic Vinaigrette and toss to coat. Season with salt and pepper to taste.
2. Mound each 2-cup serving of dressed greens into center of chilled dinner plate. Arrange 1/2 cup pear slices, 1/2 cup julienned ham, 1/2 cup julienned roasted red peppers, 1/4 cup Kalamata olives and 1/4 cup shaved Parmesan over top of salad. Drizzle an additional 1 tablespoon Pear Balsamic Vinaigrette over top of each salad. Serve with croutons or crumbled Feta and additional vinaigrette, if desired.

Pear Balsamic Vinaigrette: In a blender combine oil, pear liquid, vinegar, salt and pepper; blend until smooth and emulsified. Cover vinaigrette and let stand at least 2 hours before serving.

NUTRITION INFORMATION (per serving)

Calories	670	Sodium	3100mg	Vitamin A	80% DV
Calories from Fat	58%	Carbohydrate	36g	Vitamin C	30% DV
Fat	44g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	11g	Sugar	18g	Potassium	35% DV
Cholesterol	80mg	Protein	31g	Iron	8% DV

*Does not include optional ingredients.

FRUITTED NUT AND RICE SALAD

YIELD: 24 SERVINGS



3 quarts, prepared	Rice, wild and long grain blend, prepared
2 pounds 9 ounces (1 quart, 1 cup)	Pacific Northwest Canned Pear Dices, drained
1 pound 4 ounces (1 quart)	Red bell peppers, diced
9 ounces (3 cups)	Scallion, chopped
10 ounces (2 cups)	Pecans, toasted and chopped
9 ounces (1-1/2 cups)	Dried cranberries, plumped
1 ounce (1 cup)	Parsley, chopped
3-1/4 cups	Raspberry Dressing

RASPBERRY DRESSING (3-1/4 cups)

1 cup	Raspberry vinegar
1/3 cup	Pear liquid
1/4 cup	Dijon mustard
1/4 cup	Orange liquid
2 tablespoons	Orange zest
1-1/2 cups	Canola oil
To taste	Salt, Kosher
To taste	Black pepper, ground

METHOD

1. In a bowl combine rice, canned pears, peppers, scallions, pecans, cranberries and parsley; toss to blend.
2. Stir in Raspberry Dressing and toss gently to coat. Cover and refrigerate at least 2 hours before serving as desired.

Raspberry Dressing: In a bowl whisk together vinegar, pear liquid, mustard, orange liquid and zest. Slowly whisk in oil and blend until smooth. Season to taste and use as directed above.

NUTRITION INFORMATION (per serving)

Calories	400	Sodium	520mg	Vitamin A	20% DV
Calories from Fat	52%	Carbohydrate	47g	Vitamin C	90% DV
Fat	23g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	1g	Sugar	16g	Potassium	5% DV
Cholesterol	0mg	Protein	5g	Iron	10% DV

HOT SPINACH, BACON AND PEAR SALAD

YIELD: 24 SERVINGS



4 pounds (13 gallons)	Spinach leaves, baby
3-1/2 cups	Hot Bacon Dressing
6 pounds 6 ounces (3 quarts)	Pacific Northwest Canned Pear Slices, drained
1-1/2 pounds (1/2 quart)	Feta cheese, crumbled
1 pound 2 ounces (1-1/2 quarts)	Croutons, garlic
1 pound 2 ounces (3cups)	Crisp cooked bacon dices
24	Eggs, hard cooked, sliced

HOT BACON DRESSING (1-3/4 cups)

2 pounds, raw (3 cups, cooked)	Bacon, smoked pepper, diced
1 pound 4 ounces (1 quart)	Onion, sweet, minced
1-1/2 cups	Cider vinegar
1 cup	Pear liquid
1/4 cup	Brown sugar
1 tablespoon	Salt, Kosher
1 tablespoon	Black pepper, cracked
4 ounces (1/2 cup)	Egg substitute, optional

METHOD

1. In large bowl toss together spinach and Hot Bacon Dressing; mix well to coat thoroughly.
2. To serve, for each serving place 2 cups dressed salad on a dinner plate. Top each salad with 1/2 cup pear slices, 1/4 cup Feta crumbles, 1/4 cup croutons, 2 tablespoons crumbled bacon and 1 hard-cooked egg, sliced.

HOT BACON DRESSING

1. In skillet fry up bacon until very crisp; remove bacon from hot skillet and drain. Reserve bacon for salad.
2. Drain all but 1/3 cup bacon grease from skillet. Add onion and sauté until tender.
3. Add vinegar and pear liquid and bring to a boil; simmer until reduced by half.
4. Add sugar and cook to dissolve. Add seasonings, Remove from heat and keep very hot.
5. If desired, place egg in a bowl and whisk. Remove 1 cup hot dressing from pan and whisk into eggs to temper. Whisk tempered egg mixture into remaining hot dressing and whisk constantly until smooth and thickened. Keep warm.

NUTRITION INFORMATION (per serving)

Calories	570	Sodium	1790mg	Vitamin A	60% DV
Calories from Fat	47%	Carbohydrate	48g	Vitamin C	25% DV
Fat	30g	Dietary Fiber	7g	Calcium	25% DV
Saturated Fat	12g	Sugar	25g	Potassium	10% DV
Cholesterol	305mg	Protein	28g	Iron	25% DV

*Does not include optional ingredients.

NORTHWEST PEAR AND SPINACH SALAD

YIELD: 24 ENTRÉE SERVINGS



- 16 cups
- 1 cup
- 4 tablespoons
- 2 tablespoons
- 1 teaspoon
- 1 teaspoon
- 1/2 teaspoon
- 4 pounds
- 1 pound
- 3 pounds
- 6
- 3 cups
- 1-1/2 cups
- 1-1/2 cups
- 72

Pacific Northwest Canned Pear Slices

- Olive oil
- Lemon juice
- Mustard, yellow prepared
- Salt
- Ground ginger
- Black pepper
- Spinach, fresh, washed and trimmed
- Romaine lettuce
- Ham, lean, cut into 3" strips
- Red bell pepper, cut into 3" strips
- Red onion, chopped
- Blue cheese, crumbled
- Walnuts or hazelnuts, toasted, roughly chopped
- Olives, medium

METHOD

1. Drain pear slices, reserving 8 ounces of syrup.
2. For Dressing: In a container with a tight-fitting lid, combine the reserved pear syrup, olive oil, lemon juice, mustard, salt, ginger and pepper. Cover and shake well. (Dressing can be held for two weeks refrigerated.)
3. Tear spinach and romaine leaves into bite-sized pieces. Just before serving, shake dressing and toss spinach and romaine with all the dressing. Put two cups greens on each of 24 cold salad plates.
4. Arrange 3 ounces pear slices (about 10), 2 ounces ham slices, six red bell pepper strips and three olives over tossed greens. Sprinkle each serving with 2 tablespoons red onion, 1 tablespoon blue cheese, and 1 tablespoon walnuts or hazelnuts.

NUTRITION INFORMATION (per serving)

Calories	394	Sodium	1358mg	Vitamin A	209% DV
Calories from Fat	48%	Carbohydrate	36g	Vitamin C	115% DV
Fat	22g	Dietary Fiber	7g	Calcium	15% DV
Saturated Fat	4g	Sugar	24g	Potassium	26% DV
Cholesterol	36mg	Protein	18g	Iron	22% DV

NORTHWEST TUNA SALAD

YIELD: 48 SERVINGS



8-1/3 pounds (2 cans)

3 cups

1/2 cup

12 ounces (3 cups)

6 ounces (1-1/2 cups)

To taste

2-2/3 pounds (1-1/2 quarts)

Tuna (water-packed), drained

Mayonnaise, reduced-fat

Lemon juice

Celery, diced finely

Onion, chopped finely

Salt

Pacific Northwest Canned Pear Dices, drained

METHOD

1. Flake tuna into small pieces.
2. Stir mayonnaise, lemon juice, celery and onion into tuna until well mixed. Stir in salt to taste.
3. Fold pears into mixture until well distributed.

SERVING SUGGESTIONS

Tuna sandwiches, tuna salad plate.

NUTRITION INFORMATION (per serving)

Calories	159	Sodium	394mg	Vitamin A	2% DV
Calories from Fat	33%	Carbohydrate	6g	Vitamin C	3% DV
Fat	6g	Dietary Fiber	1g	Calcium	1% DV
Saturated Fat	1g	Sugar	3g	Potassium	7% DV
Cholesterol	29mg	Protein	20g	Iron	7% DV

NUTTY PEAR SLAW

YIELD: 50 SERVINGS



10 pounds
6 tablespoons
1 tablespoon
3/4 teaspoon
1/2 teaspoon
3/4 cup
1 gallon
1 pound
3 cups
1-1/2 cups

Pacific Northwest Canned Pear Halves, liquid reserved
Orange juice concentrate
Dijon-style mustard
Salt
Pepper
Vegetable oil
Iceberg lettuce, chopped
Red cabbage, shredded
Carrots, shredded
Peanuts, dry roasted, chopped

METHOD

1. Measure 3/4 cup pear liquid. Add orange juice concentrate, mustard, salt and pepper.
2. Cover and blend. With blender running, gradually add oil in a steady stream.
3. Toss lettuce, cabbage, carrots and pears.
4. Add dressing and toss again. Add peanuts and toss again just before serving.

NUTRITION INFORMATION (per serving)

Calories	117	Sodium	52mg	Vitamin A	55% DV
Calories from Fat	40%	Carbohydrate	17g	Vitamin C	13% DV
Fat	6g	Dietary Fiber	2g	Calcium	2% DV
Saturated Fat	1g	Sugar	13g	Potassium	5% DV
Cholesterol	0mg	Protein	2g	Iron	3% DV

PEAR AND SHRIMP SALAD WITH HERB DRESSING

YIELD: 24 SERVINGS



- | | |
|---------------|--|
| 3/4 cup | Tarragon vinegar |
| 6 tablespoons | Honey |
| 1-1/2 cups | Olive oil |
| 2 tablespoons | Parsley, fresh, chopped |
| 2 tablespoons | Basil, fresh, chopped |
| 2 tablespoons | Minced garlic |
| 3 gallons | Mixed salad greens |
| 3 pounds | Pacific Northwest Canned Pear Slices, drained |
| 6 pounds | Asparagus spears, cooked and cooled |
| 3 pounds | Shrimp, cooked and peeled |
| 6 cups | Red bell pepper, thinly sliced |
| 6 | Avocados, peeled |
| 1-1/2 cups | Green onions, sliced |

METHOD

1. For Dressing: Combine vinegar and honey. Whisk in oil, parsley, basil and garlic.
2. For each serving, layer plate with 2 cups greens, 1/4 cup pear slices, 4 ounces asparagus spears, 2 ounces shrimp, 1/4 cup bell peppers, 1/4 avocado, sliced, and 1 tablespoon green onions.
3. Drizzle each with 1-2 tablespoons dressing.

