



Pear Hand Pies

100 Servings

Portion: 1 pie

Meal Component Crediting K-8, 9-12: 1.25 oz eq grain; 1/8 cup fruit

Ingredients	Weight	Measure
DOUGH		
Flour, white whole wheat/enriched (USDA or Commercial)	4 lbs 8oz	1 gal 1 cup
Sugar, granulated		2 cups
Salt, table		1 tsp
Margarine, trans fat free	1 lb	2 cups
Eggs, liquid whole frozen (USDA or Commercial)		1 cup
Water		2 ¼ cups
FILLING		
Pear juice		2 cups
Cornstarch		½ cup
Pears, diced, extra light syrup, canned, drained, reserve juice (USDA or Commercial)*	7 lb 8 oz	1 gal ½ cups OR about 2 #10 cans
Brown sugar, packed		1 cup
Cinnamon, ground		1 Tbsp 1 tsp
PREPARATION AND TOPPING		
*Flour, white whole wheat/enriched (USDA or Commercial)	8 ½ oz	2 cups
Eggs, liquid whole, frozen (USDA or Commercial)		1 cup
Sugar, granulated		¼ cup

*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

Method

1. Thaw eggs: Thaw 2 cups eggs (for 100 servings) for 48 hours in refrigerator. and cornstarch. Set aside.

CCP: Hold at 40° F or lower.

2. Prepare dough and chill: Add flour, sugar, and salt to a food processor bowl using the S-blade or to a large bowl. Cut margarine, yogurt, eggs, and water into the dry ingredients until dough forms. Remove from the bowl and wrap in plastic wrap. (Note: Spray wrap with nonstick cooking spray to keep it from sticking.) Chill in the refrigerator for 1-24 hours.

CCP: Hold at 40° F or lower.

3. Make a slurry: In a small bowl, whisk together pear juice



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

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4. Prepare spiced pears: In a stockpot or kettle on medium-high heat, add drained pears, brown sugar, and cinnamon. Stir. When juices on the bottom of the pan begin to lightly boil, slowly pour slurry into pears stirring constantly. Bring to a boil. Decrease heat to low and simmer until nectar thick. Remove from heat. CCP: Heat to 145° F for at least 15 seconds.

CCP: Hold at 140° F or higher.

5. Roll dough: Remove dough from the refrigerator. Cut dough into 1.4-1.5 oz pieces and roll into balls. Lightly flour work surface and roll out dough balls into 4 ó" x 4 ó" circles.



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6. Make hand pies: Place 1/8 cup (#30 scoop) spiced pears to the center of each dough round. Fold dough over to form hand pie, press edges together using a fork. Place hand pie on baking sheets (20 per full baking sheet) lined with parchment paper. Brush egg over the top of each hand pie and sprinkle with sugar.
7. Bake hand pies: Preheat oven to 350° F. Bake in the oven for 18-20 minutes or until golden brown.

CCP: Heat to 145° F for at least 15 seconds.

CCP: Hold at 140° F or higher.

For Grab n Go Service: Wrap in sandwich paper or foil sheets.

Note: 1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears.

Nutrients Per Serving

Calories	147 kcal
Total Fat	2 g
Total Dietary Fiber	3 g
Vitamin C	0 mg
Saturated Fat	0 g
Trans Fat	0 g
Protein	4 g
Iron	1 mg
Sodium	68 mg
Cholesterol	18 mg
Vitamin A	189 IU
Sugars	11 g
Carbohydrate	30 g
Calcium	19 mg