

Persian Pear Plate

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

2 fresh pomegranates
24 (1-#10 can) Pacific Northwest Canned Pears, halves, in juice, drained
2 cups pomegranate juice, divided
2 cups honey
1 pound feta cheese
1/2 cup olive oil
4 heads frisée lettuce, washed and dried well
6 ounces dry roasted, salted pistachios, coarsely chopped
1/4 cup sumac

Method

Remove the arils from the pomegranate and set aside. Soak the pear halves, round-side-down, in 1-1/2 cups pomegranate juice for 15 minutes, or until the desired shade of red is achieved.

Meanwhile, in a small non-reactive saucepan over medium high heat, bring the honey and remaining 1/2 cup pomegranate juice to a boil. When the mixture comes to a boil, remove the pan from the heat, carefully pour the honey and juice into a heatproof container such as a large liquid measuring cup and set the container in an ice bath to cool. In the bowl of a food processor fitted with the blade attachment, process the feta cheese and olive oil until the mixture is smooth; set aside.

Drain and dry the pear halves with a clean towel. Slice the pears lengthwise, leaving the neck intact by making 1/4-inch thick slices from the wide, blossom end, four-fifths of the way up toward the stem end.

To assemble, place a sliced pear on each of 24 salad plates and fan out the slices. Smear 1 tablespoon of the whipped feta on the plate behind each pear. Toss 1/2 ounce of frisée lettuce with 1 teaspoon of the pomegranate honey and place it behind the pear, on the whipped feta. Sprinkle the feta with chopped pistachios and about 1/2 teaspoon sumac. Scatter pomegranate arils on top of each pear half and drizzle the remaining pomegranate honey over each pear.

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Nutrition

Calories	268
Total fat	12.4 g
Saturated fat	3.9 g
Cholesterol	17 mg
Sodium	216 mg
Carbohydrates	38 g
Fiber	4 g
Sugars	28 g
Protein	6 g