NUTRITION INFORMATION (per serving)

Calories	338	Sodium	129mg	Vitamin A	144% DV
Calories from Fat	52%	Carbohydrate	27g	Vitamin C	105% DV
Fat	21g	Dietary Fiber	10g	Calcium	11% DV
Saturated Fat	3g	Sugar	15g	Potassium	29% DV
Cholesterol	84mg	Protein	15g	Iron	20% DV

PEAR AND SQUASH SALAD WITH LEMON-CUMIN VINAIGRETTE

YIELD: 24 SERVINGS



1-1/2 cups	Fresh lemon juice
2 tablespoons	Ground cumin
1 tablespoon	Salt
3/4 teaspoon or to taste	Cayenne pepper
1-1/2 cups	Canola oil
6 pounds (4-1/2 quarts)	Cooked, diced butternut squash or other hard, winter squash
1 #10 can, well-drained (3 quarts)	Pacific Northwest Canned Pears, drained and diced
12 ounces (3 cups)	Chopped red onion
3/4 cup	Shredded mint
1/2 cup	Thinly sliced chive
As needed	Radicchio or other lettuce leaves
As need for garnish	Mint sprigs

METHOD

1. To Make Vinaigrette: Stir together lemon juice, cumin, salt, and cayenne; whisk in oil.
2. Mix squash, and onion; Fold vinaigrette into mixture.

PER ORDER

Fold 1/2 tablespoon mint and 1 teaspoon chive into 1 cup salad. Mound salad on a radicchio-line serving plate or in bowl. Garnish with mint sprigs.

PEAR, BLUE CHEESE AND WALNUT SALAD

YIELD: 24 SERVINGS



48	Butter lettuce leaves
6 pounds	Pacific Northwest Canned Pear Halves, drained
1-1/2 cups	Blue cheese, crumbled
1-1/2 cups	Walnuts, toasted and chopped
3 cups	Low fat Ranch dressing
For garnish	Parsley, chopped

METHOD

1. For each serving, line serving plate with two lettuce leaves.
2. Top each with 2-3 pear halves, 1 tablespoon blue cheese and 1 tablespoon walnuts.
3. Drizzle each with 2 tablespoons dressing and garnish with parsley.

NUTRITION INFORMATION (per serving)

Calories	197	Sodium	345mg	Vitamin A	10% DV
Calories from Fat	46%	Carbohydrate	23g	Vitamin C	4% DV
Fat	10g	Dietary Fiber	3g	Calcium	9% DV
Saturated Fat	3g	Sugar	18g	Potassium	7% DV
Cholesterol	11mg	Protein	5g	Iron	4% DV

PEAR PLUS ONE

YIELD: 2 CUPS



2 cups

1 cup

Pacific Northwest Canned Pears (any style)

Salad dressing, fat-free honey Dijon flavor

METHOD

1. Drain pears, reserve syrup for another use.
2. In a blender or food processor, puree drained pears and salad dressing together until smooth.

Use this full flavored, fat-free "pear plus one" recipe to:

- Marinate and baste chicken breasts for grilling and baking
- Dress pasta or fruit salads
- Glaze pork chops
- Top turkey burgers and other sandwiches

NUTRITION INFORMATION (per 2-tablespoon serving)

Calories	40	Sodium	167mg	Vitamin A	0% DV
Calories from Fat	0g	Carbohydrate	10g	Vitamin C	0% DV
Fat	0g	Dietary Fiber	1g	Calcium	0% DV
Saturated Fat	0g	Sugar	6g	Potassium	1% DV
Cholesterol	0mg	Protein	0g	Iron	0% DV

PEAR TABBOULEH SALAD

YIELD: 24 SERVINGS



6 cups
6 pounds
1-1/2 cups
1 tablespoon
3 cups
3 cups
3/4 cup
3/4 cup

Bulgar wheat
Pacific Northwest Canned Pear Chunks
Lemon juice
Ground black pepper
Cucumber, peeled, seeded and sliced
Green onions, thinly sliced
Mint, fresh, chopped
Dill, fresh, chopped

METHOD

1. Measure bulgar into a large bowl. Pour boiling water over bulgar just to cover. Let sit 30 minutes or until water is completely absorbed.
2. For Dressing: Drain pears reserving 6 tablespoons juice. Whisk together with lemon juice and pepper.
3. When bulgar has cooled combine with pears, cucumber, green onions, mint and dill. Toss with dressing.

NUTRITION INFORMATION (per serving)

Calories	196	Sodium	15mg	Vitamin A	3% DV
Calories from Fat	2%	Carbohydrate	47g	Vitamin C	15% DV
Fat	1g	Dietary Fiber	9g	Calcium	2% DV
Saturated Fat	0g	Sugar	15g	Potassium	9% DV
Cholesterol	0mg	Protein	5g	Iron	7% DV

PEAR UP CARROT SALAD

YIELD: 48 SERVINGS



1-3/4 pounds (2 quarts)
1 pound (1 quart)
1 pound (1 quart)
1 ounce (1 cup)
1/2 tablespoon or to taste
1-1/2 cups
48

Carrots, shredded coarsely
Celery, diced finely
Onion, chopped finely
Parsley, chopped
Salt
Prepared Reduced-Fat Honey Mustard dressing
Pacific Northwest Canned Pear Halves, drained

METHOD

1. Combine carrots, celery, onion, parsley and salt; stir in dressing until well mixed.
2. Mound 1/4 cup carrot mixture on each pear half.

NUTRITION INFORMATION (per serving)

Calories	68	Sodium	161mg	Vitamin A	134% DV
Calories from Fat	16%	Carbohydrate	15g	Vitamin C	5% DV
Fat	1g	Dietary Fiber	2g	Calcium	1% DV
Saturated Fat	1g	Sugar	11g	Potassium	4% DV
Cholesterol	0g	Protein	1g	Iron	2% DV

PEAR WALDORF SALAD

YIELD: 24 – 1/2 CUP SERVINGS



1/2 cup	Mayonnaise
1/2 cup	Plain non-fat yogurt
1/4 cup	Mint or parsley, fresh, chopped
1/2 teaspoon	Ground nutmeg
1/2 teaspoon	Salt
1/4 teaspoon	White pepper (optional)
3 pounds 8 ounces (2 quarts)	Pacific Northwest Canned Pear Dices, drained
14 ounces (3 cups)	Celery, pre-cut, diced
4 ounces (3/4 cup)	Walnuts, toasted and chopped
24	Lettuce leaves

METHOD

1. Mix mayonnaise, yogurt, mint or parsley, nutmeg, salt and pepper.
2. Fold in pear, celery and walnuts; reserve.

PER ORDER

1. Line a serving plate with a lettuce leaf.
2. Top with 1/2 cup salad.

NUTRITION INFORMATION (per serving)

Calories	101	Sodium	95mg	Vitamin A	3% DV
Calories from Fat	52%	Carbohydrate	12g	Vitamin C	3% DV
Fat	6g	Dietary Fiber	2g	Calcium	2% DV
Saturated Fat	1g	Sugar	9g	Potassium	3% DV
Cholesterol	2mg	Protein	1g	Iron	2% DV

TANDOORI-SPICED PEAR & SALMON SALAD

YIELD: 24 SERVINGS



3 quarts (48 halves)

1 cup
4-5 tablespoons
4-5 tablespoons
Optional

**Pacific Northwest Canned Pear Halves, drained,
juice reserved**

Pomegranate Syrup*
Olive oil
Tandoori spice rub
Kosher salt and ground black pepper

24 6-ounce fillets
1/3 cup
4-5 tablespoons

Salmon fillets, skinned
Olive oil
Tandoori spice rub

6 quarts
72 sticks
2 quarts
1-1/2 quarts
3 cups
1-1/2 cups

Herb Salad mix
Cucumber, cut into 2-inch sticks
Carrot, shredded
Grape tomatoes, halved
Feta or goats cheese, crumbled
Pistachio nuts, toasted, chopped
Pear-Pomegranate Vinaigrette**

*POMEGRANATE SYRUP (1 cup)

1 quart

Pomegranate juice

**PEAR-POMEGRANATE VINAIGRETTE (2-1/4 cups)

1 cup
2/3 cup
1/3 cup
1/3 cup
2 tablespoons
2-1/2 cups
As needed

Reserved Pear Juice
Pomegranate Syrup*
Lemon juice
Red onion, minced
Garlic, minced
Olive oil
Kosher salt and ground black pepper

METHOD

1. Lay out Pear halves on greased sheetpan. Mix Pomegranate Syrup* and olive oil and brush both sides of Pear halves liberally. Sprinkle both sides of pear halves evenly with spice rub, and salt and pepper, if desired.
2. Roast slices in 400°F convection oven until golden and bubbling. Remove from heat and cool to room temperature.
3. Lay salmon fillets out on sheetpan. Brush both sides of salmon with olive oil and sprinkle both sides with spice rub. Grill salmon until almost done. Remove from heat; lay out on sheetpan to cool to room temperature. Cover and refrigerate until ready to serve. Bring to room temperature to serve.

4. To Serve: For each serving, mound 1 cup salad mix on a chilled plate. Top with grilled salmon along with 3 cucumber sticks, 1/3 cup shredded carrot and 1/4 cup grape tomato halves. Drizzle with 3 tablespoons Pear pomegranate Vinaigrette.* Top with 2 tablespoons crumbled cheese and 1 tablespoon pistachios.

Pomegranate Syrup: In deep-sided saucepan bring pomegranate juice to a boil; reduce heat to a rolling simmer and reduce liquid by 3/4 to 1 cup. Remove from heat, cool to room temperature and store in covered glass container in refrigerator until ready to use as directed.

Pear-Pomegranate Vinaigrette: In a blender or food processor blend pear juice and Pomegranate Syrup* with lemon juice. Add onion and garlic and pulse until incorporated. With processor running, slowly add olive oil until thick. Place in covered container and season with salt and pepper. Let stand, covered, at least 2 hours before serving.

NUTRITION INFORMATION (per serving)

Calories	903	Sodium	403mg	Vitamin A	% DV
Calories from Fat	%	Carbohydrate	57g	Vitamin C	% DV
Fat	56g	Dietary Fiber	7g	Calcium	% DV
Saturated Fat	g	Sugar	69g	Potassium	% DV
Cholesterol	140mg	Protein	46g	Iron	% DV

THAI-STYLE PEAR SALAD

YIELD: 24 SERVINGS



- | | |
|--------------------------------|--|
| 1 cup | Rice wine vinegar |
| 2 tablespoons | Thai fish sauce or light soy sauce |
| 1 teaspoon | Sugar |
| 1 teaspoon | Crushed red pepper |
| 1 cup | Vegetable oil |
| 3 pounds 12 ounces (3 gallons) | Romaine, shredded |
| 9 ounces (3 cups) | Carrots, julienned |
| 4 pounds (1-1/2 quarts) | Pacific Northwest Canned Pear Chunks, drained |
| As needed for garnish | Peanuts, roasted, chopped |
| As needed for garnish | Mint, fresh, chopped |
| As needed for garnish | Egg roll wrapper, deep-fried strips |
| As needed for garnish | Mint springs (optional) |

METHOD

1. Whisk together rice wine vinegar, fish or soy sauce, sugar and crushed pepper.
2. Whisk in oil. Reserve 1/2 cup for marinade.
3. Marinate pear chunks in the dressing for at least 1 hour.

