

THIS MONTH, IT'S ALL ABOUT PEARS

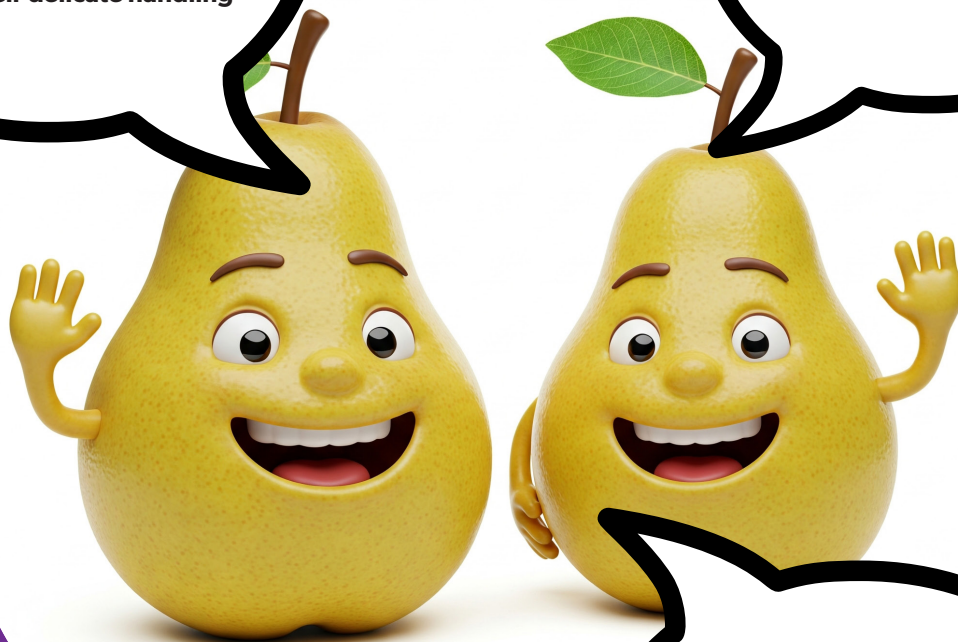
Simple, Seasonal, Sensational!

