

LIVE WELL WATERTOWN

www.livewellwatertown.org

Eat Well Watertown Fall 2021 Zoom Series



Photo by Arif Imam from Free Images

Healthy Fruit Desserts

November 9, 2021

6:30-7:30

For more information about our programs, contact:

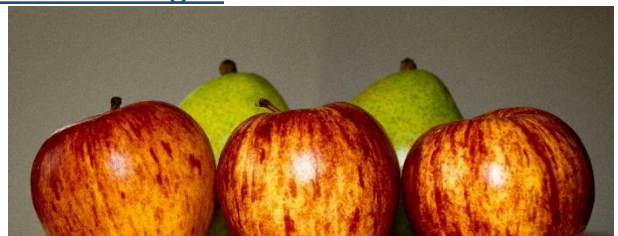
Stephanie Venizelos

Community Wellness Program Manager

Town of Watertown

Phone: 617-972-6446 ext. 8

Email: svenizelos@watertown-ma.gov



Apples and Pears: They're Relatives!

- Both originated in Asia and have been cultivated around the world.
- In the same plant kingdom family. We can think of them as cousins (different genus and species).

Photo by [Denisse Diego](#) on [Unsplash](#)

Facts and Figures

Apples

- Apples float because they are 25% air.
- It takes the energy from 50 apple tree leaves to produce one apple.
- The average apple contains 5 seeds.
- The only apple native to North America is the crabapple.
- The star-shaped bottom of an apple is called its calyx.
- At room temperature, apples ripen 10 times faster than when refrigerated.

Pears

- There are more than 3,000 varieties of pears.
- Pear trees grow best in volcanic soil and need plenty of water.
- Pear trees can live to be 100 years old.
- Pears do not ripen while on the tree.
- Pears ripen from the inside out.
- 95 percent of pears sold in the US are grown in California, Oregon, and Washington.

Commonly Available Varieties

Apples

- | | |
|--------------------|--------------|
| ▪ Gala | ▪ Braeburn |
| ▪ McIntosh | ▪ Empire |
| ▪ Red Delicious | ▪ Honeycrisp |
| ▪ Golden Delicious | ▪ Pink Lady |
| ▪ Granny Smith | ▪ Jazz |
| ▪ Macoun | ▪ Fuji |
| ▪ Cortland | ▪ Envy |

Pears

- Bosc



- Bartlett
- Anjou
- Comice
- Asian

Fruit photo created by KamranAydinov - www.freepik.com

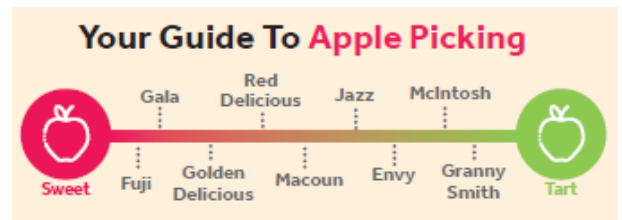
Don't Forget New England Heirloom Varieties (if you can find them)

- Roxbury Russet
- Rhode Island Greening
- Ashmead's Kernel

Selection and Storage Tips

Apples

- Choose firm apples free from bruises
- Store in the refrigerator and use within 3 weeks



Pears

- Choose pears that are free from bruises with intact stems
- If firm, ripen pears at room temperature
- Before eating, gently press the flesh near the stem – it is ready to eat if it gives slightly
- If ripe, refrigerate to slow further ripening for up to 5 days

Different Varieties for Different Dishes

Apples

- For Baking:
 - ✓ Firm-Tart – Granny Smith, Northern Spy
 - ✓ Firm-Sweet – Ginger Gold, Golden Delicious, Honeycrisp, Jazz, Pink Lady
- For Applesauce and Soup:
 - ✓ Tender-Tart – Cortland, Macoun, Macintosh
- For Salads (they won't brown as fast!):
 - ✓ Ginger Gold, Golden Delicious, Fuji, Gala
- Eating Raw:
 - ✓ Tender-Sweet: Fuji, Gala

Pears

- Grilling, baking, poaching:
 - ✓ Bosc, Anjou
- Sauce/butter:
 - ✓ Bartlett
- Adding crunch:
 - ✓ Anjou, Asian
- Eating raw:

✓ Comice, Bartlett

Recipes

Cranberry Baked Apples

From www.eatingwell.com

Enjoy the flavors of apple pie without the fuss, muss, or calories!

4 large cooking apples (Golden Delicious, Cortland, Rome)

½ cup dried cranberries, or currants

¼ cup packed light brown sugar

2 teaspoons butter

¼ cup apple cider or juice

1. Preheat oven to 450 degrees.
2. Remove a thin slice from the bottom of each apple so it will stand. Remove a 3/4-inch slice from the top. Scoop out the center core of each apple with a melon baller or grapefruit spoon. (Do not cut all the way through the bottom; leave a thick shell on the sides.)
3. Stir together cranberries (or currants) and brown sugar in a small bowl. Spoon 1/4 of the mixture into each apple cavity. Set the apples in a small baking dish. Dot the top of each apple with 1/2 teaspoon butter. Pour cider (or juice) around the apples and cover the dish tightly with foil.
4. Bake until the apples are almost tender, 20-30 minutes. Uncover the pan and baste the apples with the pan juices. Bake uncovered until the apples are tender and the juices are slightly reduced, about 10 minutes longer, basting once or twice more. Spoon the juices into the centers of the apples and serve warm.