PER ORDER

1. Toss 2 cups romaine and 2 tablespoons carrot with 1 tablespoon dressing.
2. Top with 2-1/2 ounces (1/2 cup) pear chunks.
3. Sprinkle with mint and peanuts.
4. Scatter with several strips of deep-fried egg roll wrapper.

NUTRITION INFORMATION (per serving)

Calories	145	Sodium	133mg	Vitamin A	171% DV
Calories from Fat	55%	Carbohydrate	16g	Vitamin C	38% DV
Fat	10g	Dietary Fiber	3g	Calcium	5% DV
Saturated Fat	1g	Sugar	11g	Potassium	12% DV
Cholesterol	0g	Protein	2g	Iron	8% DV

YAKIMA CAESAR SALAD

YIELD: 24 SERVINGS



3 gallons
3 pounds
1-1/2 cups
6 cups
3/4 cup

Romaine lettuce, cut
Pacific Northwest Canned Pear Slices, drained
Low fat Caesar salad dressing
Croutons
Parmesan cheese, grated

METHOD

1. Place salad greens and pear slices in large bowl. Toss with dressing.
2. For each serving, place 2 cups greens and pears on plate. Top each with 1/4 cup croutons and 1-1/2 teaspoons Parmesan.

NUTRITION INFORMATION (per serving)

Calories	122	Sodium	344mg	Vitamin A	84% DV
Calories from Fat	24%	Carbohydrate	20g	Vitamin C	36% DV
Fat	3g	Dietary Fiber	3g	Calcium	9% DV
Saturated Fat	1g	Sugar	7g	Potassium	11% DV
Cholesterol	3g	Protein	4g	Iron	10% DV



light meals

PACIFIC NORTHWEST PITAS

YIELD: 24 SERVINGS



24	Small pita bread rounds, cut in half
48	Lettuce leaves
3 pounds	Ham, thinly sliced
3 pounds	Pacific Northwest Canned Pear Slices, drained
48 slices	Cheddar cheese
3 cups	Low fat Ranch dressing

METHOD

1. For each serving, open 2 pita halves. Line each with lettuce.
2. Layer each pocket with 1 ounce ham, 1/4 cup pear slices and 1 slice cheese.
3. Drizzle each pocket with 1 tablespoon dressing before serving.

NUTRITION INFORMATION (per serving)

Calories	519	Sodium	1504mg	Vitamin A	19% DV
Calories from Fat	56%	Carbohydrate	29g	Vitamin C	1% DV
Fat	32g	Dietary Fiber	2g	Calcium	46% DV
Saturated Fat	16g	Sugar	12g	Potassium	10% DV
Cholesterol	93mg	Protein	28g	Iron	10% DV

PEAR & PEPPER QUESADILLA WITH PEAR SALSA

YIELD: 24 SERVINGS



2 quart
2 quart
2 quart
1-1/2 quarts
1 quart
1/3 cup
12 x 10-inch
3 quart
As needed
1-1/2 quarts
As needed
1-1/2 quarts

Pacific Northwest Canned Pears, drained, diced
Red bell pepper, diced
Ham, diced
Scallions, sliced
Cilantro, coarsely chopped
Canned chipotle peppers, chopped
Flour tortillas
Smoked Cheddar/Jack or Gouda cheese, shredded
Vegetable or canola oil
Sour cream
Hot pepper sauce
Pear Salsa*

*PEAR SALSA

1-1/4 quarts
1/2 cup juice
1 cup
1 cup
1/3 cup
1/4-1/3 cup
3-4 tablespoons
As needed

Pacific Northwest Canned Pear Dices
Reserve pear juice
Scallion, sliced
Red bell pepper, diced
Cilantro, minced
Lime juice
Jalapeno, seeded, chopped
Salt and ground black pepper

METHOD

1. In a bowl combine diced pear, red pepper, ham, scallion, cilantro and chipotles; mix well, cover and keep refrigerated until ready to use.
2. To Assemble Each Quesadilla: Lay out a flour tortilla on a clean, dry surface. Top one half of each tortilla with approximately 1 cup of pear mixture. Top each tortilla with 1/2 cup shredded cheese. Fold in half.
3. Place on sheetpan, cover tightly with plastic wrap and keep refrigerated until ready to prepare and serve. May be assembled up to 2 hours in advance.
4. To Prepare Quesadillas: Heat 2 tsp. oil in large skillet or griddle over medium heat; heat each quesadilla until slightly golden and flip to brown the other side. When cheese is melted and quesadilla is heated through, remove from heat and serve on plate, cut into 4 wedges. Top with a 1/4 cup dollop of sour cream, a splash of pepper sauce and 1/4 cup Pear Salsa.

*PEAR SALSA (1-1/2 quarts)

1. In bowl combine all ingredients; mix well. Place in covered container and refrigerate at least 2 hours before serving as directed.

NUTRITION INFORMATION (per serving)

Calories	828	Sodium	918mg	Vitamin A	51% DV
Calories from Fat	387	Carbohydrate	66g	Vitamin C	61% DV
Fat	43g	Dietary Fiber	6g	Calcium	53% DV
Saturated Fat	21g	Sugar	16g	Potassium	18% DV
Cholesterol	156mg	Protein	46g	Iron	23% DV

PEAR-STUFFED SWEET POTATOES

YIELD: 24 SERVINGS



24	Sweet potatoes, scrubbed
1/2	Roasted garlic puree
1 cup	Butter, softened
1/2 cup	Crystallized ginger, finely chopped
1-1/2 quart	Goats cheese, at room temperature
1 to 1-1/2 cups	Reserved pear juice
1-1/2 quarts	Pacific Northwest Canned Pears, drained and diced
1-1/2 cups	Chives, minced

METHOD

1. Scrub sweet potatoes and poke them in several places with a fork. Place on sheetpan.
2. Roast potatoes in a 400°F conventional or 350°F convection oven for 1 hour or until tender. Remove from the heat and cool almost to room temperature.
3. Cut the top third off of the sweet potatoes and gently scoop out filing leaving skins in tact and a thin layer of potato in the skin. Lay the hollowed skins, with scooped-side up, on a greased sheetpan.
4. Place sweet potato meat and garlic in mixer equipped with a paddle and mix until smooth. Add butter and ginger and blend. Add cheese and reserved Pear juice and mix well. Fold in diced Pears and re-stuff mixture into the reserved potato shells*.
5. Bake stuffed potatoes in a 400°F conventional or 350°F convection oven 12-16 minutes or until heated through. Sprinkle potatoes with chives to serve.

* Mixture can also be transferred into a lightly greased half steamtable pan and baked 18-20 minutes.

NUTRITION INFORMATION (per serving)

Calories	549	Sodium	283mg	Vitamin A	791% DV
Calories from Fat	167	Carbohydrate	79g	Vitamin C	88% DV
Fat	18g	Dietary Fiber	10g	Calcium	16% DV
Saturated Fat	12g	Sugar	56g	Potassium	28% DV
Cholesterol	36mg	Protein	16g	Iron	33% DV

PEAR-THYME CHOWDER

YIELD: 24 SERVINGS



1/2 cup	Butter or margarine
2 cups	Onions, chopped
1/2 cup	Flour
3-1/2 gallons	Chicken broth
1 quart	Half and half
2 pounds	Turkey meat, cooked or smoked, diced
2 pounds	Pacific Northwest Canned Pear Dices, drained
3-1/2 cups	Whole kernel corn
3 teaspoons	Salt
2 teaspoons	Garlic powder
2 teaspoons	Dried thyme leaves
1 teaspoon	Ground black pepper

METHOD

1. Melt butter in stock pot.
2. Stir in onion. Cook until tender, about 5 minutes.
3. Stir in flour. Whisk in chicken broth and half and half.
4. Add all remaining ingredients. Bring mixture to a boil, stirring constantly.
5. Reduce heat and simmer 5 minutes.

NUTRITION INFORMATION (per serving)

Calories	283	Sodium	2807mg	Vitamin A	9% DV
Calories from Fat	49%	Carbohydrate	17g	Vitamin C	3% DV
Fat	15g	Dietary Fiber	2g	Calcium	6% DV
Saturated Fat	7g	Sugar	7g	Potassium	6% DV
Cholesterol	54mg	Protein	18g	Iron	6% DV

PEAR, TURKEY AND FONTINA PANINI

YIELD: 24 SERVINGS



48 slices	Italian bread, sliced
1-1/2 cups	Honey mustard
1-1/2 cups	Mayonnaise
3 pounds	Roasted turkey, thinly sliced
3 pounds (96 slices)	Pacific Northwest Canned Pear Slices, drained
3 pounds (1-1/2 quarts)	Fontina cheese, grated or sliced
9 ounces (1-1/2 quarts)	Arugula leaves, shredded
As needed	Olive oil

METHOD

1. For each sandwich, spread the inside of a bread slice with 1 tablespoon honey mustard and the inside of another bread slice with 1 tablespoon mayonnaise. Top one slice of bread with 2 ounces turkey slices, 4 pear slices, 1/4 cup Fontina cheese and 1/4 cup shredded Arugula leaves. Place other slice on top and tamp down.
2. Lightly brush outside of sandwich with olive oil. Place sandwich topside down on griddle and weigh down with a foil wrapped brick. (If you have a Panini grill follow the directions.)
3. Grill the sandwich for 2 minutes, then flip. Cook another 2 minutes or until cheese is melted, meat is heated through and sandwich is browned. Slice sandwich on the bias and serve with vegetables and dip or a lightly dressed salad.

NUTRITION INFORMATION (per serving)

Calories	600	Sodium	940mg	Vitamin A	15% DV
Calories from Fat	53%	Carbohydrate	37g	Vitamin C	4% DV
Fat	35g	Dietary Fiber	3g	Calcium	40% DV
Saturated Fat	14g	Sugar	13g	Potassium	7% DV
Cholesterol	120g	Protein	35g	Iron	20% DV

VELVETY PEAR AND CARROT SOUP

YIELD: 24 SERVINGS



1 cup
7-1/2 pounds
8 pounds
2 quarts
2 teaspoons
1 teaspoon
2 cups
1 teaspoon

Butter
Carrots, chopped
Pacific Northwest Canned Pear Halves or Slices in juice
Chicken broth
Salt
Ground pepper
Sour cream
Allspice

METHOD

1. Melt butter in stock pot.
2. Add carrots, cook over medium heat until carrots are lightly browned.
3. Add pears, juice and chicken broth, salt and pepper. Cover and cook until carrots are tender. Remove from heat.
4. Transfer mixture to a food processor: process until smooth.
5. Serve topped with a dollop of sour cream and a dusting of allspice.

