



RESCUING FOOD • NOURISHING COMMUNITIES

FOOD CARD

PEARS



AVAILABLE

All year. Best March-June.

STORE

Unripe: at room temperature.

Ripe: in the fridge, uncovered in a single layer. Will keep for 2-3 days.

EAT

Raw or cooked.

PREPARE

1. Peel (optional: skins are full of healthy fibre and antioxidants).
2. Slice or chop.
3. Remove core.

COOK

Stew: In a frypan or saucepan. Cook until tender (9-10 minutes).

Microwave: High. 9-10 minutes.

Roast: Peel, halve and core pears. Place in a baking dish. Drizzle with a little golden syrup or honey. 180°C. 1/2 hour. Serve with yoghurt or ice cream.

AVOID WASTE

Freeze: Peel, core and slice pears. Dip in lemon juice and water. Freeze in portion sized containers. Can be frozen for 12 months.

TASTY IDEAS

- Add chopped/sliced pears to salads and fruit salad. Handy Hint: drizzle lemon juice over chopped pear to stop it going brown.
- Blue cheese and pear salad: Mix salad greens, a handful of roasted nuts, crumbled blue cheese and thinly sliced pears. Drizzle with balsamic vinegar.