

NATURE'S FOOD PATCH Market & Café

1225 Cleveland St • Clearwater, FL 33755 • 727-443-6703
www.naturesfoodpatch.com

PERFECT PEARS

PEAR & GINGER BISQUE

2 Tbsp. Sesame Oil
2 Tbsp. Fresh Ginger, grated
4 Cups Pears, cored and chopped
1 Lemon, juiced and Zest
3 Cups Water
2 Tbsp. White Miso
1/2 lb. Silken Tofu (soft)
Nutmeg for Garnish

Gently sauté ginger. Add pears, lemon juice and water. Bring to a boil. Reduce heat and simmer 20 minutes until pears are soft. Place pears, Tofu and Miso in a blender. Blend until smooth. Gently reheat. Garnish and serve.

PEAR SALAD

4 Pears, cored and cut
1 Tbsp. Lemon Juice and Zest
1 Celery Rib, chopped
1/4 Cup Sunflower Seeds, soaked & drained
1/3 Cup Dried Cranberries
1 tsp. Ginger Juice
6 Tbsp. Soy Yogurt
2 Tbsp. Vegenaïse

Combine pears, lemon juice and zest. Toss with other ingredients to mix. Serve.

PEAR COBBLER

4-1/2 Cups	Pears, Sliced
1-1/2 Tbsp.	Lemon Juice and Zest
1/4 Cup	Maple Syrup
3/4 tsp.	Cinnamon
1/2 tsp.	Nutmeg
1/2 Cup	Pastry Flour
1/2 Cup	Rolled Oats
4 Tbsp.	Sesame Oil
2 Tbsp.	Maple Syrup or Agave Nectar

Preheat oven to 350 degrees. Combine pears, lemon juice and zest, 1/2 tsp. cinnamon and maple syrup. Place in a pie plate. Mix flour, oats, cinnamon, syrup and oil. Crumble over pears. Bake 35 minutes until pears are tender. Serve warm or chilled.

*Free Vegetarian (Vegan)
Cooking Class
By Chef Debby DeGraaff*