NUTRITION INFORMATION (per serving)

Calories	266	Sodium	672mg	Vitamin A	1152% DV
Calories from Fat	40%	Carbohydrate	39g	Vitamin C	19% DV
Fat	13g	Dietary Fiber	7g	Calcium	7% DV
Saturated Fat	7g	Sugar	28g	Potassium	17% DV
Cholesterol	29mg	Protein	3g	Iron	7% DV



entrées

CHICKEN AND PEAR STIR-FRY

YIELD: 50 SERVINGS (8 OZ. MIXTURE + 4 OZ. RICE)



8 pounds	Chicken breast, boneless, skinless, 2 x 1/2 x 1/4" slices
1 cup	Vegetable oil
As needed	Salt
3 cups	Onions, sliced
3 cups	Green or red bell peppers, sliced
3 cups	Celery, diagonally sliced
1/4 cup	Garlic, minced
1-1/2 quarts	Reserved pear liquid
3 cups	Dry white wine
1-1/2 cups	Soy sauce
1-1/2 cups	Cornstarch
2 tablespoons	Ginger root, fresh, grated
8 pounds	Pacific Northwest Canned Pear Slices, liquid reserved

METHOD

1. Quickly brown chicken in oil over high heat in heavy skillet; salt to taste. Remove chicken from skillet.
2. Stir-fry vegetables and garlic until crisp-tender. Return chicken to pan.
3. Measure 1-1/2 quarts reserved pear liquid; add water if necessary.
4. Combine reserved liquid, wine, soy sauce, cornstarch and ginger; mix well. Pour mixture over chicken-vegetable mixture and stir-fry until sauce thickens.
5. Add pears and gently stir-fry 1 to 2 minutes or until pears are thoroughly heated.
6. Serve 8 ounces per portion over 4 ounces cooked rice.

VARIATION: MEATLESS STIR-FRY

1. Omit chicken; substitute 2 pounds sliced mushrooms for chicken.
2. Increase onions to 1 quart and bell peppers and celery to 1-1/2 quarts each.
3. Prepare according to directions above.

NUTRITION INFORMATION (per serving)

Calories	195	Sodium	500mg	Vitamin A	2% DV
Calories from Fat	25%	Carbohydrate	16g	Vitamin C	10% DV
Fat	5g	Dietary Fiber	2g	Calcium	2% DV
Saturated Fat	1g	Sugar	9g	Potassium	8% DV
Cholesterol	42mg	Protein	18g	Iron	5% DV

CHICKEN AND PEARS BOMBAY

YIELD: 24 SERVINGS (1 CUP CURRY + 3/4 CUP RICE)



2 pounds (1 quart)	Onion, pre-cut, chopped
2 ounces (1/4 cup)	Butter
1/4 cup	Vegetable oil
1-1/2 tablespoons	Curry powder
3 ounces (3/4 cup)	Flour
2 quarts	Chicken stock
2 tablespoons	Lemon juice
1 tablespoon	Salt
4 pounds 8 ounces (3-1/2 quarts)	Chicken, pre-cooked, cut into 3/8 x3/8 x1" strips or pulled
3 pounds 8 ounces (2 quarts)	Pacific Northwest Canned Pear Slices, drained
3/4 cup	Cilantro or parsley, chopped
4-1/2 quarts	Cooked long grain rice
As needed for garnish	Almonds, toasted, slivered (optional)

METHOD

1. Sauté onion in butter and oil until soft, for about 10 minutes.
2. Stir in curry powder; cook, stirring, 1 minute.
3. Stir in flour; cook, stirring, 5 minutes.
4. Off heat, whisk in stock; return to heat and cook until thickened, about 5 minutes.
5. Off heat, stir in lemon juice, salt, chicken and pear.
6. Stir in cilantro; reserve.

PER ORDER

1. Heat 1 cup chicken and pear mixture.
2. Serve over 3/4 cup hot rice.
3. Garnish with almonds.

NUTRITION INFORMATION (per serving)*

Calories	429	Sodium	723mg	Vitamin A	4% DV
Calories from Fat	25%	Carbohydrate	50g	Vitamin C	5% DV
Fat	12g	Dietary Fiber	2g	Calcium	4% DV
Saturated Fat	3g	Sugar	11g	Potassium	10% DV
Cholesterol	81mg	Protein	29g	Iron	17% DV

*Does not include almond garnish

COCONUT-PEAR AND PORK STIR-FRY

YIELD: 24 SERVINGS



PORK

2/3 cup
1-1/2 tablespoons
1 tablespoon
4 pounds

Soy sauce
Ground ginger
Crushed red pepper
Pork tenderloin, quartered, sliced 1/4-inch thick

STIR FRY

1/4 cup
3 pounds (2-1/4 quarts)
2 pounds (2-1/2 quarts)
8 cloves
5 cans (14 ounces each)
1 teaspoon
1 pound 2 ounces (1-1/2 gallons)
2 pounds 12 ounces

Vegetable oil
Red bell pepper, julienned
Onion, cut in half, then sliced lengthwise
Garlic, chopped finely
Coconut milk
Salt
Baby spinach leaves, lightly packed
Pacific Northwest Canned Pear Halves, drained, thinly sliced

1/3 cup
1/2 cup
4-1/2 quarts

Sugar
Lemon juice
Cooked long grain rice

METHOD

1. To Prepare Pork: combine soy sauce, ginger and crushed red pepper; toss pork in mixture to coat. Marinate in refrigerator up to 6 hours.
2. In a large sauté pan, stir fry pork in hot oil until lightly browned. Remove pork; reserve.
3. In the same pan, sauté bell pepper and onion; cook until tender crisp, about 5 minutes. Stir in garlic; cook for 1 minute.
4. Stir in coconut milk and salt; bring to a boil. Reduce to simmer.
5. Stir in spinach, pear and sugar; simmer until spinach wilts, stirring frequently, about 5 minutes.
6. Remove from heat; stir in lemon juice.
7. Keep warm in a counter pan or cool and reheat per order. Serve with rice.

NUTRITION INFORMATION (per serving)

Calories	511	Sodium	578mg	Vitamin A	136% DV
Calories from Fat	40%	Carbohydrate	55g	Vitamin C	161% DV
Fat	23g	Dietary Fiber	5g	Calcium	7% DV
Saturated Fat	17g	Sugar	15g	Potassium	24% DV
Cholesterol	49mg	Protein	23g	Iron	35% DV

EAST MEETS WEST

SWEET AND SOUR STIR-FRY

YIELD: 50 SERVINGS (3/4 CUP TURKEY MIXTURE + 1/2 CUP RICE)



- | | |
|---------------|--|
| 3 pounds | Uncooked rice |
| 10 pounds | Pacific Northwest Canned Pear Slices, liquid reserved |
| 1 quart | Cider vinegar |
| 1/2 cup | Tomato paste |
| 1/2 cup | Soy sauce |
| 1 cup | Brown sugar |
| 1 teaspoon | Powdered ginger (optional) |
| 2/3 cup | Vegetable oil |
| 8 pounds | Chicken or turkey breasts, cut into 1/8" strips |
| 4 teaspoons | Garlic powder |
| 4 teaspoons | Salt |
| 2 teaspoons | Pepper |
| 3 quarts | Cut green beans, canned, drained |
| 3 tablespoons | Cornstarch |
| 6 tablespoons | Water |
| 50 | Tortillas or lettuce leaves |

METHOD

1. Cook rice as package directs. Keep warm.
2. Drain pears, reserve liquid.
3. In saucepan, mix reserved liquid, vinegar, tomato paste, soy sauce, brown sugar and ginger. Simmer until mixture has thickened slightly; reserve.
4. Heat oil until hot. Add turkey, garlic powder, salt and pepper. Reduce heat to medium, cook mixture thoroughly, stirring frequently.
5. Stir in beans, pears and reserved sauce. Simmer just until heated through.
6. Mix cornstarch and water together. Add to pan and cook, stirring constantly, until thickened. Remove from heat. (Note: 6 cups of prepared sweet and sour sauce may be used instead of reserved sauce and cornstarch mixture).
7. Portion 3/4 cup turkey-pear mixture over 1/2 cup cooked rice. Serve with 1 tortilla or 1 lettuce leaf for each serving as a wrap.

NUTRITION INFORMATION (per serving) with 8" Tortilla

Calories	438	Sodium	821mg	Vitamin A	6% DV
Calories from Fat	15%	Carbohydrate	69g	Vitamin C	4% DV
Fat	7g	Dietary Fiber	3g	Calcium	13% DV
Saturated Fat	1g	Sugar	18g	Potassium	10% DV
Cholesterol	42mg	Protein	24g	Iron	20% DV

NUTRITIONAL ANALYSIS (per serving) with Lettuce Leaf

Calories	294	Sodium	574mg	Vitamin A	8% DV
Calories from Fat	13%	Carbohydrate	44g	Vitamin C	5% DV
Fat	4g	Dietary Fiber	3g	Calcium	4% DV
Saturated Fat	1g	Sugar	18g	Potassium	10% DV
Cholesterol	42mg	Protein	20g	Iron	15% DV

GRILLED HALIBUT WITH SWEET AND SPICY PEAR CHUTNEY

YIELD: 24 SERVINGS



- 4 cups
- 12 cups
- 1-1/2 cups
- 1/2 cup
- 1/2 cup
- 1/2 cup
- 1 teaspoon
- Scant 1/4 teaspoon
- 24 each
- 1/2 cup
- 1/2 cup
- 24 each

- Pacific Northwest Canned Pear Chunks**
- Pacific Northwest Canned Pear Halves**
- Mango chutney, prepared
- Parsley, chopped
- Green onion, chopped
- Radishes, chopped
- Cumin, ground
- Cayenne pepper
- Halibut steaks, 6 ounce portions
- Olive oil
- Lemon-pepper seasoning, dry
- Lettuce leaves for garnish

METHOD

1. Drain pear chunks and pear halves in separate sieves.
2. For Pear Chutney: stir together pear chunks, chutney, parsley, green onion, radishes, cumin and cayenne pepper.
3. Pat halibut steaks dry with paper towels. Brush both sides of fish with olive oil; sprinkle with lemon-pepper seasoning.
4. Grill or pan-fry halibut, cooking 3 to 5 minutes on each side or until fish flakes.
5. To Serve: plate halibut steaks; place a lettuce leaf to the side, top with a pear half (cut side up), fill pear half with 2 tablespoons of pear chutney mixture.

NUTRITION INFORMATION (per serving)

Calories	353	Sodium	567mg	Vitamin A	13% DV
Calories from Fat	22%	Carbohydrate	33g	Vitamin C	11% DV
Fat	9g	Dietary Fiber	3g	Calcium	10% DV
Saturated Fat	1g	Sugar	27g	Potassium	28% DV
Cholesterol	54mg	Protein	36g	Iron	13% DV

GRILLED PORK CHOPS AND PEARS WITH MUSTARD CREAM SAUCE

YIELD: 24 (6 OZ. SERVINGS)



- | | |
|--------------------------|--|
| 5 ounces (1-1/3 cups) | Shallots, finely chopped |
| 2-1/2 ounces (1/3 cup) | Butter |
| 1/3 cup | Flour |
| 1 quart | Chicken stock |
| 2 cups | Whipping cream |
| 1/3 cup | Whole-grain mustard |
| 1/4 cup | Tarragon, fresh, chopped |
| 2 teaspoons | Salt |
| 1/2 teaspoon | Pepper |
| 24 (about 6 ounces each) | Pork chops, boneless |
| 24 | Pacific Northwest Canned Pear Halves, drained |
| For garnish | Tarragon sprigs |

METHOD

1. Sauté shallots in butter until soft, about 5 minutes.
2. Stir in flour; cook over low heat, stirring, 5 minutes.
3. Off heat, whisk in chicken stock and cream; return to low heat and simmer until thickened about 5 minutes.
4. Stir in chopped tarragon; reserve.

