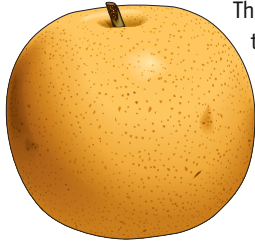


Asian pear


Pyrus spp., Rosaceae




Asian pear

The fruit of a tree originally from Asia. The Asian pear is probably the ancestor of the pear, and is part of the same family. Most Asian pears are round; only a few are pear-shaped. Their fine, smooth and edible skin can be yellow, green or golden brown. Their flesh is very juicy, slightly sweet and mild like that of the pear with a very crunchy texture like that of the apple. It is sometimes grainy, depending on the variety.


BUYING

 **:: Choose:** a perfumed Asian pear with no marks and relatively heavy for its size. It stays firm when ripe, but its thin skin makes it fragile. Surface bruising will not affect the flesh.

SERVING IDEAS

 The Asian pear is mainly eaten plain, as its flavor is easily masked by other foods. It is added to fruit salads and mixed salads. Asian pear adds an unusual texture to sautéed or stir-fried dishes. It works well with cream cheese and yogurt. Its juice is excellent and refreshing.

PREPARING


 The Asian pear is often sliced into rounds to highlight its star-shaped core. It is often eaten peeled so that the flesh can be better appreciated.

NUTRITIONAL INFORMATION



water	88%
protein	0.5 g
fat	0.3 g
carbohydrates	11 g
calories	42
<i>per 3.5 oz/100 g</i>	

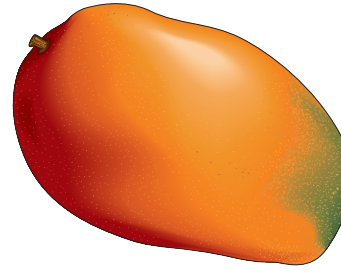
CONTAINS: potassium.

COOKING

 The Asian pear requires a slightly longer cooking time than the pear; it keeps its shape when **poached** or **baked**.

STORING

 **:: At room temperature:** a few days.
 **:: In the fridge:** 2 months, individually wrapped in paper towel, then in a loosely closed or perforated plastic bag. Brown-skinned Asian pears keep longer than green-skinned ones. Yellow-skinned pears are the most fragile.




mango

Mango

Mangifera indica, Anacardiaceae


The fruit of the mango tree, a tree thought to be originally from India. It is related to the pistachio and cashew trees. The mango is round, oval or kidney-shaped, depending on the variety. Its thin, smooth skin is green, yellow or scarlet. It can be tinted with red, purple, pink or orange-yellow. Its orange-yellow flesh is often mild-flavored like the peach, which has earned it the nickname “the peach of the tropics.” It is sometimes fibrous but more often smooth, melting, juicy, sweet and aromatic, depending on the variety. The flesh clings to a large, flat seed. Its slightly acidic and spicy taste can be surprising.

BUYING

 **:: Choose:** a mango that is neither too hard nor too wrinkled, with a pleasant smell.

A ripe mango emits a sweet perfume and yields to gentle finger pressure. There may be black spots on the skin, a sign of advanced maturity.

SERVING IDEAS

 Mango is eaten plain or used in fruit salads, cereals, crepes, ice creams, yogurts and sorbets. It is made into juice, jam, coulis, marmalade, jelly or compote. In Asia and the Caribbean, it is used when still immature, raw or cooked, as a vegetable, an hors d'oeuvre or an accompaniment to meats and fish. It is used in soups and sauces. Fully ripe mango is delicious with poultry, ham, duck, pork, fish and legumes. In India, green mango is a basic ingredient in traditional chutneys.

NUTRITIONAL INFORMATION

water	82%
protein	0.5 g
fat	0.3 g
carbohydrates	17 g
calories	65
<i>per 3.5 oz/100 g</i>	


EXCELLENT SOURCE: vitamin A and vitamin C.

GOOD SOURCE: potassium.

CONTAINS: copper.

PROPERTIES: mango that is not quite ripe is said to be laxative. Mango skin can cause allergic cutaneous reactions and irritate the skin and the mouth.

STORING

 **:: At room temperature:** for ripening. Place mango in a paper bag to accelerate the ripening process.
:: In the fridge: ripe, 1-2 weeks.
:: In the freezer: cook in a syrup or purée, with or without added sugar, lemon or lime juice.