Pomegranate and Spice Pears

From Savory Magazine (by Stop&Shop)

Serve these pretty pears for a juicy, nutritious dessert that is sure to please. Pomegranate juice, brown sugar and cinnamon give this dish gorgeous color and a depth of flavor to match.

2 cups pomegranate juice

2 tbsp light brown sugar, packed

½ tsp ground cinnamon

¼ tsp lemon zest, or pinch of nutmeg

4 firm Bosc pears

½ cup pomegranate seeds

4 sprigs fresh mint leaves for garnish (optional)

1. In a large saucepan, combine juice, sugar, nutmeg (if using) and cinnamon. Bring liquid to a boil then reduce to a simmer.
2. Meanwhile, peel pears, leaving them whole and stems intact. Remove cores from blossom end. Place the pears on their sides into liquid, cover and simmer gently until the pears are

tender when pierced with the tip of a sharp knife, about 25-30 minutes. Turn very gently once or twice as they cook so they color evenly.

3. Using a slotted spoon, transfer the pears to a shallow bowl and set aside.
4. Boil the poaching liquid over high heat until the sauce is reduced to 1 cup, about 20 minutes. Add lemon zest here, if using (it'll add a bit of brightness).
5. To serve, place a pear upright on each plate. Drizzle sauce over each pear. Sprinkle pomegranate seeds around the pears. Garnish each with a mint leaf.

Hasselback Apples

From www.cookinglight.com

2 large firm (like Pink Lady or Honeycrisp) apples, peeled, cored, and halved vertically

Cooking Spray

4 tablespoons brown sugar, divided

2 ½ tablespoons butter, melted and divided

¾ teaspoon ground cinnamon, divided

2 tablespoons old-fashioned rolled oats

1 teaspoon all-purpose flour

¼ teaspoon kosher salt

1 ½ cups low-fat vanilla ice cream

1. Preheat oven to 400°F.
2. Starting at the outermost edges, cut most (but not all) of the way through each apple half at 1/8-inch intervals. Place apple halves, cut sides down, in an 8-inch square glass or ceramic baking dish coated with cooking spray. Combine 1 tablespoon sugar, 1 tablespoon butter, and ½ teaspoon cinnamon; brush mixture evenly over apple.
3. Cover pan with foil; bake at 400° for 20 minutes. Remove foil. Bake at 400° for 10 minutes or until apples are tender. Remove pan from oven; cool 10 minutes.
4. Combine remaining 3 tablespoons sugar, remaining 1 ½ tablespoons butter, remaining ¼ teaspoon cinnamon, oats, flour, and salt. Carefully fan open apple halves. Spoon oat mixture evenly over apples. Bake at 400° for 10 minutes. Turn broiler to high (leave pan in oven); broil 2 minutes. Serve with ice cream.

Make Ahead Tip: Cook apples in advance, but hold off on step 4. Cool and refrigerate baked apples until ready to serve; then top with streusel and bake as directed.

Caramelized Spiced Pears

From www.eatingwell.com

Serve these caramelized pear slices over ice cream, stir into plain yogurt or enjoy as a topping for pancakes or waffles. Brown-skinned Bosc pears hold their shape during cooking, but any variety of pears tastes delicious.

3 ripe but firm pears (about 1 1/2 pounds), cut into 1/4-inch slices

1 tablespoon lemon juice

2 tablespoons unsalted butter

3 tablespoons granulated or light brown sugar

½ teaspoon ground cinnamon

½ teaspoon ground ginger

¼ teaspoon ground cloves

Pinch of salt

1. Toss pears with lemon juice in a medium bowl. Melt butter in a large deep skillet or Dutch oven over medium heat; stir in the pears. Reduce heat to medium-low, cover and cook, stirring once halfway through, for 10 minutes.
2. Meanwhile combine sugar, cinnamon, ginger, cloves and salt in a small bowl. After 10 minutes, stir the sugar mixture into the pears. Increase the heat to medium and cook, stirring often, until the pears are tender and glazed, 4 to 6 minutes, depending on the type and firmness of the pears. Serve warm.

Crockpot Pear Applesauce with Ginger

From www.cookincanuck.com

5 medium-sized Gala apples peeled, cored, quartered, and sliced

5 medium-sized Bartlett pears cored, quartered, and sliced

3 tablespoons sugar

½ teaspoon ground cinnamon

1 ½ teaspoons finely grated fresh ginger

¼ cup water or apple juice

1. Place all of the apple and pear pieces in a large bowl and stir in sugar, ground cinnamon and grated ginger.
2. Pour water or apple juice into the bottom of a large crockpot (slow cooker) and add the apple mixture.
3. Cover, turn the crockpot setting to Low, and cook for about 8 hours (or on High for 5 hours), stirring occasionally and breaking up the apple and pear slices with a wooden spoon as they soften.
4. Serve warm or room temperature.