PER ORDER

1. Grill or pan-grill 1 chop, turning frequently, until browned and cooked through, about 8 minutes.
2. During the last 2 minutes, grill 1 pear half, turning, until browned and heated through.
3. Put chop and pear on a serving plate; drizzle with 1/4 cup of mustard sauce.
4. Garnish with tarragon sprig.

NUTRITION INFORMATION (per serving)

Calories	423	Sodium	497mg	Vitamin A	14% DV
Calories from Fat	50%	Carbohydrate	17g	Vitamin C	2% DV
Fat	23g	Dietary Fiber	1g	Calcium	6% DV
Saturated Fat	11g	Sugar	11g	Potassium	16% DV
Cholesterol	127mg	Protein	36g	Iron	8% DV

MOROCCAN CHICKEN STEW

YIELD: 24 SERVINGS (1-1/3 CUPS EACH)



9 pounds	Chicken thighs, skinless and boneless
As needed	Salt
As needed	Ground black pepper
1/3 cup	Vegetable oil
2 pounds 8 ounces (3 quarts)	Onions, sliced
2 pounds 4 ounces (1-1/2 quarts)	Carrots, sliced thinly on the diagonal
3 ounces (3/4 cup)	Flour
2 tablespoons	Ground cumin
1 tablespoon	Ground turmeric
2 teaspoons	Crushed red pepper
1-1/2 teaspoons	Ground cinnamon
3 quarts	Chicken stock
3 pounds 8 ounces (3 quarts)	Zucchini, sliced
3 pounds (2-1/4 quarts)	Garbanzo beans, cooked and drained
3 pounds (2-1/4 quarts)	Pacific Northwest Canned Pear Dices, drained
2/3 cup	Lemon juice

METHOD

1. Cut thighs crosswise in 2 to 3 pieces, depending upon size.
2. Season with salt and pepper; brown in hot oil. Remove from pan; reserve.
3. Add onions and carrots to pan; sauté until onions just begins to wilt; about 10 minutes.
4. Stir in flour and spices. Gradually add chicken stock, stirring constantly; bring to a boil.
5. Add reserved chicken, zucchini, garbanzo beans and pear. Simmer until chicken is cooked and vegetables are tender-crisp, about 10 minutes; remove from heat.
6. Stir in lemon juice; season with salt to taste.
7. Keep warm in a counter pan or cool and reheat per order.

NUTRITION INFORMATION (per serving)

Calories	577	Sodium	901mg	Vitamin A	297% DV
Calories from Fat	31%	Carbohydrate	56g	Vitamin C	22% DV
Fat	20g	Dietary Fiber	13g	Calcium	11% DV
Saturated Fat	4g	Sugar	16g	Potassium	28% DV
Cholesterol	113mg	Protein	45g	Iron	36% DV

PACIFIC COAST CHICKEN WITH PEAR-RASPBERRY SAUCE

YIELD: 24 SERVINGS



- | | |
|-----------------|--|
| 15 pounds | Chicken pieces |
| 6 pounds | Pacific Northwest Canned Pear Halves |
| 3 cups | Raspberry or red wine vinegar |
| 1 tablespoon | Seasoned salt |
| 6 | Garlic cloves, minced |
| 1-1/2 teaspoons | Dried thyme leaves |
| 6 cups | Raspberries, unsweetened, fresh or thawed frozen |

METHOD

1. Brown chicken in large roasting pan; drain off excess fat.
2. Drain pears, reserving all juice.
3. Mix juice with vinegar, salt, garlic and thyme. Pour over chicken and bring to a boil. Reduce heat; cover and simmer for 30 minutes or until chicken is tender.
4. Remove chicken from pan and keep warm in steam table pan. Reduce liquid in pan until thickened. Add pear halves and heat through.
5. Spoon sauce and pears over chicken. Sprinkle with raspberries.

NUTRITION INFORMATION (per serving)

Calories	491	Sodium	327mg	Vitamin A	9% DV
Calories from Fat	52%	Carbohydrate	23g	Vitamin C	16% DV
Fat	28g	Dietary Fiber	4g	Calcium	4% DV
Saturated Fat	8g	Sugar	15g	Potassium	15% DV
Cholesterol	140mg	Protein	35g	Iron	12% DV

PEAR ALMOND COUSCOUS

YIELD: 24 SERVINGS (1/2 CUP EACH)



Between 3 cups and 1-1/2 quarts	Chicken stock
4 ounces (2/3 cup)	Raisins
3 tablespoons	Butter
1 tablespoon	Ground cumin
1 tablespoon	Salt
1 teaspoon	Ground black pepper
1 pound 8 ounces	Pacific Northwest Canned Pear Dices, drained
1 pound 2 ounces (3 cups)	Instant couscous
1/3 cup	Cilantro, fresh, chopped
3 tablespoons	Lemon juice
3 ounces (1 cup)	Almonds, toasted, sliced

METHOD

Please note, different brands of instant couscous require different amounts of liquid; consult the pack for exact amounts.

1. Combine stock, raisins, butter, cumin, salt and pepper; bring to a boil.
2. Remove from heat; stir in pear and remaining ingredients, except almonds.
3. Cover; let rest 10 minutes. Stir to fluff.
4. Keep warm in a counter pan or cool and reheat per order.
5. Sprinkle couscous with almonds just before service or garnish each order.

NUTRITION INFORMATION (per serving)

Calories	151	Sodium	436mg	Vitamin A	2% DV
Calories from Fat	22%	Carbohydrate	26g	Vitamin C	2% DV
Fat	4g	Dietary Fiber	2g	Calcium	2% DV
Saturated Fat	1g	Sugar	7g	Potassium	3% DV
Cholesterol	4mg	Protein	4g	Iron	4% DV

PEAR AND GOUDA RAVIOLI WITH PINE NUTS, CAPERS, TOMATO, AND BASIL

YIELD: 60 RAVIOLI, 12 SERVINGS



1 pound 2 ounces, drained
4 ounces
1 tablespoon

Pacific Northwest Canned Pears, diced, drained
Gouda cheese, shredded
Finely chopped garlic

3/4 pound
1-1/2 ounces
4 ounces
1-1/2 tablespoons
To taste
To taste
1/3 cup, lightly packed

Unsalted butter
Pine nuts, toasted
Peeled, seeded, and finely diced tomato
Capers
Salt
Freshly ground black pepper
Shredded fresh basil

6
As needed
12 basil sprigs

Fresh pasta sheets, 12" x 14"
Flour
Garnish

METHOD

1. To prepare filling, mash pears*, then drain for 30 minutes. Thoroughly combine pear, and remaining ingredients; reserve.
2. To prepare sauce, heat butter until it just begins to brown; stir in remaining ingredients, except shredded basil; reserve.
3. To Prepare Ravioli, cut 1 pasta sheet in half lengthwise. On first half sheet, starting about an inch from the edge, equally distribute 1 mounded measuring teaspoon of filling in 2 rows of 5 each. Brush edges and in between mounds with water. Cover the remaining half of pasta. Firmly press edges and in between mounds. Trim edges, then, evenly cut between mounds to form ravioli. Check edges; press again to seal firmly, if necessary. Repeat with remaining pasta sheets. Lightly dust ravioli with flour to prevent sticking.

TO SERVE

Cook ravioli in salted boiling water until just done, about 3 minutes. Meanwhile heat sauce and add shredded basil. When ravioli are done, drain well, and add to sauce. Cook a minute or two, basting ravioli with sauce. Plate and garnish with a basil sprig.

* Do not puree pears; mixture will be too liquid.

NUTRITION INFORMATION (per serving)

Calories	465	Sodium	313mg	Vitamin A	18% DV
Calories from Fat	265	Carbohydrate	42g	Vitamin C	4% DV
Fat	29g	Dietary Fiber	3g	Calcium	8% DV
Saturated Fat	17g	Sugar	6g	Potassium	3% DV
Cholesterol	75mg	Protein	10g	Iron	11% DV

PEAR ORZO WITH PARMESAN

YIELD: 24 SERVINGS (1/2 CUP EACH)



2 pounds 4 ounces	Dried orzo pasta
6 cloves	Garlic, chopped
2 ounces	Butter
2/3 cup	Whipping cream
2 pounds 4 ounces	Pacific Northwest Canned Pear Dices, drained
7-1/2 ounces (2-1/2 cups)	Parmesan cheese, grated
1/2 cup	Parsley, fresh, chopped
As needed	Salt
As needed	Black pepper, coarsely ground

METHOD

1. Cook orzo in salted, boiling water until firm-tender; drain well.
2. Sauté pasta and garlic in butter until pasta is well-coated and garlic aromatic, about 3 minutes.
3. Stir in cream and pears; heat.
4. Remove from heat; stir in Parmesan and parsley. Season generously with pepper, then salt as necessary.
5. Keep warm or cool and reheat per order.

NUTRITION INFORMATION (per serving)

Calories	256	Sodium	133mg	Vitamin A	7% DV
Calories from Fat	26%	Carbohydrate	39g	Vitamin C	3% DV
Fat	8g	Dietary Fiber	2g	Calcium	12% DV
Saturated Fat	5g	Sugar	7g	Potassium	3% DV
Cholesterol	23mg	Protein	10g	Iron	9% DV

PERFECT PEAR TURKEY LOAF

YIELD: 24 (4 OZ. SERVINGS)



- 8 cups
- 2 stalks
- 1 medium
- 2 each
- 1 medium
- 4 pounds
- 2 cups
- 2 each
- 4 teaspoons
- 2 teaspoons
- 1 teaspoon
- 1 teaspoon
- 2 tablespoons
- 2 tablespoons
- 2 tablespoons
- 1 tablespoon

Pacific Northwest Canned Pear Chunks, drained

- Celery
- Onion
- Carrots
- Red bell pepper
- Turkey, lean, ground
- Rice, cooked
- Eggs
- Salt
- Italian seasoning
- Ground nutmeg
- Black pepper
- Whole grain mustard
- Soy sauce
- Honey
- Lemon juice

METHOD

1. Drain pear chunks.
2. In a food processor, shred celery, onion, carrots, and red bell pepper; scrape into a large bowl.
3. Add turkey, half the pear chunks (reserve the remaining pear chunks for topping), rice, eggs, salt and seasonings; mix well.
4. Divide turkey mixture in two; mound each half into greased 9 x 13" pans. In each pan, form the turkey mixture into a 12 x 6" loaf.
5. In a food processor, puree the remaining drained pear chunks with mustard, soy sauce, honey and lemon juice until it resembles applesauce. Spoon topping onto the loaf.
6. Bake loaves at 350°F for 55 to 60 minutes. Allow to rest to 10 minutes before slicing each loaf into 12-1" thick servings. (Discard any accumulated juices.)

