

Forelle Pears (pronounced for EL) are one of the smallest pears but a little bigger than seckel pears. They're bell-shaped with short necks and long straight narrow stem. The green skin turns yellow when ripe and has red lenticles or freckles. Forelles are one of the few pears that change color when they ripen. They are one of the oldest European pears that probably started in 1600s in northern Saxony, Germany. The name means "trout" in German because the skin is similar to a rainbow trout. Forelles have a faint but distinct cinnamon spiciness that goes well with cheese. The pear is a good source of minerals and Vitamin C. Pears are one of the least allergic fruits.

Where do fruits go for vacation?

Pear-is (Paris)



Forelle Pear



Rainbow Trout

Baked Pears

These soft, delicious baked pears have just a hint of cinnamon and honey to make them a real breakfast treat.

Prep time: 5 mins

Total time: 25 mins.

Cook time: 20 mins

Yield: 1 serving

Ingredients

- 1 pear, cut in half and cored
- 1 Tbsp oats, I used old fashioned
- 1 Tbsp of honey
- 1 tsp lemon juice
- $\frac{1}{2}$ tsp coconut oil
- $\frac{1}{8}$ tsp sugar
- $\frac{1}{8}$ tsp cinnamon
- pinch of salt



Instructions

1. Line a small baking pan with foil and preheat your oven to 375°.
2. Wash, slice and core the pear, place cut side up in baking pan and brush with lemon juice. Sprinkle the cinnamon and sugar over the pear and place $\frac{1}{8}$ tsp of coconut oil in each half.
3. In a small bowl combine the oats, remaining coconut oil and salt. Cover the tops of the pears with the mixture and drizzle with honey.
4. Bake for 18-20 minutes and remove carefully from the oven. Cool 5 minutes and serve warm.

Forelle Pear Cake

Miniature forelle pears are sweet, luscious and almost too adorable to eat. They're layered into this dense cake, scented with the warm notes of cardamom and bright lemon zest.

Ingredients

8 forelle pears
1 teaspoon lemon juice
2 Tablespoons granulated sugar
½ teaspoon pure vanilla extract

For the cake:

1¼ cup all purpose flour
1 teaspoon baking powder
½ teaspoon ground cardamom
¼ teaspoon salt
6 Tablespoons unsalted butter
1 cup granulated sugar
2 teaspoons lemon zest
2 eggs; at room temperature
1 teaspoon pure vanilla extract
1 Tablespoon turbinado sugar



Instructions

1. To prepare the pears, cut each pear lengthwise into thin slices. Toss with lemon juice, sugar and vanilla. Set aside until ready to use.
2. To make the cake, preheat oven to 350°F. Butter and flour a 9" spring-form pan, set aside.
3. Whisk together flour, baking powder, cardamom and salt in a bowl and set aside.
4. Cream together butter and sugar in the bowl of an electric mixer until light and fluffy; about 4 minutes. Add in lemon zest and allow to mix for an additional minute. Add in eggs one at a time. Mix in vanilla.
5. Stir dry ingredients into wet in two additions. Mixing just to combine.
6. Spread half the batter evenly into the bottom of prepared pan. Place pear slices evenly on top of batter. Spread remaining batter over the pear slices and lay the rest of the slices on top in a decorative pattern. Sprinkle with turbinado sugar and bake for 40-50 minutes until top is browned and cake is baked through.
7. Remove from oven and allow the cake to cool in the pan for 10 minutes. Remove from the pan and allow to cool on a cooling rack for another 30 minutes. Slice and serve cake warm or at room temperature.

Nutrition Facts

Serving Size: ½ cup pears, sliced (70g)

Calories 41

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 9%

Sugars 7g

Protein 0g

Vitamin A 1%

Calcium 1%

Vitamin C 5%

Iron 1%