

pears & peaches

A REFRESHING ACCOMPANIMENT

Here are two delicious ways to enjoy your daily requirements for fruits and vegetables.

FROM THE HOME DIGEST KITCHENS



Bartlett Pear Confit and Sunset Peach Salsa.

Photo courtesy, California Cling Peach Growers Advisory Board

Peaches and pears are two of the delicious local fruits that abound in the summer. It's always best to take advantage of them while they're available, although canned varieties mean you can enjoy fresh-tasting fruit year-round. Home Digest offers these ways to enjoy the bounty.

Sunset peach salsa

This lively salsa is great with grilled fish, chicken or pork.

2 large ripe peaches, peeled and diced

4 tsp. white wine vinegar

4 tsp. lime juice

2 tsp. finely grated lime zest

1 Tbsp. olive oil

1/2 cup chopped orange segments

HEALTHY EATING

1/2 cup finely chopped English cucumber
1/2 cup finely chopped red onion
3/4 cup finely chopped red pepper
3 Tbsp. chopped fresh mint
1/4 cup chopped fresh coriander
salt and pepper to taste

■ Combine vinegar, lime juice, peel, mint, coriander, salt and pepper in large bowl and whisk in oil. Add remaining ingredients, mix well, cover and refrigerate. Allow to marinate for 3 to 4 hours. Toss well before serving. Makes 2 cups.

Bartlett pear confit

A confit is a cooked fruit dish that can be used as a condiment for meat or fish, or as suggested here, a topping for an appetizer.

2 large ripe Bartlett pears, peeled and chopped
1 red pepper, seeded and finely chopped
1 red onion, minced
1/2 cup brown sugar
1/2 cup white wine vinegar
4 Allspice berries
4 whole cloves
1 cinnamon stick 3" long
cheesecloth

■ Make a spice bundle by placing the Allspice, cloves and cinnamon in a small square of cheesecloth and tying the end together tightly with string. Place the fruit, vinegar, sugar, pepper and onion, along with the spice bundle, in a pot. Bring to a boil, then reduce heat and let simmer for 45 minutes or until liquid evaporates. If mixture becomes too dry, add some water. Remove from heat, remove spice bundle and allow to cool to room temperature. Makes 2 cups.

We suggest you serve it on pumpernickel bread topped with smoked gruyere, mild blue or smoked gouda cheese. 🍷