NUTRITION INFORMATION (per serving)

Calories	202	Sodium	560mg	Vitamin A	50% DV
Calories from Fat	30%	Carbohydrate	21g	Vitamin C	15% DV
Fat	7g	Dietary Fiber	2g	Calcium	2% DV
Saturated Fat	2g	Sugar	13g	Potassium	8% DV
Cholesterol	77mg	Protein	15g	Iron	9% DV

PICADILLO PEAR OLÉ

YIELD: 48 SERVINGS (3/4 CUP EACH)



8 pounds	Ground beef
4 pounds (3 quarts)	Onion, chopped
4 ounces (1/2 cup)	Sugar
3 tablespoons	Salt
2-1/2 tablespoons	Ground cinnamon
2-1/2 tablespoons	Ground cumin
3-3/4 pounds (2 quarts)	Crushed tomato, canned, with liquid
5-1/4 pounds (3 quarts)	Pacific Northwest Canned Pear Dices, drained
1-1/2 cups	Vinegar

METHOD

1. Brown beef until it begins to release its fat.
2. Stir in onion. Cook until onion is soft, about 10 minutes; drain off excess fat.
3. Stir in seasonings; cook, stirring 1 minute. Stir in tomato, pears and vinegar; simmer until most of the liquid has evaporated, about 15 minutes.

SERVING SUGGESTIONS

Use as a filling for tacos, tostadas or burritos or as an entrée with rice and a vegetable.

NUTRITION INFORMATION (per serving)

Calories	240	Sodium	588mg	Vitamin A	4% DV
Calories from Fat	48%	Carbohydrate	16g	Vitamin C	9% DV
Fat	13g	Dietary Fiber	2g	Calcium	4% DV
Saturated Fat	5g	Sugar	12g	Potassium	8% DV
Cholesterol	50mg	Protein	15g	Iron	12% DV

PORK LOIN WITH PEAR STUFFING

YIELD: 24 SERVINGS



- | | |
|----------------------------------|--|
| 2-1/2 ounces (1/2 cup) | Onion, chopped |
| 2 packages (10 ounces each) | Frozen chopped spinach, thawed |
| 4 ounces (2 cups) | Bread crumbs, fresh |
| 1 pound 8 ounces | Pacific Northwest Canned Pear Slices, drained, chopped coarsely |
| 5 ounces (1 cup) | Pine nuts, toasted; or walnuts, chopped |
| As needed | Salt |
| As needed | Ground black pepper |
| 2 (about 4 pounds 8 ounces each) | Pork top loin roasts, boneless |

METHOD

1. Sauté onion in hot oil until soft, about 5 minutes.
2. Meanwhile, drain spinach and squeeze it dry.
3. When onion is done, remove from heat; stir together with spinach, nuts, 1 teaspoon salt and 1/2 teaspoon pepper; reserve.
4. Cut a deep pocket lengthwise in each pork loin; stuff each loin with 1/2 the reserved stuffing; tie each roast tightly with string every 2 inches.
5. Roast pork at 400°F for 1/2 hour; reduce heat to 350°F.
6. Roast until internal temperature reaches 160°F in the thickest part of the loin.
7. Remove from oven; put roast on a cutting board. Let rest 15 minutes covered with a towel.
8. Keep warm; thinly slice about 5 ounces per serving.

NUTRITION INFORMATION (per serving)

Calories	385	Sodium	119mg	Vitamin A	53% DV
Calories from Fat	52%	Carbohydrate	9g	Vitamin C	9% DV
Fat	22g	Dietary Fiber	2g	Calcium	6% DV
Saturated Fat	7g	Sugar	4g	Potassium	19% DV
Cholesterol	104mg	Protein	37g	Iron	14% DV

SWEDISH CHICKEN AND PEAR HASH

YIELD: 44 (6 OZ. PORTIONS)



- | | |
|-----------------------|--|
| 11 pounds | Chicken or turkey, cooked, coarsely chopped or ground |
| 4-1/4 pounds | Sweet potatoes, slightly undercooked, coarsely chopped or ground |
| 4-1/4 pounds | Pacific Northwest Canned Pear Dices, drained |
| 1 pound (3 cups) | Green onion, sliced thinly |
| 1/4 cup | Dill, fresh, chopped, OR |
| 1/2 cup | Parsley, fresh, chopped |
| 1/3 cup | Salt |
| 2 cups | Chicken stock |
| 12 ounces | Butter, melted |
| As needed for garnish | Sour cream |
| As needed for garnish | Dill or parsley sprigs |

METHOD

1. Mix chicken and remaining ingredients except sour cream and dill sprigs; evenly divide between 2 pans.
2. Bake at 350°F until top is lightly browned, about 1-1/2 hours.

PER ORDER

1. Using a #6 scoop, put 6 ounces of hash on a serving plate.
2. Garnish with a dollop of sour cream and a sprig of dill or parsley.

NUTRITION INFORMATION (per serving)

Calories	345	Sodium	1072mg	Vitamin A	222% DV
Calories from Fat	39%	Carbohydrate	19g	Vitamin C	11% DV
Fat	15g	Dietary Fiber	2g	Calcium	3% DV
Saturated Fat	6g	Sugar	8g	Potassium	13% DV
Cholesterol	118mg	Protein	34g	Iron	9% DV



BERRY PEAR CRISP

YIELD: 24 (7 OZ. PORTIONS)



12 cups
8 cups
2-1/4 cups (or 6 packages)
3/8 cup

Pacific Northwest Canned Pear Halves, drained
Blueberry pie filling
Oatmeal, instant, maple and brown sugar-flavored
Margarine, unsalted, cold

METHOD

1. Drain canned pear halves.
2. Spread blueberry pie filling into a greased 12 x 20" (half-sheet) baking pan.
3. Arrange pear halves over the blueberries, rounded sides up.
4. In a food processor, pulse together oatmeal and margarine for 8 seconds, or until combined and crumbly.
5. Sprinkle oatmeal mixture around the pears and edge of the pan.
6. Bake at 400°F for 45 to 55 minutes or until bubbly and the oatmeal is golden.
7. Cool before serving. Serve 6 x 4.

NUTRITION INFORMATION (per serving)

Calories	220	Sodium	39mg	Vitamin A	5% DV
Calories from Fat	14%	Carbohydrate	48g	Vitamin C	2% DV
Fat	4%	Dietary Fiber	4g	Calcium	1% DV
Saturated Fat	1%	Sugar	36g	Potassium	4% DV
Cholesterol	0mg	Protein	2g	Iron	5% DV

CARAMEL CARDAMOM ROASTED PEARS

YIELD: 24 SERVINGS



2 cups
1 quart
6-7*
3 tablespoons
1/2 cup
3 quarts (48 halves)

Butter
Brown sugar
Cardamom Pods
Lemon juice
Rum, if desired**

Pacific Northwest Canned Pear Halves, drained

24 x 1/2 cup
1-1/2 cup

Vanilla ice cream
Optional: Toasted pecans or macadamia nuts, chopped

METHOD

1. In a large sauté pan melt butter; add brown sugar and cardamom pods* and bring to boil. Add lemon juice and rum, if desired, and simmer sauce 3-4 minutes.
2. Place pear halves in a half-sized steamtable pan and pour caramel over pears in pan. Gently toss to coat with sauce. Place pan with pears in a pre-heated 400°F conventional or 350°F convection oven and cook 15-18 minutes. Remove pears from oven and discard cardamom pods. Keep pears warm until ready to serve.
3. Per Serving: Place 2 pear halves and spoon 2-3 tablespoons sauce over vanilla ice cream and sprinkle with 1 Tablespoon nuts.

* 1/2 teaspoon ground cardamom can replace the pods

**Whiskey, scotch or a liqueur could be used instead.

NUTRITIONAL INFORMATION (per 1/2-cup serving)

Calories	663	Sodium	242mg	Vitamin A	22% DV
Calories from Fat	337	Carbohydrate	79g	Vitamin C	10% DV
Fat	37g	Dietary Fiber	4g	Calcium	23% DV
Saturated Fat	20g	Sugar	68g	Potassium	14% DV
Cholesterol	107mg	Protein	7g	Iron	6% DV

CREPES POIRE BELLE HELENE

YIELD: 24 SERVINGS



24
96 Pieces
About 2 quarts
2 1/2 cups

Crepes, 6 to 7 inches in diameter
Pacific Northwest Canned Pear Slices
Whipped Cream, lightly sweetened
Chocolate sauce

METHOD

1. Slightly warm 1 crepe. On half the crepe, arrange 4 pear slices, points toward center.
2. Top with 3 dollops of whipped cream (approximately 1/4 cup). Fold other half of the crepe over the filling.
3. Top with final dollop (1 tablespoon) of whipped cream.
4. Drizzle with 1 1/2 tablespoons chocolate sauce.

FRAGRANT GLAZED PEARS

YIELD: 24 SERVINGS



12 pounds
12
1 tablespoon
3/4 cup
3/4 cup
2 cups

Pacific Northwest Canned Pear Halves

Cinnamon sticks
Orange zest, grated
White raisins
Cognac or brandy
Honey

METHOD

1. Drain pears, reserving all liquid. Cover and refrigerate pears.
2. Combine pear liquid with cinnamon sticks and orange zest in saucepan. Bring mixture to a boil. Simmer over medium heat until liquid is reduced to 3 cups.
3. Stir in raisins and cognac; simmer for 1 more minute.
4. Remove mixture from heat. Stir in honey. Allow mixture to cool. Remove cinnamon sticks and refrigerate until ready to serve.
5. To serve: Place 2-3 pear halves in serving bowl. Drizzle with 3-4 tablespoons glaze.

NUTRITION INFORMATION (per serving)

Calories	248	Sodium	14mg	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	62g	Vitamin C	3% DV
Fat	0g	Dietary Fiber	4g	Calcium	2% DV
Saturated Fat	0g	Sugar	53g	Potassium	6% DV
Cholesterol	0mg	Protein	1g	Iron	5% DV

NORTHWEST HONEYED PEARS

YIELD: 50 SERVINGS



50 halves
2 cups
3 tablespoons
1 tablespoon

Pacific Northwest Canned Pear Halves, drained

Honey
Lemon juice, fresh
Ground cinnamon

METHOD

1. Heat oven to 400°F.
2. Place pears cut side up in single layer on spray coated 12 x 20 x 2" pans.
3. Mix honey, lemon juice and cinnamon. Drizzle over pears.
4. Bake, uncovered, 30 to 40 minutes or until liquid is syrupy.
5. Let cool slightly, spoon honey mixture over pears before serving.

