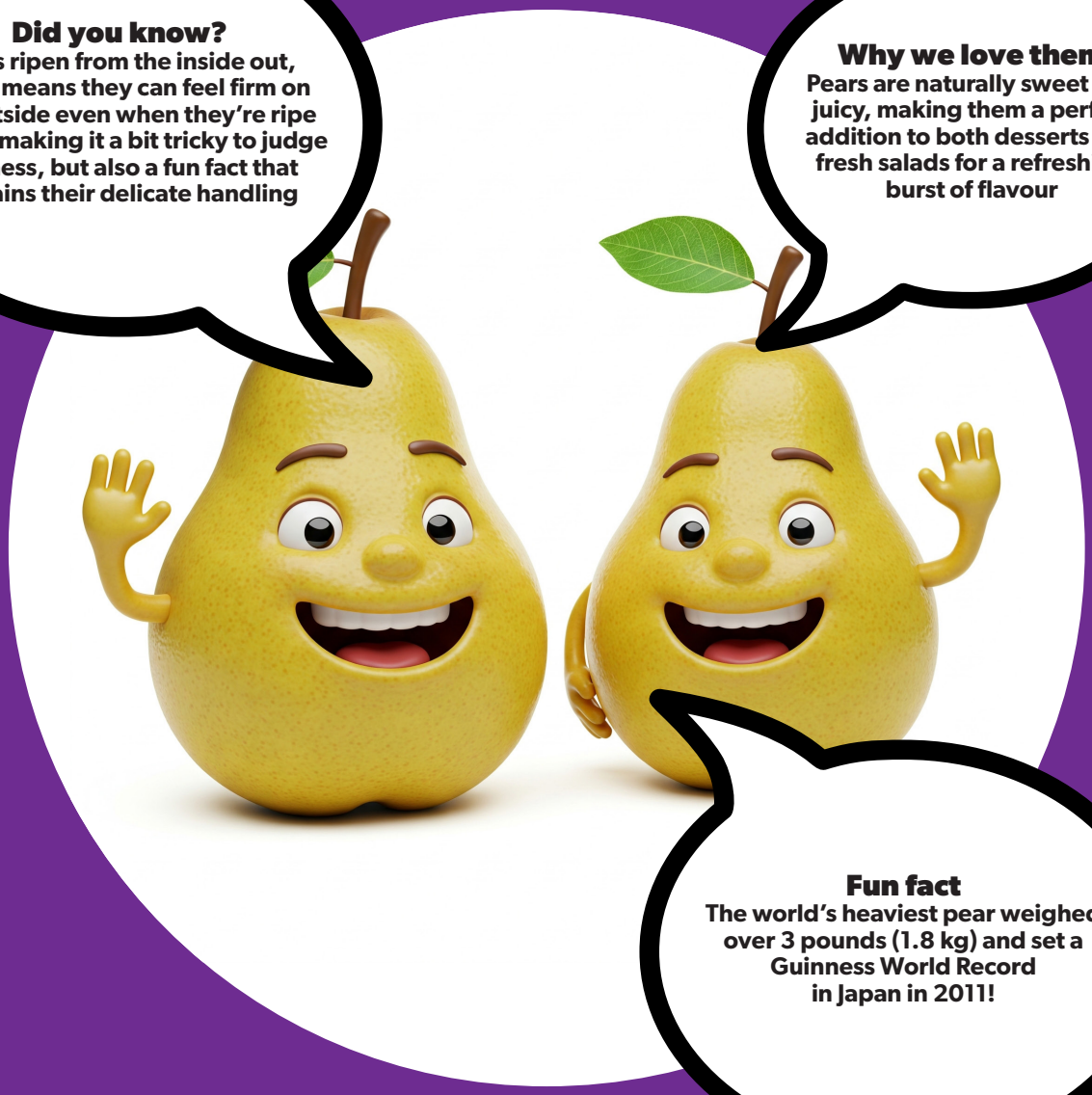
INDEPENDENTCATERING | EDUCATERLIMITED

# THIS MONTH, IT'S ALL ABOUT PEARS

## Simple, Seasonal, Sensational!

**Did you know?**
Pears ripen from the inside out, which means they can feel firm on the outside even when they're ripe inside - making it a bit tricky to judge ripeness, but also a fun fact that explains their delicate handling

**Why we love them**
Pears are naturally sweet and juicy, making them a perfect addition to both desserts and fresh salads for a refreshing burst of flavour



