

Tomato and Pear Recipes and facts from:

Susan di Bonaventura's Private Affairs Catering & Cooking Classes and Linvilla Orchards

BALSAMIC SYRUP

1 CUP BALSAMIC VINEGAR

2 TABLESPOONS HONEY

~BRING TO A BOIL, REDUCE TO SIMMER, COOK ABOUT 15 MINUTES UNTIL SYRUPY

~serve over sliced heirloom tomatoes with thinly sliced onion and fresh basil and extra virgin olive oil

SUMMERTIME CAPRESE PASTA SALAD

1 PINT RED GRAPE TOMATOES CUT IN HALF

SALT & PEPPER

1 PINT YELLOW GRAPE TOMATOES CUT IN HALF

1 CUP OLIVE OIL

1/4 CUP SHREDDED FRESH BASIL

1/2 CUP GRATED PARMESAN CHEESE

1/2 CUP FRESH MOZZARELLA CUBES

1 LB COOKED PASTA, DRIZZLE W/ OLIVE OIL & COOL

~COMBINE TOMATOES WITH BASIL SALT, PEPPER, OLIVE OIL LET SIT 1 TO 2 HOURS AND THEN TOSS WITH

COOKED PASTA MIX IN CHEESE AND ADD MORE BASIL IF YOU WANT TO.

GRAPE TOMATO BRUSCHETTA over ricotta cheese

4 cups grape tomatoes or chopped tomatoes

1 small red onion minced

1 to 2 cloves garlic minced

1 tbs. sugar

4 tbs. olive oil

salt ~pepper

~toss together with 1 cup grated parmesan cheese & fresh basil, serve over 3 cups ricotta cheese with bread rounds

Pear vinaigrette

1 ripe pear - peeled, cored, and chopped

1/4 cup white balsamic vinegar or any white vinegar

1/4 cup white wine

salt & pepper

1 clove garlic, chopped

1/2 cup olive oil

2 teaspoons Dijon mustard

~combine in food processor until smooth

~serve over greens with sliced pears, crumbled blue cheese and nuts

Poached pears

3 cups cranberry juice cocktail or red wine

1 cinnamon stick

1/2 cup white sugar

8 pears, peeled with stems intact

~Place cranberry juice, sugar, and cinnamon stick into a large saucepan. Bring to a simmer over medium heat, and simmer until the sugar dissolves. Meanwhile, peel the pears, leaving the stem intact.

~Place the pears into the simmering juice and cover. Cook until the pears are tender, turning occasionally, 15 to 20 minutes. Once tender, remove the saucepan from the heat, and set aside to cool to room temperature. Turn the pears a few times as they cool so the color remains even.

Pear Chutney over cream cheese

3 tablespoons oil

2 cloves garlic, chopped

1/2 cup cider vinegar

2 tablespoons melted butter

1 tablespoons lemon juice

1 teaspoon cayenne pepper

2 pears - peeled, cored, chopped

1 teaspoon ground cinnamon

2~8 oz cream cheese

1 small red onion, chopped

1/2 cup brown sugar

1 green chile pepper, chopped

1/2 cup dried cherries or cranberries

~In oil and butter, saute garlic, onion and pepper, add pears, lemon juice, cinnamon and brown sugar and remaining ingredients, cook until thick, cool and serve over cream cheese with crackers or bread slices.

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Tomatoes

Tomato may refer to both the plant and the edible, typically red, [fruit](#) which it bears. Originating in South America, the tomato was spread around the world following the [Spanish colonization of the Americas](#), and its many varieties are now widely grown, often in [greenhouses](#) in cooler climates.

The tomato fruit is consumed in diverse ways, including raw, as an ingredient in many dishes and sauces, and in drinks. While it is botanically a [fruit](#), it is considered a [vegetable](#) for culinary purposes (as well as by the United States Supreme Court) which has caused some confusion. The fruit is rich in [lycopene](#), which may have beneficial health effects.

The tomato belongs to the [nightshade family](#). The plants typically grow to 3-10 ft in height and have a weak stem that often sprawls over the ground and vines over other plants. It is a [perennial](#) in its native habitat, although often grown outdoors in temperate climates as an [annual](#).

Various [heirloom tomatoes](#)

Tomato varieties are roughly divided into several categories, based mostly on shape and size.

"Slicing" or "globe" tomatoes are the usual tomatoes of commerce, used for a wide variety of processing and fresh eating.

[Beefsteak](#) tomatoes are large tomatoes often used for sandwiches and similar applications. Their kidney-bean shape, thinner skin, and shorter shelf life makes commercial use impractical.

Oxheart tomatoes can range in size up to beefsteaks, and are shaped like large strawberries.

[Plum tomatoes](#), or paste tomatoes (including pear tomatoes), are bred with a higher solids content for use in [tomato sauce](#) and [paste](#), and are usually oblong.

Pear tomatoes are obviously pear-shaped, and are based upon the San Marzano types for a richer gourmet paste.

[Cherry tomatoes](#) are small and round, often sweet tomatoes generally eaten whole in salads.

[Grape tomatoes](#), a more recent introduction, are smaller and oblong, a variation on plum tomatoes, and used in salads.

[Campari tomatoes](#) are also sweet and noted for their juiciness, low acidity, and lack of mealiness. They are bigger than cherry tomatoes, but are smaller than plum tomatoes.

Pick a Pear

Pears are one of the few fruits that are actually much better when picked before they're ripe. Mature pears that are picked while still green ripen slowly: starches convert to sugars and the texture turns from dry and gritty to juicy and buttery-smooth. If you need ripe pears for a specific occasion, it's best to plan ahead several days.

Buy firm pears and place them in a paper bag. Putting a banana or an apple in the bag will speed up the process.

Pears ripen from the inside out, so as soon as the stem end has a slight give to it when gently pressed, the fruit is ripe.

Sweet and Savory Pairings

Pears are delicious eaten out of hand, but are lovelier still when paired with pungent cheeses and nuts. Gorgonzola and pecans are stunning accompaniments to slices of pear. Also try goat cheese and almonds, or Brie and hazelnuts. Try the combination on its own or put it on crackers, canapé, salads, or even pizza.

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