



Taste and Savor

1 Quick Recipe:

Pear and Blackberry Crumble

- 4 Large Red Pears, cut in 1" pieces
- 4 - 8 OZ *Raw Sugar, divided
- 8 - 12 OZ Blackberries
- 1 Cup Whole Wheat Flour
- 4 OZ Unsalted Butter, in small pieces
- 4 OZ Shelled Pistachios, chopped
- Vanilla Ice Cream or Gelato to serve

Step One To make the crumble topping, place the flour, butter and a pinch of salt in a large bowl and rub together with your fingers, (or a pastry cutter, or 2 knives), until the mixture looks like coarse bread crumbs. Add the pistachios and half of the sugar, then stir to combine.

Step Two To make the filling, add the pears, the remaining half of the sugar and the blackberries to a bowl. Stir and then place in individual ramekins or one large

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



casserole dish. Sprinkle the crumble mixture evenly over the fruit. Bake for 20-25 mins if small, 40 mins if large, until golden. Remove from the oven, cool slightly, then serve with ice cream.

2 Kitchen Scoop

I've given you a range of sugar amounts for this recipe, because I really like lightly sweet desserts. Less sugar allows the fruit to shine, and also makes the wine really go very well with the crumble. I also like raw sugar. It's a teeny bit better for us because its less processed, (but still sugar), and it has a more robust flavor.

3 Clever Idea

You can use any kind of fruit with this recipe – but I would avoid citrus as it will make it very juicy 🍊 I used blackberries with the pears, as they seem to be a little more flavorful in the winter – you can also try blueberries during this season. Also – try frozen fruit! Apples in the winter and peaches in summer are a super pair with blackberries, strawberries or blueberries. Shake it up and make this recipe your own!

4 Cheers!

Le Canon De Cote Montpezat
Rosé

Bordeaux France About \$15

Maybe you think that a "Bordeaux" wine must always be red! Au contraire mon amie! This delicious wine is a blend of 60% merlot and 40% cabernet franc. Its made from direct pressing of the grapes without maceration, (losing the skins in the process), resulting in a beautiful pink color and retain its lovely freshness. I love this wine with any kind of fruit salad or a lightly sweet dessert like this pear and blackberry crumble.