



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

October 2014: Pear-tastic!

A 4-Course Pear Menu

October is a great month for eating pears. Look in our displays for Bartletts, Boscs, D'Anjous, Asians, Red Krimsons, and if you are lucky, Seckles. In honor of the pear, Judy offers us a dinner menu showcasing pears in the salad, the soup, the entree and dessert! (And while you're at it, you might think of adding a bottle of Eaglemount's "Perry"!) Enjoy!

Winter Kale Salad with Orange Poppy seed Dressing

Kale Salad

- 6 cups curly kale, chopped
- 1/2 cup dried cranberries or cherries
- 1/2 avocado, diced
- 1/2 pear, diced
- 1/2 cup toasted pecans or almonds

Orange Poppy Seed Dressing

- 1/4 cup freshly squeezed orange juice
- 2 Tbsp. agave nectar
- 1 Tbsp. white wine vinegar
- 1/2 teaspoon poppy seeds
- 1/4 cup olive oil

In a big bowl combine the kale salad ingredients.

In a blender or food processor combine the orange juice, agave nectar, white wine vinegar, & poppy seeds. With the motor running slowly add the olive oil.

Toss the salad in desired amount of salad dressing and serve immediately.

Makes 2 Servings

Pear and Delicata Squash Soup

- 2 tbsp. olive oil
- 4 medium shallots, peeled and thinly sliced (about 2 cups)
- 1 pound Delicata squash, peeled, seeded, and cut into 1/2 inch slices (about 2 cups)
- 1 pound ripe firm-fleshed pears, like Bartlett or Anjou, peeled, cored, and cut into 1/2 inch pieces (about 2 cups)
- 1/2 tsp. dried thyme
- 1 tbsp. balsamic vinegar
- 4 cups chicken or vegetable stock
- Kosher salt
- Fresh-ground black pepper
- Crème fraîche
- Maple syrup

Heat oil in a large pot over medium heat. Add shallots to the oil and cook, stirring occasionally, until lightly browned, about 4-5 minutes. Add squash and pears and cook, stirring, until slightly softened and lightly brown, about 7 minutes.

Stir in thyme and cook until fragrant, about 1 minute. Add vinegar and stock; simmer until squash is completely softened, 15-20 minutes.

Remove soup from heat and puree until smooth, using an immersion blender or regular blender. Stir in salt and pepper to taste; serve swirled with crème fraîche and a drizzle of maple syrup.

Makes 6 Servings



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Cider Glazed Pork Chops & Pears

- 4 bone-in pork chops, (2 lbs., $\frac{3}{4}$ - to 1-inch thick, 6 to 8 oz each)
- 3 (about 1 lb.) large pears, such as Bosc, Anjou, Red Anjou, or Concorde
- 2 tablespoons extra virgin olive oil
- 3 cloves garlic
- 3 large rosemary sprigs
- 6 sprigs of thyme
- Salt and freshly ground black pepper
- $\frac{3}{4}$ cup pear or apple cider (sweet not dry)
- $\frac{1}{2}$ cup vegetable stock
- 1 tablespoon unsalted butter

Lay out the pork chops and allow them to come to room temperature, about 15 to 30 minutes. Core the pears and slice them into $\frac{1}{8}$ wedges.

Peel and thinly slice the cloves of garlic. Heat the olive oil, sliced garlic, thyme and rosemary sprigs over medium heat in a large heavy-bottomed frying pan. Sauté until the garlic is lightly golden and the olive oil is infused with flavors of garlic and herbs. Closely monitor the cooking, garlic burns easily turning the flavor bitter. Take the pan off the heat and remove the garlic chips to a paper towel lined dish. Discard the herbs.

Sprinkle both sides of the pork chops with a bit of salt and a bit more freshly ground black pepper. Return the pan to the stove over high heat; reduce the heat if the oil begins to smoke. When the pan is hot place the chops in the pan in a single layer and cook until nicely browned, 1 to 2 minutes. Turn the chops and brown on the second side, another 1 to 2 minutes. Remove the chops to a plate (they are not fully cooked yet).

Add the pears to the pan and cook them until they begin to caramelize and soften a bit, about 4 minutes. Reduce the heat to medium and nestle the chops into the pear wedges. Continue cooking until the chops have cooked through, about 5–10 minutes.

Transfer the chops and pears to a serving platter and remove all but 1 tablespoon of oil from the pan.

Pour the cider in the pan and let the liquid simmer over medium high heat until it has reduced by half, stir frequently and remove any browned bits that may have been stuck to the bottom of the pan. Add the stock and simmer until reduced by half again. Add the butter, stirring until melted, and season to taste with salt and pepper. Drizzle the sauce over the pears and chops and garnish with some of the garlic chips.

Makes 4 Servings

Upside-down Pear Gingerbread

- 4 Tablespoons unsalted butter
- 1 cup plus 2 Tablespoons unsalted butter
- $\frac{1}{3}$ cup light brown sugar
- 1 cup plus 2 Tablespoons light brown sugar
- 2 Bosc pears, peeled, quartered, cored and thinly sliced
- 3 eggs
- $\frac{1}{2}$ cup molasses
- 3 cups all-purpose flour
- 2 Tablespoons ground ginger
- 1 Tablespoon ground cinnamon
- 1- $\frac{1}{4}$ Tablespoons baking soda
- $\frac{3}{4}$ teaspoon freshly grated nutmeg
- $\frac{3}{4}$ teaspoon ground cloves
- Pinch of salt
- 1- $\frac{1}{4}$ cups boiling water
- Whipped Cream

Preheat the oven to 350°.

Place a 9-inch square flameproof cake pan over medium heat. Heat 4 Tablespoons of the butter and the $\frac{1}{3}$ cup brown sugar in the pan just until the sugar melts. Add the pear slices, arranging them in a decorative pattern.

In an electric mixer, cream the 1 cup plus 2 Tablespoons butter and the 1 cup plus 2 Tablespoons brown sugar until light. Beat in the eggs and molasses. In another bowl, sift together the flour, ginger, cinnamon, baking soda, nutmeg, cloves and salt. Fold the dry mixture into the creamed mixture, along with the boiling water, stirring just until all the ingredients are mixed. Do not overmix.

Spoon the batter over the pears. Bake in the oven until springy to the touch, 30 to 40 minutes. Let the cake cool for 5 minutes.

Carefully invert the cake onto a serving plate. Cut the cake into 9 squares. Place a square on each plate.

Serve with whipped cream.

Makes 9 Servings