

Available Now...

Pears

This versatile Colorado fruit is often found on salads, as part of entrees or the focus of desserts.

Colorado ranks sixth in the nation for pear production. In 2002 Colorado produced 2,400 tons of pears valued at nearly \$1.4 million.

Choose pears that are firm and plump. Avoid any with damaged skin, soft spots or dull color.

Pears are low fat, sodium free, a good source of fiber and a good source of Vitamin C.

Look for Colorado pears at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture will feature a different commodity to highlight the variety and quality of products grown in the state. Visit www.coloradoagriculture.com for a complete list of recipes.

Pear Fruit Medley Compote

Colorado Chef Michael Pizzuto

- 3 Pears, cored and diced
- 1 Cinnamon stick
- ½ cup Dried cherries
- ½ cup Dried apricots, diced
- ½ cup Sugar
- ¾ cup Walnuts, toasted
- 1½ cups Water
- 1/8 cup Pear liqueur
- 2 tsp. Corn starch

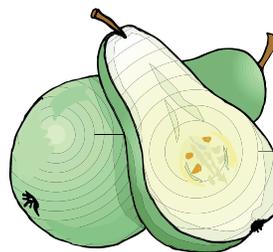
Simmer cherries, apricots, sugar and cinnamon stick in 1¼ cup water over medium heat for 10 minutes. Add pears and simmer for another 5 minutes.

Remove from heat, add pear liqueur and stir. Remove cinnamon stick and discard.

Dissolve corn starch in ¼ cup of water then add to pot and stir. Simmer until compote reaches desired thickness.

Serve over grilled chicken or pork and sprinkle with toasted walnuts.

Enjoy with a Colorado wine, such as a glass of Wipe Out White from Rocky Hill Winery, located in Montrose, Colorado.



Next Month... **Cabbage**