

A Pair WITH Flair

PEANUTS AND PEARS

FAMILY FEATURES

“The sign of a perfect dish is the balance of textures and flavors,” explains chef and cookbook author Virginia Willis, author of “Bon Appetit, Y’all.”

Willis thinks two family favorites pair especially well together: USA Pears and USA-grown peanuts.

“You have the crisp texture of pears and the crunchiness of peanuts, as well as the slightly savory taste of the peanuts and the sweetness of the pears,” says Willis. “Altogether, it makes for a perfect combination that can be enjoyed by the whole family at any meal of the day.”

USA-grown peanuts and peanut butter are staples of cuisines across the globe because they deliver a flavor people love. They have more than 30 essential nutrients and phytonutrients and heart healthy monounsaturated fats — with zero trans fats or cholesterol. They can be part of a balanced diet that promotes good health and a healthy weight.

USA Pears come in a range of colors, flavors and textures to please any palate. They are an excellent source of fiber, and a good source of vitamin C, too. At 100 calories per serving with no fat, no sodium, and no cholesterol, they’re a healthy option for active families.

Try topping sliced pears with peanut butter for a convenient and delicious snack. Or, combine pears and peanuts in recipes such as these to bring the family together for a tasty and healthful meal.

For more information, tips and recipes, visit www.nationalpeanutboard.org or www.usapears.org.

Warm Peanut Crusted Goat Cheese With Roasted Pears Over Mixed Baby Greens

Serves 4

- 1 cup very finely chopped peanuts
- Salt and pepper
- 1 4-ounce log of goat cheese
- 2 tablespoons unsalted butter, melted
- 2 firm-ripe USA Pears such as Bose, Concorde or Anjou, halved lengthwise and cored
- 2 tablespoons finely chopped shallot
- 2 teaspoons Dijon mustard
- 1 tablespoon red-wine vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon aromatic peanut oil
- 10 ounces mesclun (mixed baby salad greens)

Heat oven to 400°F. Place peanuts in shallow dish. Season with salt and pepper. Roll goat cheese log in peanuts to evenly coat. Refrigerate until firm if necessary, then cut evenly into 4 rounds.

Arrange pears, cut sides down, in baking pan. Pour butter over pears and toss to coat. Return pears to cut side down position. Roast until tender, about 25 minutes. Arrange pears cut side up in baking dish. Place rounds of peanut-crusted goat cheese on top in the scooped center. Continue to roast 5 minutes more, until cheese is melted and soft.

Meanwhile, whisk together shallot, mustard and vinegar for dressing. Add oils in a slow stream, whisking until emulsified, and season with salt and pepper. Just before serving, toss salad greens with just enough dressing to coat. Remove pears from oven and serve each salad topped with a roast pear topped with goat cheese.



Sautéed Pears With Vanilla Yogurt and Honey Peanuts

Serves 4 to 6

- 1 tablespoon unsalted butter
- 4 large USA Pears, such as Bose, Concorde or Anjou, peeled, cored and sliced
- 1 tablespoon sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1 tablespoon fresh lemon juice
- Pinch of fine salt
- 1/4 cup smooth peanut butter
- 1 tablespoon honey
- 1 cup low fat vanilla or plain yogurt
- 1/4 cup honey roasted peanuts, coarsely chopped

Melt butter in large heavy-bottomed sauté pan over medium high heat. Add pears and cook, stirring occasionally, for 5 minutes, or until softened. Sprinkle with sugar, cinnamon, ginger and lemon juice. Season with a pinch of fine salt. Cook over medium heat, stirring occasionally, until tender, about 5 to 7 minutes. Keep warm.

In small bowl combine peanut butter, honey and yogurt; stir until smooth. Set aside.

To serve, place pears in a shallow bowl. Top with yogurt mixture. Sprinkle peanuts on top. Serve immediately.

Poached Pears With Vanilla Caramel Sauce and Toasted Peanuts

Serves 6

- 3/4 cup sugar
- 1 750 ml bottle dry white wine
- 1 cinnamon stick
- 2 tablespoons black peppercorns
- 1 1-inch wide piece lemon zest
- 6 USA Pears, such as Bose, Concorde or Anjou, with stems
- Vanilla Caramel Sauce, see recipe
- 1 cup Runner, Virginia, Spanish or Valencia peanuts, toasted and chopped

Place sugar, wine, cinnamon stick, peppercorns and lemon zest in a small deep pan and bring slowly to a boil.

Meanwhile, peel pears, leaving stems and scooping out flower ends with a melon baller. Immediately immerse pears in syrup, standing upright if possible.

Set small heatproof plate on top to keep them completely immersed in syrup. Bring just to a boil then reduce to simmer. Cook until pears are tender when pierced with a knife, 30 to 40 minutes. Remove from syrup. Divide pears among 6 plates. Drizzle with Vanilla Caramel Sauce and sprinkle with toasted peanuts. Serve immediately.

Vanilla Caramel Sauce

Makes about 1 1/2 cups

- 1 cup sugar
- 1/2 cup water
- 2 teaspoons freshly squeezed lemon juice
- 1/2 cup (1 stick) unsalted butter
- 3/4 cup heavy cream
- 1 teaspoon vanilla

In medium heavy-bottomed saucepan, heat sugar, water and lemon juice over low heat until sugar dissolves. Bring syrup to a boil, and continue to boil without stirring until it begins to turn golden around the edges. (It is important not to stir, as the syrup may crystallize.)

Meanwhile, combine butter and heavy cream in small saucepan. Heat until butter melts. When syrup begins to color, lower heat, and continue boiling to a deep-golden color. It will darken rapidly. Remove pan from heat, and let cool for 30 seconds. Add butter and cream, being careful as syrup will bubble up in the pan.

Place pan back over heat, stirring until caramel is completely dissolved. Add vanilla and stir to combine. Serve warm or at room temperature.

