





Pears

There are estimated to be over 700 varieties of pears in the UK, although Conference pears are the most popular.

1 portion = 1 medium pear

Recipe
developed by
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How to prepare

Pears are usually picked when slightly under-ripe and improve in texture and flavour after picking. Russeting (a brown speckling on the skin) is normal on many pears. Store pears at room temperature to accelerate ripening and refrigerate ripe pears.

How to cook

Peel, core and slice pears. Place in saucepan with 2 tablespoons of water and cook for 8–10 minutes or until soft. Try adding sultanas and 1 teaspoon of cinnamon or ginger for a bit of spice! Serve with yoghurt or custard, or try adding to cooked porridge.

Recipe ideas

- Spread low fat cream cheese on a toasted cinnamon and raisin bagel then top with sliced pear.
- Try adding cubes of pear to a salad.



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