NUTRITION INFORMATION (per serving)

Calories	85	Sodium	4mg	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	23g	Vitamin C	1% DV
Fat	0g	Dietary Fiber	1g	Calcium	1% DV
Saturated Fat	0g	Sugar	20g	Potassium	2% DV
Cholesterol	0mg	Protein	0g	Iron	2% DV

PACIFIC ISLAND PEAR-COCONUT BARS

YIELD: 48 SERVINGS (2" X 2-1/2")



COOKIE BASE

1 pound (4 cups)	Flour
14 ounces	Butter
10 ounces (1-1/2 cups)	Brown sugar, firmly packed

TOPPING

4	Eggs, beaten
1-1/4 pounds (3 cups)	Brown sugar, firmly packed
2 ounces (1/2 cup)	Flour
6 ounces (2-1/4 cups)	Flaked coconut
1/2 tablespoon	Baking powder
1/2 tablespoon	Vanilla extract
1 teaspoon	Salt
1-3/4 pound (1 quart)	Pacific Northwest Canned Pear Dices, drained

METHOD

1. To make cookie base, on low speed, mix flour, butter and brown sugar until mixture resembles coarse corn meal; evenly press into a lightly buttered 12 x 20 x 2" pan.
2. Bake at 350°F until lightly browned, about 15 minutes.
3. Meanwhile, mix remaining ingredients except pears to make topping. When crust is done, spread topping over it. Evenly scatter with diced pears; lightly press pears into topping.
4. Bake until topping around pears is puffed and lightly browned, about 20 minutes.
5. Cool thoroughly; cut into 2 x 2-1/2" pieces.

NUTRITION INFORMATION (per serving)

Calories	198	Sodium	154mg	Vitamin A	8% DV
Calories from Fat	37%	Carbohydrate	30g	Vitamin C	0% DV
Fat	8g	Dietary Fiber	1g	Calcium	3% DV
Saturated Fat	5g	Sugar	21g	Potassium	3% DV
Cholesterol	36mg	Protein	2g	Iron	6% DV

PEAR AND APRICOT BREAD PUDDING WITH CARAMEL PEAR SAUCE

YIELD: 24 SERVINGS



1 pound 2 ounces (1-1/2 gallons)	Soft bread or rolls (challah, egg rolls, French style bread)
12	Eggs
7 ounces (1 cup)	Sugar, granulated
1 tablespoon	Vanilla extract
1-1/2 quarts	Milk
2 cups	Heavy cream
1 teaspoon	Ground cinnamon
1/4 teaspoon	Nutmeg
3 tablespoons	Unsalted butter, softened
2 pounds 2 ounces (1 quart)	Pacific Northwest Canned Pear Halves, drained, cut into chunks
7 ounces (1-1/2 cups)	Dried apricots, slivered
Caramel Sauce (2-3/4 cups)	
1 pound 5 ounces (3 cups)	Sugar, granulated
1 cup	Pear liquid
1 cup	Heavy cream
2 teaspoons	Vanilla extract

METHOD

1. Place bread in a large bowl.
2. Beat eggs until light. Add sugar and vanilla, and beat to blend. Slowly whisk in milk and cream and add spices. Pour custard mixture over bread and toss to coat. Let bread mixture stand 30 minutes stirring occasionally.
3. Spread bottom and sides of full-size steamtable pan with softened butter. Fold diced pears and apricots into bread mixture. Pour into prepared steamtable pan. Place steamtable pan on a sheet pan and in preheated 350°F oven. Pour boiling water in the base of sheet pan (1/4-inch).
4. Bake pudding 45-50 minutes or until knife comes clean. Cool pudding and serve each serving with approximately 2 tablespoons warm Caramel Sauce.

CARAMEL SAUCE

1. Place sugar and pear liquid in a heavy pot and gently stir to dissolve. Set to boil and cook sauce until amber in color (about 18-20 minutes). Remove from heat and slowly whisk in cream. Add vanilla and cool until ready to serve.

Note: For individual puddings lightly grease 24 6-ounce ramekins or oven-proof dishes and bake as directed above for 25-30 minutes.

NUTRITION INFORMATION (per serving)

Calories 420
Calories from Fat 36%
Fat 17g
Saturated Fat 10g
Cholesterol 170mg

Sodium 220mg
Carbohydrate 60g
Dietary Fiber 2g
Sugar 46g
Protein 8g

Vitamin A 15% DV
Vitamin C 10% DV
Calcium 15% DV
Potassium 7% DV
Iron 10% DV

PEAR AND CHERRY CLAFOUTI

YIELD: 24 SERVINGS



7 ounces (1-1/2 cups)
1 pound
9
3-3/4 cups
8 ounces (1 cup)
3 ounces (3/4 cup)
2 tablespoons
1 teaspoon
1 teaspoon
As needed
As needed

Dried cherries
Pacific Northwest Canned Pear Slices, drained
Eggs
Milk
Sugar
Flour
Vanilla extract
Ground nutmeg
Salt
Powdered sugar (optional)
Whipped cream (optional)

METHOD

1. Soak cherries in hot water for 10 minutes; drain.
2. Arrange cherries and pear in a single layer in a well-buttered 12 x 20 x 2" pan. Reserve.
3. Beat eggs; beat in milk, sugar, flour, vanilla, nutmeg and salt.
4. Pour mixture over fruit in reserved pan.
5. Bake at 350°F until golden brown and a knife inserted in the center comes out clean.
6. Cool until just warm; cut into 24 pieces, about 3 x 3".
7. Keep warm in a counter pan or cool and reheat per order.
8. Top each serving with powdered sugar and a dollop of whipped cream.

NUTRITION INFORMATION (per serving)

Calories	129	Sodium	141mg	Vitamin A	16% DV
Calories from Fat	18%	Carbohydrate	24g	Vitamin C	1% DV
Fat	3g	Dietary Fiber	1g	Calcium	6% DV
Saturated Fat	1g	Sugar	14g	Potassium	3% DV
Cholesterol	83mg	Protein	4g	Iron	3% DV

PEAR CARROT CAKE

YIELD: 24 SERVINGS



1-1/2 pounds (1-1/2 quarts)
2 pounds 2 ounces (1 quart)
5 ounces (1 cup)
5 ounces (1 cup)
12 ounces (3 cups)
1 tablespoon
1-1/2 teaspoons
1 teaspoon
1/2 teaspoon
1 teaspoon
10 ounces (5 large)
10 ounces (1-1/4 cups)
10 ounces (1-1/4 cups)
1 cup

Carrots, peeled and shredded
Pacific Northwest Canned Pear Dices, drained
Dried cranberries or raisins
Walnuts, toasted and chopped
Flour, all-purpose
Baking soda
Ground cinnamon
Ground ginger
Ground cloves
Kosher salt
Eggs
Granulated sugar
Brown sugar
Canola oil

Cream Cheese Icing (1 quart 1 cup)

1 pound 4 ounces (2-1/2 cups) Low fat cream cheese, softened
10 ounces (1-1/4 cups) Unsalted butter, softened
9 ounces (2 cups) Confectioners sugar
2 teaspoons Vanilla extract

METHOD

1. In a bowl combine carrots, pears, cranberries and walnuts; set aside.
2. Sift together flour, baking soda, spices and salt; set aside.
3. In a mixing bowl beat together eggs, sugars and oil; mix until light and fluffy. Add flour mixture and mix to blend. Fold in carrot-pear-cranberry-walnut mixture.
4. Pour mixture into 2 greased half-sized sheetpans. Bake in a pre-heated 350°F oven 20-30 minutes or until firm to the touch and cooked through. Remove from oven and cool.
5. Cut cake into 4 equal pieces. Spread Cream Cheese Icing over top of each layer, stacking layers as you frost, to produce a 4-layer frosted cake. Cover and refrigerate at least 2 hours before slicing into 24 equal pieces to serve. Cake may be held covered up to 4 days in refrigerator.

CREAM CHEESE ICING

1. In bowl of mixer equipped with paddle attachment, whip cream cheese and butter until smooth. Sift in sugar and whip until smooth and light. Stir in vanilla. Use as directed.

NUTRITION INFORMATION (per serving)

Calories	430	Sodium	350mg	Vitamin A	80% DV
Calories from Fat	40%	Carbohydrate	61g	Vitamin C	4% DV
Fat	19g	Dietary Fiber	3g	Calcium	6% DV
Saturated Fat	9g	Sugar	44g	Potassium	6% DV
Cholesterol	85mg	Protein	7g	Iron	10% DV

PEAR CHEESECAKE HELENE

YIELD: 24 SERVINGS (2 10-INCH CAKES)



CRUST

10 ounces (2-2/3 cups)	Chocolate wafer crumbs
2 ounces (1/4 cup)	Sugar
6 ounces	Butter, melted

FILLING

1 pound (2 cups)	Sugar
3 ounces (3/4 cup)	Flour
1/2 teaspoon	Salt
4 pounds	Ricotta cheese
12	Eggs
1 tablespoon + 1 teaspoon	Vanilla extract
1 tablespoon	Orange peel, freshly grated
1 pound	Pacific Northwest Canned Pear Halves, drained, thinly sliced lengthwise

GARNISH

3 ounces (1/2 cup)	Semi-sweet chocolate, chopped
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METHOD

1. To make crusts, combine crumbs and sugar; then thoroughly mix in butter.
2. Divide mixture in half; press half into each of 2 buttered, 10-inch springform pans. Chill while preparing filling.
3. To make filling, thoroughly combine sugar, flour and salt; reserve.
4. Beat cheese until fluffy; gradually beat in eggs, then reserved sugar mixture, vanilla and orange peel.
5. Divide between the two reserved pans.
6. Bake at 325°F for one hour.
7. Remove from oven; arrange half the pear slices on top of each cake.
8. Bake until a knife inserted into center comes out almost clean, about 30 minutes; cool thoroughly.
9. Melt chocolate; drizzle each cake with half of chocolate. Chill in refrigerator at least 4 hours or overnight.

NUTRITION INFORMATION (per serving)

Calories	370	Sodium	319mg	Vitamin A	20% DV
Calories from Fat	40%	Carbohydrate	42g	Vitamin C	1% DV
Fat	17g	Dietary Fiber	1g	Calcium	22% DV
Saturated Fat	9g	Sugar	30g	Potassium	5% DV
Cholesterol	146mg	Protein	13g	Iron	7% DV

PEAR-CHOCOLATE CHIP SNACK SQUARES

YIELD: 54 SERVINGS



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|-----------------------|--|
| 4 ounces (1/2 cup) | Butter or margarine |
| 1 pound (2 cups) | Brown sugar, firmly packed |
| 5 | Eggs |
| 2 teaspoons | Vanilla extract |
| 8 ounces (1-7/8 cups) | All purpose baking mix (such as Bisquick) |
| 8 ounces (2-5/8 cups) | Quick-cooking oats |
| 6 ounces (1 cup) | Semi-sweet chocolate chips |
| 14 ounces (2 cups) | Pacific Northwest Canned Pear Slices, drained |

METHOD

1. Beat butter or margarine and sugar until mixture resembles coarse crumbs.
2. Beat in eggs, one at a time, then vanilla, until blended.
3. Beat in baking mix and oats until blended.
4. Stir in chocolate chips.
5. Fold in pears.
6. Spread mixture evenly in a greased 13 x 18 x 1" sheet pan.
7. Bake at 325°F until lightly browned and center is just firm to the touch, about 25 minutes. Cool.
8. Cut into 2 x 2" squares.

