

# FOOD

## The Quintessential Northwest Fruit Pears pair perfectly with holiday feasts

With their beautiful, burnished fall colors and sweet flavors, pears pair perfectly with holiday feasts, whether sharing the spotlight on the presentation platter, or sliced and discreetly tucked into a leftover turkey or ham sandwich for a savory and healthy treat.

Regardless of variety, pears pack in the nutrients. One medium pear provides 20 percent of the daily requirement for dietary fiber (5.1 grams) — more than any other fruit — and 10 percent of the daily requirement for vitamin C.

Kathy Casey, owner of Kathy Casey Food Studios and Dish D'Lish, Seattle, says one of the most famous and classic food pairings is red blushed pears in a salad with toasted hazelnuts and Oregon Blue cheese

accompanied with cider vinaigrette. For something more innovative she says "a ripe Bartlett pear puree with wasabi is great with raw tuna

or sesame seared tuna." A crunchy Bosc pear slaw, or pearsauce as an alternative to applesauce are recipes that are especially kid-friendly, Casey adds. So are pear pancakes, which Cory Schreiber, executive chef and founder of

Wildwood Restaurant & Bar in Portland, says are a hit with all ages.

Start with a buttermilk pancake batter. Peel, then grate a softer variety of pear, such as Comice or Anjou, into the batter.

"Add some cinnamon and vanilla for a wonderful aroma," he

says. Schreiber notes how pears can be used by those who are more daring in the kitchen.

"The sweetness of pears, the saltiness of bacon and the acidity of balsamic vinegar make a most flavorful combination," he says.

Marinate Bosc pears in balsamic and olive oil chopped with fresh thyme leaves, then grill lightly. Bosc pears can take some heat, Schreiber says. Next, wrap the pears with thinly sliced smoked bacon and roast until the bacon becomes crispy.

Check the Neck



For Ripeness

To ensure pears are ripened properly check the neck each day by applying gentle pressure near the stem. When the neck yields slightly to pressure, pears are ready to be enjoyed. Store ripe pears in the refrigerator to slow further ripening.



Pears top a salad.

### Chicken and Pear Salad

Red Bartlett pears steal the attention in this delicious chicken salad. Their brilliant red color combines visual appeal with flavor... double delicious!

- 2 firm red or yellow Bartlett pears, cored and sliced
- 2 cups chopped napa cabbage\*
- 1 cup diced cooked chicken
- 1/2 cup sliced radishes
- 2 tablespoons chopped green onion
- 1 tablespoon sesame seeds, toasted
- Vinaigrette Dressing
- \* Savory or green cabbage can be substituted.

#### Directions

Cut slices from 1-1/2 pears into chunks; toss all ingredients except remaining pear slices in mixing bowl. Arrange mixture on serving plate; garnish with pear slices.

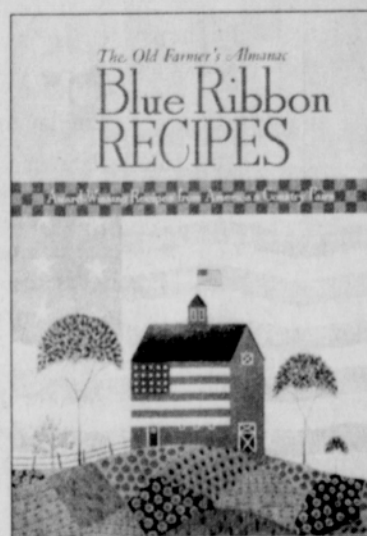
#### Vinaigrette Dressing

Combine 3 tablespoons each vinegar and vegetable oil, 1 tablespoon minced fresh parsley, 1 teaspoon grated lemon peel and 1/2 teaspoon crushed thyme; mix well. Makes about 1/3 cup.

### Caribbean Chicken Drums

#### 4 servings

- 2 tablespoons oil
- 8 chicken drumsticks
- 1 can (14-1/2 ounces) whole peeled tomatoes, cut into chunks
- 1 can (4 ounces) diced green chilies
- 1 tablespoon brown sugar
- 1/4 teaspoon ground allspice
- 1/4 cup mango chutney, finely chopped
- 1 tablespoon fresh lemon juice
- 1/4 cup dark seedless raisins
- 1 large banana, sliced
- 1 ripe mango, sliced, for garnish



In a large skillet, heat the oil to a medium temperature. Add the drumsticks and cook, turning often, for about 10 minutes, or until browned on all sides. Add the tomatoes, chilies, brown sugar, and allspice. Bring to a boil, cover, reduce heat to low, and cook for 20 minutes. Add the chutney, lemon juice, and raisins. Cover and cook on low for about 15 minutes more, or until a fork can be inserted into the chicken with ease. Remove the chicken to a serving platter.

Skim the fat off the sauce. Add the banana and heat thoroughly. Spoon the fruit and a little sauce over the chicken. Garnish with mango slices. Place the remaining sauce in a separate dish and serve warm with the chicken.

Rosemarie Berge of Jamestown, N. C. won the grand prize in the National Chicken Cooking Contest for her Caribbean Chicken Drums recipe reprinted courtesy of The Old Farmer's Almanac of Blue Ribbon Recipes.

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