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ASIAN
PEARS
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Cedar Crest College's Nutrition Department is delighted to partner with local Asian pear grower, Subarashii Kudamono. To learn more about Subarashii Asian Pears or to order online: www.wonderfulfruit.com

Cedar Crest College has the only 4-year nutrition and dietetics program in the Lehigh Valley. Our dietetic interns and nutrition students created these recipes to feature Subarashii Kudamono Asian pears. We hope that you and your family enjoy these recipes.



For more information on the Nutrition Department at Cedar Crest College, visit: <http://www.cedarcrest.edu/nutrition>

Contact Tara L. Miltenberger, M.Ed., RDN, LDN, Director, Didactic Program in Dietetics, by email at: tmitenb@cedarcrest.edu

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For more details on, contact Denice Ferko-Adams at DMFferkoA@cedarcrest.edu

Asian Pear Oatmeal Breakfast

by Erin Clarke, Cedar Crest College Nutrition & Dietetics Student

Ingredients (Yield: 2 servings)

- 1 cup old fashioned oats
- 1 ¼ cup cooking liquid (water, milk, flaxseed milk, almond milk)
- ½ tsp. vanilla
- 1 Tbsp. brown sugar
- 1 tsp. butter
- ¼ tsp. all spice
- ½ tsp. cinnamon
- 1 Subarashii Kudamono 'JunoSan' Asian Pear, washed and diced

Directions:

1. On the stovetop in a small saucepan, bring cooking liquid and vanilla to a boil.
2. Add oatmeal, stir, reduce to a simmer and cook until all of the liquid is absorbed.
3. Stir in brown sugar
4. In a small frying pan over low heat, add butter to melt and add spices until fragrant.
5. Add Asian Pears to the frying pan and coat in the butter spice mixture.
6. Add the pears into cooked oatmeal. Cool and enjoy!



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Asian Pear- Spinach and Oven-roasted Chicken Salad

by Kerry Bair, Cedar Crest College Dietetic Intern

Ingredients: (Four servings, about 1-cup each)

- ❑ 4 cups baby spinach, washed
- ❑ 2 chicken breasts, boneless, skinless
- ❑ Seasoning mixture - whisk $\frac{1}{4}$ cup olive oil with 1 Tbsp. honey.
Mix together: $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ tsp. pepper, and 1 tsp. each of: garlic powder, onion powder, dried parsley (finely chopped), and 2 tsp. fresh thyme, minced.
- ❑ 1 Subarashii Kudamono Asian Pear 'New Pear', washed, peeled, cored, and cubed
- ❑ $\frac{1}{2}$ small red onion, washed, peeled, diced
- ❑ $\frac{1}{4}$ cup dried Asian pears (Subarashii Kudamono)
- ❑ $\frac{1}{4}$ cup crumbled feta cheese
- ❑ $\frac{1}{4}$ cup toasted almonds
- ❑ Poppy seed dressing, about 3 Tbsp.

Directions:

1. Preheat oven to 350⁰F.
2. Lightly massage chicken with oil-honey-seasoning mixture.
3. Bake 45 minutes or until internal temperature reaches 165⁰F. Cool and slice into strips
4. Rinse spinach, dry well. Place into large serving bowl.
5. Toss spinach with pears, onions, and dried Asian pears. Top salad with sliced cooked chicken, feta, and almonds.
6. Dressing can either be tossed with salad or serve dressing on the side.



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Asian Pear Galette

By Angelica Bonisese and Jennifer Beam, Cedar Crest College Nutrition & Dietetics Students

Yield: about 15-20 servings

Ingredients for the crust:

- 1 1/4 cup of whole wheat flour
- 1/2 tsp. salt
- 1/2 tsp. sugar of choice
- 1/4 tsp. nutmeg (optional)
- 1/3 lb. of butter (cold) or 1 stick plus 2 Tbsp.
- 4 Tbsp. of ice water

*Egg wash - beat 1 egg and 2 Tbsp. of water together

*Course sugar 1/8 cup (enough to sprinkle on the crust before baking)

Crust Directions:

1. Add all dry ingredients in a large mixing bowl (flour, sugar, salt, nutmeg).
2. Incorporate the cold butter. If the butter is kept frozen, it will allow for more time to work with it. The butter can be chopped into cubes or grated. If butter is grated, it is important to freeze the butter ahead of time. Grating the butter will make it easier to mix by hand, but be cautious not to over mix dough.
3. You want lumps of butter in the flour - this will help create a flaky crust. The consistency should be pebbly. This should be done quickly to make sure the butter does not get too warm.
4. Next, add the ice water slowly. You want the consistency of the dough to just pull together. You may not need to use all of the water.
5. Wrap the dough in plastic wrap and refrigerate for at least one hour.

Asian Pear Galette (continued)



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Asian Pear Galette (continued)

by Angelica Bonisese and Jennifer Beam, Cedar Crest College Nutrition & Dietetics Students

Ingredients for Asian Pear filling:

- 1 (750 ml or about 3 cups) concord sweet red wine
- 4 large Subarashii Kudamono 'Elisan' Asian Pears, washed, peeled, quartered, seeded
- 1/4 cup walnuts, chopped
- 4 Tbsp. cornstarch
- 3/4 cup granulated sugar of choice

NOTE: Preheat oven to 350°F

Directions for the filling:

1. Add wine to a pot large enough to hold Asian pears but allow wine to mostly cover the pears. Bring wine to a boil; reduce heat to simmer. While wine simmers, prepare the pears by peeling, quartering, and seeding. This allows for the flavor to be fully incorporated into the pears.
2. Add pears to simmering wine, poach for 10 minutes. It is best to poach pears in batches to ensure full flavor absorption.
3. With a slotted spoon, remove the pears and let them cool. To speed cooling, place them in a bowl, cover, and refrigerate them.
4. Slice the pears to desired size, making them similar in thickness. Place them in a bowl.
5. In two separate bowls; mix together all dry ingredients for the filling in one and in the second add the sliced poached Asian Pears.

****It is important to wait to mix your pears with the dry ingredients until the dough is rolled out and ready to be assembled.**

Directions to create the galette:

1. Once the dough is chilled, roll out dough 1/4 inch thick and 12 inches around.
2. Add filling to the center, leaving about 2 inches of dough surrounding the filling.
3. Gently fold the dough to cover just the edge of the filling - allow for the filling in the center to be showing. Brush on the egg wash in-between folds to secure the dough together.
4. Do a quick egg wash (brushing) on the top of the dough and sprinkle coarse sugar on top.
5. Bake on a sheet pan at 350°F for 40-60 minutes.
6. The dough should be slightly browned and the pears should be softer, but with a bite.