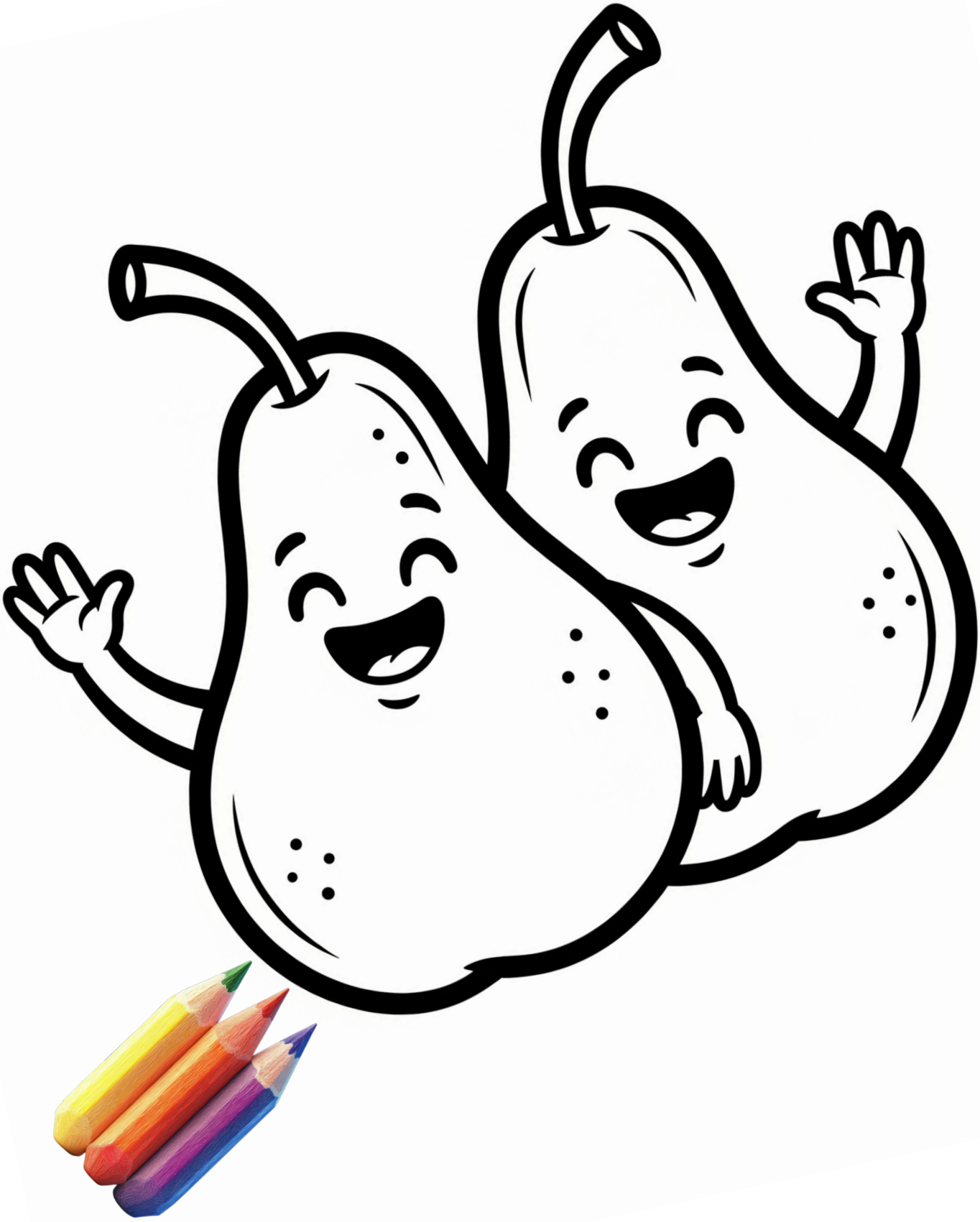
**Fun fact**
The world's heaviest pear weighed over 3 pounds (1.8 kg) and set a Guinness World Record in Japan in 2011!

## TAKE THE FLAVOUR HOME - TRY SOME OF OUR CHEFS' FAVOURITE TASTY PEAR RECIPES!

WE ONLY USE

FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

freshingredients freshfood



Colour me...

WE ONLY USE

FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

freshingredients freshfood

RECIPE

# PEAR AND BANANA OAT MUFFINS

## INGREDIENTS

- Ripe pears (peeled and grated) - 1¼
- Bananas (mashed) - 1¼
- Plain flour - 100g
- Rolled oats - 50g
- Eggs - 1
- Milk - 75ml
- Baking powder - ½ tbsp
- Brown sugar - 37g
- Vegetable oil - 50ml

## METHOD

1. Preheat oven to 180°C. Line 5 muffin cases.
2. Mix dry ingredients in one bowl.
3. Mix wet ingredients with pears and bananas in another.
4. Combine both mixtures.
5. Spoon into cases and bake 20-25 minutes until golden.

