

Pear and Chicken Bastilla

24 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1/4 cup olive or vegetable oil
4 cups finely chopped sweet onions
4 to 6 tablespoons garam masala or other curry spice blend
2 to 4 tablespoons finely minced garlic
3 pounds ground chicken
1/4 cup tomato paste
6 cups Pacific Northwest Canned Pears, diced, in juice, drained
2 cups dark raisins
1 cup lightly toasted pine nuts or pistachios
1 cup coarsely chopped fresh cilantro
Kosher salt and freshly ground black pepper to taste
24 sheets filo dough
Unsalted butter, melted, or vegetable oil, as needed for brushing filo sheets
Yogurt Dressing (recipe follows)

YOGURT DRESSING

3 cups plain Greek yogurt
1/2 cup finely chopped fresh mint
1/4 to 1/3 cup coarsely chopped fresh cilantro
Kosher salt and freshly ground black pepper to taste

Servings

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Nutrition

<i>Calories</i>	350
<i>Total Fat</i>	160
<i>Cholesterol</i>	65 mg
<i>Sodium</i>	360 mg
<i>Total Carbohydrate</i>	34 g
<i>Dietary Fiber</i>	3 g
<i>Protein</i>	15 g
<i>Vitamin A</i>	6%
<i>Vitamin C</i>	6%
<i>Calcium</i>	6%
<i>Iron</i>	10%

Method

In wide skillet over medium-high heat, warm the oil until it is hot and add the onions. Sauté 3 minutes and add the garam masala and garlic. Cook and stir for 1 to 2 more minutes. Add the chicken and cook 4 to 6 minutes or until it is cooked through, with no pink showing, and beginning to brown. Remove the pan from the heat and cool.

When slightly cooler, stir in the tomato paste to blend. Combine the diced pears in a bowl with the raisins, nuts and cilantro and add to the chicken mixture. Season to taste with salt and pepper. Preheat the oven to 375 degrees F.

Working with one at a time, butter each filo sheet. Fold it in half and place 1/2 cup chicken mixture in the center. Fold and gather the filo around the filling to create a purse shape. Repeat with the remaining filo sheets and filling, transferring the bundles to parchment paper-lined baking sheets as you go.

Place the sheet in the oven and bake 15 to 18 minutes or until the filo is golden brown. Serve each purse with 2 tablespoons of Yogurt Dressing.

YOGURT DRESSING

In a bowl, whisk together the yogurt, mint and cilantro. Season to taste with salt and pepper and transfer to a container with a lid. Refrigerate at least 1 hour or until ready to use.