

Elegant desserts made with pears

AP — If over there is a time for extra-special effort and pull-out-the-stops desserts, it is during the holidays.

For an elegant, yet easy holiday dessert, served Chocolate Glazed Pears and Poached Pears in Orange Syrup. Poaching fruit in a sugar syrup allows the fruit to cook while retaining its shape. Adding citrus to the mixture prevents discoloration and heightens the overall flavor.

For Chocolate Glazed Pears, Bosc pears are poached, then dipped in melted chocolate. Poached Pears in Orange Syrup are soaked in orange-flavored brandy. The pears' elongated shape gives them an elegant look, and their dense flesh make them ideal for poaching.

occasionally.

Remove pears from liquid; stand on flat dish. Cool.

Melt chocolate and shortening over very low heat. Dry pears with paper towels. Holding each pear carefully by the stem, spoon chocolate mixture over pear to coat. Let stand in cool place to set chocolate. Arrange pears on serving dish. Makes 6 servings.

Nutrition facts per serving:
332.9 cal., 3.5 g pro., 20.5 g fat (48 percent calories from fat), 45.9 g carbs., 0 mg chol., 7.9 g fiber, 7.8 mg sodium.

POACHED PEARS IN ORANGE SYRUP

3 1/2 cups water
1/2 cup orange juice
3/4 cup sugar
6 Bosc pears
1-3rd cup thin julienne strips orange peel
2 tablespoons orange liqueur or brandy
Combine water, orange juice and sugar in a large saucepan; bring to a boil.

Pare pears and trim slightly to level bottom. Remove core from blossom end, leaving stem intact.

Add pears to poaching liquid; reduce heat. Cover and simmer gently about 8 to 10 minutes or until tender when pierced with the tip of a sharp knife; turn and baste occasionally.

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Remove pears, reserving 2 cups poaching liquid; stand on flat

dish. Cool.

Add orange peel to reserved poaching liquid. Boil uncovered for 20 minutes or until peel is tender and poaching liquid is thickened and reduced to 1 cup. Stir in orange liqueur. Spoon warm orange peel mixture over cooled pears. Chill until served. Makes 6 servings.

To cut julienne strips of orange peel: With sharp knife, cut 1/2-by-2-inch strips of outer peel (orange layer); slice in long 1-16th-inch wide strips.

Nutrition facts per serving:
203.3 cal., 0.8 g pro., 0.6 g fat (3 percent calories from fat), 49.5 g carbs., 0 mg chol., 3.6 g fiber, 4.8 mg sodium.

Recipes from: Oregon Washington California Pear Bureau

For a free brochure, "Healthy Recipes for Kids," send a stamped, self-addressed, business-size envelope to: Oregon Washington California Pear Bureau, Dept. PB-A, 813 S.W. Alder, Suite 601, Portland, OR 97205.

Here are mail order sources of pears from the "The Great Food Almanac," by Irena Chalmers, (Collins/Publishers San Francisco, 1994). Pinnacle Orchards, 441 South Fir, P.O. Box 1088, Medford, OR 97501, 800-769-1232.

Diamond Organics, P.O. Box 2159, Freedom, CA 95019, 800-822-2396.

Indulge in light lemon tart

AP — Cookbook author Jeanne Jones says fat-free is here to stay. "Five years ago, consumers were willing to give up taste for a low-fat diet," Jones says. "That's no longer the case."

In the following recipe, Jones uses butter-flavored sprinkles, nonfat liquid egg substitute and nonfat milk to lighten up a lemon tart.

Each slice of a traditional lemon tart weighs in at 341 calories and 22.4 grams of fat per serving. Jones has cut the number of calories per serving to 177 and the grams of fat to 6.3.

LIGHT LEMON TART

9-inch frozen deep-dish pie crust, thawed

2-3rds cup sugar
3 tablespoons cornstarch
1 tablespoon butter-flavored sprinkles
1 cup nonfat liquid egg substitute
2 teaspoons grated lemon rind or 1 teaspoon pure lemon extract
1/4 cup fresh lemon juice
1 cup nonfat milk
Fat-free whipped topping

Preheat oven to 450 degrees F. Carefully remove the thawed pie crust from the aluminum tin and place it in a 10-inch tart pan with a removable bottom or a 10-inch pie plate. Spread the crust up the sides of the pans, using your fingers. Bake in a 450-degree F oven for 6 to 8 minutes, or until a golden brown. Cool on a rack.

In a large saucepan, combine all remaining ingredients, except the milk and whipped topping; mix well. Gradually whisk in the milk until smooth.

Cook over medium heat, stirring constantly until bubbly. Continue cooking until thick, about 3 more minutes. Remove from the heat and allow to cool for 20 minutes, stirring occasionally.

Spoon the lemon filling into the cooled pie crust and refrigerate until chilled. Just before serving, top each serving with 2 tablespoons of the whipped topping. Makes 8 servings.

Nutrition facts per serving:
177 cal., 5.3 g fat, 1 mg chol., 150 mg sodium.
Recipe from: Reddi-wip



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