# PEAR AND CHEESE WRAPS

## INGREDIENTS

- Soft tortilla wraps - 5
- Ripe pears (thinly sliced) - 1¼
- Grated cheddar - 125g
- Cream cheese - 75g

## METHOD

1. Spread cream cheese over wraps.
2. Ripe pears (thinly sliced) - 1¼
3. Grated cheddar - 125g
4. Cream cheese - 75g

WE ONLY USE

FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

freshingredients freshfood

RECIPE

# PEAR CRUMBLE POTS

## INGREDIENTS

- Ripe pears - 625g
- Brown sugar - 50g
- Plain flour - 150g
- Butter - 75g
- Rolled oats - 50g
- Cinnamon - ½ tsp

## METHOD

1. Preheat oven to 180°C.
2. Cook pears with 25g sugar and cinnamon.
3. Rub butter into flour, stir in oats and remaining sugar.
4. Divide pears into 5 small pots and top with crumble.
5. Bake for 20 mins until golden.

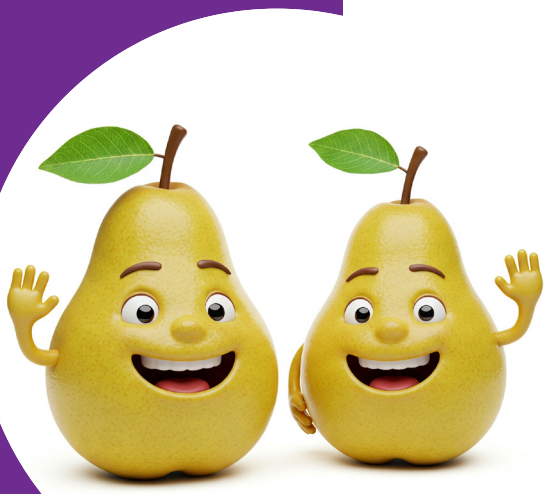
# PEAR AND CARROT SALAD POTS

## INGREDIENTS

- Pears (grated) - 2
- Carrots (grated) - 2½
- Raisins - 75g
- Lemon juice - 25ml
- Greek yoghurt - 100ml
- Honey - 1 tbsp

## METHOD

1. Mix pears, carrots, and raisins in a bowl.
2. In a separate bowl, combine yoghurt, lemon juice, and honey.
3. Mix everything together and portion into 5 small cups.



WE ONLY USE

FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

freshingredients freshfood

RECIPE

# BAKED PEAR SLICES WITH CINNAMON

## INGREDIENTS

- Pears (sliced) - 5
- Honey - 1 tbsp
- Cinnamon - ½ tsp
- Olive oil - ½ tbsp

## METHOD

1. Preheat oven to 180°C.
2. Arrange pear slices on baking tray.
3. Drizzle with honey and oil, sprinkle with cinnamon.
4. Bake 15-20 mins until soft and golden. Serve warm or cool.

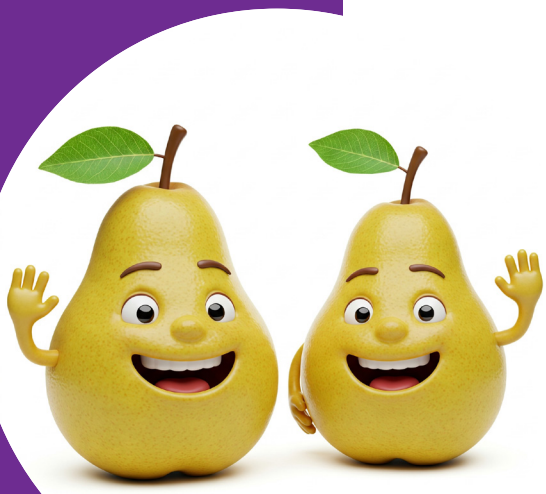
# MINI PEAR UPSIDE-DOWN CAKES

## INGREDIENTS

- Pears (sliced) - 1¼
- Butter - 75g
- Caster sugar - 75g
- Eggs - 1½ (use 1 large + 1 yolk or beat 2 and use ¾)
- Self-raising flour - 100
- Vanilla extract - ½ tsp
- Golden syrup - 50ml

## METHOD

1. Preheat oven to 180°C. Grease and line 5 muffin tins.
2. Add 1 tsp syrup to each tin, top with a pear slice.
3. Cream butter and sugar. Beat in eggs and vanilla.
4. Fold in flour. Spoon batter over pears.
5. Bake 20-25 minutes. Cool slightly before turning out.



WE ONLY USE

FRESHUKBEEF FRESHUKPORK FREERANGEEGGS LOCALFRUIT&VEG WHOLEMEALPASTA

freshingredients freshfood