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



FRESH UK BEEF



FRESH UK PORK



FREE RANGE EGGS



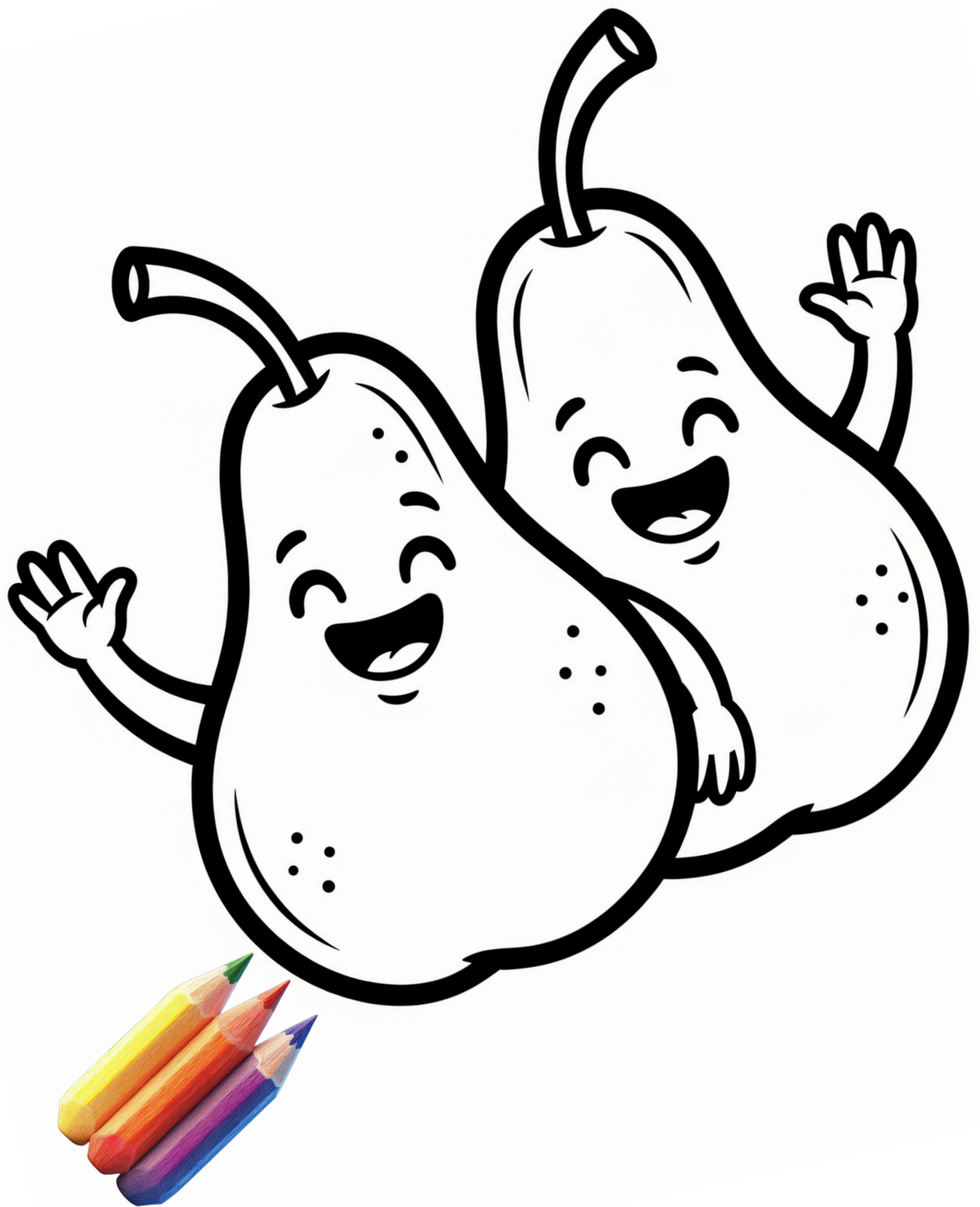
LOCAL FRUIT & VEG



WHOLE MEAL PASTA

fresh ingredients  **fresh food**

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freshingredients  **fresh**food

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.

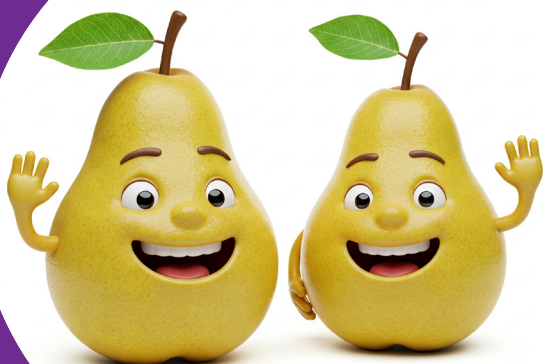
PEAR AND CHEESE WRAPS

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



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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.

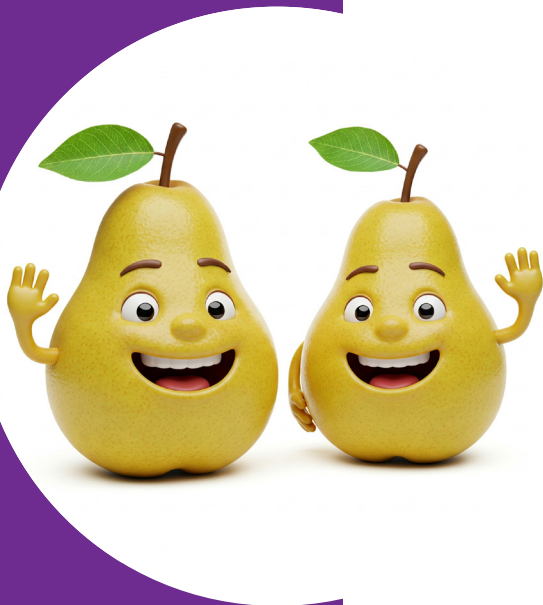
PEAR AND CARROT SALAD POTS

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.



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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.

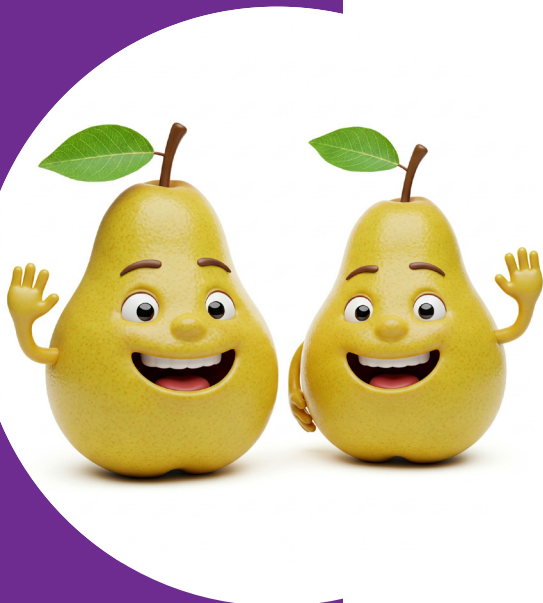
MINI PEAR UPSIDE-DOWN CAKES

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.



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