NUTRITION INFORMATION (per serving)

Calories	104	Sodium	61mg	Vitamin A	3% DV
Calories from Fat	29%	Carbohydrate	17g	Vitamin C	0% DV
Fat	3g	Dietary Fiber	1g	Calcium	2% DV
Saturated Fat	2g	Sugar	11g	Potassium	2% DV
Cholesterol	24mg	Protein	2g	Iron	3% DV

PEAR CREME BRULEE

YIELD: 24 SERVINGS



1 quart
2 quarts
1 cup
1 cup
16 large
2 cups

Pacific Northwest Canned Pears, diced, drained
Heavy cream
Cornstarch
Sugar
Egg yolks
Sugar

METHOD

1. Divide pears evenly between 24 (6 ounce) custard cups.
2. In saucepan, whisk together cream, cornstarch and 1 cup sugar.
3. Bring mixture to a boil over medium heat, whisking constantly.
4. Remove from heat.
5. In medium bowl, beat egg yolks lightly. Gradually whisk in hot cream mixture. Pour mixture over pears.
6. Place cups in shallow baking pan half full of hot simmering water. Bake at 350°F for 30 minutes, or until set.
7. Remove cups from water and chill at least 4 hours.
8. Divide remaining 2 cups sugar evenly between cups, making a thin, even layer.
9. Using a small propane torch or broiler, heat sugar topping until sugar melts into a thin, amber coat.
10. Chill again before serving.

NUTRITION INFORMATION (per serving)

Calories	454	Sodium	38mg	Vitamin A	39% DV
Calories from Fat	64%	Carbohydrate	39g	Vitamin C	1% DV
Fat	33g	Dietary Fiber	1g	Calcium	7% DV
Saturated Fat	19g	Sugar	32g	Potassium	3% DV
Cholesterol	250mg	Protein	4g	Iron	3% DV

PEAR GINGERBREAD

YIELD: 48 SERVINGS



4 ounces (1/2 cup)	Butter
10 ounces	Sugar
2 cups	Molasses
1 pound 12 ounces	All-purpose baking mix (such as Bisquick)
1-1/2 tablespoons	Ground ginger
1 teaspoon	Ground cinnamon
1/2 teaspoon	Ground cloves
2 cups	Hot water
5	Eggs, beaten
1 pound 12 ounces (1 quart)	Pacific Northwest Canned Pears, diced, drained
Optional, for garnish	Whipped cream or whipped topping

METHOD

1. Beat butter and sugar until crumbly.
2. Beat in molasses; reserve.
3. Mix dry ingredients.
4. Beat dry ingredients alternately with hot water into butter mixture.
5. Beat in eggs.
6. Pour into greased 12 x 20 x 2" pan.
7. Scatter diced pears over top of batter; lightly press into batter.
8. Bake at 350°F until a toothpick in the center comes out almost clean, for about 40 minutes.
9. Cool; cut into 48 servings, 2 x 2-1/2" each. Optional: serve each portion with a dollop of whipped cream or whipped topping.

NUTRITION INFORMATION (per serving)*

Calories	152	Sodium	165mg	Vitamin A	3% DV
Calories from Fat	15%	Carbohydrate	30g	Vitamin C	0% DV
Fat	3g	Dietary Fiber	1g	Calcium	5% DV
Saturated Fat	1g	Sugar	17g	Potassium	8% DV
Cholesterol	27mg	Protein	3g	Iron	7% DV

*Analysis does not include topping.

PEAR-LEMON CAKE WITH RASPBERRY DRIZZLE

YIELD: 2-10" CAKES, 12 SERVINGS EACH



- 8 cups
- 6 cups
- 2 cups
- 1 cup
- 1 cup
- 1/2 cup
- 4
- 2
- 2 teaspoons
- 4 teaspoons
- 1/2 cup
- As needed
- As needed

Pacific Northwest Canned Pear Slices

- Buttermilk baking mix
- Sugar
- Milk
- Reserved pear juice
- Vegetable shortening
- Egg whites
- Eggs
- Lemon extract
- Lemon zest, finely grated
- Raspberry jam, seedless
- Raspberries, optional
- Mint leaves, optional

METHOD

1. Drain pear slices, reserving 8 ounces of juice.
2. In a mixing bowl, combine baking mix and sugar. Add milk, reserved pear juice, shortening, egg whites, eggs, lemon extract and lemon zest. Mix at medium speed for 4 minutes.
3. Divide batter into 2 greased 10" springform pans. Arrange pear slices over batter in concentric circles, overlapping if necessary.
4. Bake at 350°F for 50 to 55 minutes.
5. Let cake cool 10 minutes before removing ring. Cool on rack.
6. Warm raspberry jam to thin. Drizzle jam from a spoon onto top of cake.
7. To serve, cut cake into 12 servings and garnish with raspberries and mint leaves, if desired.

NUTRITION INFORMATION (per serving)

Calories	303	Sodium	402mg	Vitamin A	1% DV
Calories from Fat	27%	Carbohydrate	53g	Vitamin C	1% DV
Fat	9g	Dietary Fiber	2g	Calcium	7% DV
Saturated Fat	2g	Sugar	31g	Potassium	4% DV
Cholesterol	19mg	Protein	4g	Iron	8% DV

PEAR SORBET

YIELD: ONE QUART



1-1/2 cups
3 cups
2 cups
2 tablespoons

Sugar
Water
Pacific Northwest Canned Pears (any style), drained, pureed
Lemon juice

METHOD

1. Combine sugar and water and simmer until sugar dissolves, about 5 minutes.
2. Cool to room temperature.
3. Stir in pureed pear and lemon juice.
4. Freeze in an ice cream freezer according to manufacturer directions.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	182	Sodium	6mg	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	47g	Vitamin C	3% DV
Fat	0g	Dietary Fiber	1g	Calcium	1% DV
Saturated Fat	0g	Sugar	44g	Potassium	1% DV
Cholesterol	0mg	Protein	0g	Iron	1% DV

PEAR YOGURT SUNDAE

YIELD: 48 SUNDAES



2-1/4 gallons
48
12 ounces (3 cups)
1 pound 2 ounces (1-1/2 cups)

Lemon yogurt
Pacific Northwest Canned Pear Halves, well-drained
Granola
Honey

METHOD

1. Portion 3/4-cup yogurt into 48 serving cups with covers.
2. Top each with a pear half; then sprinkle each with 1 tablespoon granola.
3. Drizzle each with 1/2 tablespoon honey.

NUTRITION INFORMATION (per serving)

Calories 259
Calories from Fat 11%
Fat 3g
Saturated Fat 1g
Cholesterol 9mg

Sodium 128mg
Carbohydrate 50g
Dietary Fiber 2g
Sugar 44g
Protein 10g

Vitamin A 3% DV
Vitamin C 3% DV
Calcium 33% DV
Potassium 13% DV
Iron 3% DV

QUICK PEAR ICE CREAM

YIELD: ONE QUART



1 quart
1 tablespoon
1/8 teaspoon
2 cups

Vanilla ice cream
Lemon juice
Cinnamon
Pacific Northwest Canned Pear Dices, drained

METHOD

1. Soften ice cream.
2. Beat lemon juice and cinnamon into softened ice cream.
3. Fold in diced pear.
4. Freeze.

NUTRITION INFORMATION (per 1/2-cup serving)

Calories	169	Sodium	56mg	Vitamin A	7% DV
Calories from Fat	37%	Carbohydrate	25g	Vitamin C	2% DV
Fat	7g	Dietary Fiber	1g	Calcium	9% DV
Saturated Fat	4g	Sugar	19g	Potassium	5% DV
Cholesterol	29mg	Protein	2g	Iron	1% DV

ROYAL PEAR UPSIDE DOWN CAKE

YIELD: 48 SERVINGS (2 X 2-1/2")



TOPPING

1-1/2 pounds	Brown sugar
8 ounces (1-2/3 cups)	Pecans, chopped (optional)
1 pound	Butter
1 #10 can	Pacific Northwest Canned Pear Slices, drained

CAKE

2 pounds (6-1/2 cups)	All-purpose baking mix (such as Bisquick)
3 ounces	Butter, softened
1 pound (2 cups)	Sugar
1-1/2 cups	Milk
4	Eggs
4 teaspoons	Vanilla extract

METHOD

1. Melt butter; add brown sugar. Cook mixture until sugar dissolves, about 5 minutes.
2. Pour into the bottom of a buttered 12 x 20" pan; sprinkle with pecans.
3. Tightly arrange pear slices, rounded side down over bottom; reserve.
4. To make cake, beat together all-purpose baking mix with remaining ingredients; pour into prepared pan.
5. Bake at 350°F until a toothpick inserted in the center of the cake comes out clean, about 40 minutes.
6. Remove from oven; immediately turn pan over a buttered sheet pan. Leave the baking pan covering the cake for about 5 minutes to allow the topping to coat the cake. Remove pan; cool thoroughly.
7. Cut into 2 x 2-1/2" serving pieces.

NUTRITION INFORMATION (per serving)*

Calories	283	Sodium	262mg	Vitamin A	11% DV
Calories from Fat	30%	Carbohydrate	47g	Vitamin C	1% DV
Fat	10g	Dietary Fiber	2g	Calcium	5% DV
Saturated Fat	6g	Sugar	33g	Potassium	5% DV
Cholesterol	43mg	Protein	3g	Iron	6% DV

*Does not include optional ingredients.

SIMPLE PEAR SORBET

YIELD: 24 SERVINGS



12 pounds

Pacific Northwest Canned Pear Halves in syrup

METHOD

1. Freeze pears in cans or other container until solid.
2. Remove pears and frozen syrup to food processor; process until smooth.*

*Add flavoring such as chopped crystallized ginger or grated lemon zest, as desired.

NUTRITION INFORMATION (per 1/2 cup serving)

Calories	129	Sodium	11mg	Vitamin A	0% DV
Calories from Fat	0%	Carbohydrate	34g	Vitamin C	2% DV
Fat	0g	Dietary Fiber	4g	Calcium	1% DV
Saturated Fat	0g	Sugar	27g	Potassium	4% DV
Cholesterol	0mg	Protein	1g	Iron	4% DV



miscellaneous

DICED PEARS WITH HONEY MUSTARD

YIELD: 24 SERVINGS



2 1/4 cups
1/2 cup
1/4 cup
2 teaspoons
3 pounds 12 ounces

Heavy cream
Honey mustard
Fresh lemon juice
Coarse salt
Pacific Northwest Canned Pears

METHOD

1. Whisk together cream, mustard, lemon juice and salt; fold in pear.

PER SERVING

1. Heat 1/2 cup mixture; serve over grilled or roasted meats or in a ramekin on the side.

PEAR-RITA MOCKTAIL

YIELD: 1 SERVING



1	Lime wedge
As needed	Coarse salt
6 ounces	Pacific Northwest Canned Pears Slices
6 ounces	Margarita Mix
1 tablespoon	Fresh lime juice
1 tablespoon	Sugar
1 cup	Crushed ice
As needed for garnish	Pear slices

METHOD

1. Moisten the rim of the serving glass with the lime wedge; then dip in coarse salt.
2. Whirl margarita mix, lime juice, sugar and crushed ice in a blender until smooth.
3. Pour into prepared glass; garnish with a pear slice.

Note: For an adult beverage, add 1-1/2 ounces Tequila.