

Pyrus Communis

PERO - PEAR - POIRE - BIRNE

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HISTORICAL BACKGROUND:

The pear tree belongs to the rosacea family. Some pear trees are fruit producing trees while others are grown as ornamental trees for their delicately coloured blossom.

The pear is native to coastal and temperate regions of the Old World, from Western Europe and North Africa right across Asia. Most are hardy, withstanding temperatures of up to 23° C and 26° C in winter.

According to a legend, Polyphemus in order to impress the beautiful nymph Galatea, listed to her all his possessions: lands, forests, beaches, flocks of animals and even an orchard of pear trees. Homer, on the other hand in the Odyssey talks about a pear tree being among the plants in the garden of King Laertes. The white flowering pear tree predates the Christian era. It was brought to Greece in 600 BC and its cultivation continued through to Roman times. The Roman historian Cato mentioned only six varieties of pear tree in his writings, but just two centuries later the naturalist Pliny the Elder mentioned 40 varieties. Louis XIV`s gardener Jean de Baptiste the Quintine bragged that he had identified 500 varieties of pear tree which he described in a publication in 1690, "Instructions pour les jardins et fruitiers potagers".

*BOTANICAL AND AGRICULTURAL
FEATURES / PRODUCT DESCRIPTION:*

- *FAMILY: Rosacea*
- *MINIMUM TEMPERATURE: - 23° /26°*
- *MAXIMUM HEIGHT: 6/7 mt*
- *BLOOM: Spring*
- *FLORWER COLOR: White*
- *PRUNING: February*
- *SOIL: well-drained and rich in organic matter.*

PEAR VARIETIES:

- *ABATE FETEL:*

Large fruit, greenish yellow and russet skin, white pulp, sweet and juicy.

Harvest: Early September

- *BELLA DI GIUGNO:*

Small, elongated fruit; yellow skin with red blush, white pulp.

Harvest: Late June

- *BLANQUILLA:*

Medium to large, greenish-yellow fruit.

Harvest: Late June

- *BONNE LOUISE:*

Medium to large fruit, brownish-yellow skin, sweet and juicy.

Harvest: Mid-September

- *BUTIRRA HARDY:*

Medium to large fruit with a slightly acidic taste.

Harvest: Late August / Early September

- *CHARNEAUX:*

Yellow skin with brown blush.

Harvest: Mid-September

- *CONFERENCE:*

size fruit, greenish yellow, russeting.

Harvest: Late August/Early September

- *COSCIA:*

average size fruit, skin green at picking turning yellow when ripe yellow, white, juicy flesh.

Harvest: Late June

- *DOYENNE DU COMICE:*

Large fruit, greenish yellow.

Harvest: Mid-September

- *GRAFTWOOD BETH:*

Small to average size fruit, skin green at picking turning yellow when ripe, creamy white flesh, sweet and juicy.

Harvest: Late August

- *GRÄFIN VON PARIS:*

Medium size fruit, green fruit with russet spots.

Harvest: Mid-November

- *LEONARDETTE:*

Large fruit, greenish-yellow, streaked with red.

Harvest: Mid-September

- *MUSO DI DONNA:*

Yellow fruit.

Harvest: Late September

- *KAISER:*

Large russet fruit, firm flesh.

Harvest: Mid-September

- *PASSACRASSANA:*

Large fruit, yellowish-green color, firm, whitish flesh, firm, grainy and sweet.

Harvest: Late September / Early October

- *PRECOCE MORETTINI:*

Small fruit, greenish-yellow, sweet and fragrant pulp.

Harvest: Late June

- *SAN PIERO:*

Small, greenish-yellow fruit.

Harvest: Late June

- *SPADONA D`ESTATE:*

Average size fruit, white, sweet and slightly sour.

Harvest: Early August

- *TENDRAL:*

Large fruit, light green with red streaks, white flesh.

Harvest: Late June / Early August

- *WILLIAM YELLOW:*

Yellow fruits with soft, sweet, white flesh.

Harvest: Mid-August

- *WILLIAM RED:*

Small, red fruit.

Harvest: Mid-August

BLOOM

The white flowers of the brief blossoming of the pear tree are considered by many civilizations as a symbol of justice, purity, wisdom, love and beauty.



TRAINING AND ORNAMENTAL USES



*HALF-STANDARD TREE:
Half-standard tree for the home
orchard.*



*STANDARD TREE:
Suitable for parks and tree-lined
avenues or roads in the country.*



*DWARF TREE:
suitable for terraces, balconies or
small gardens.*



*DOUBLE U CORDONS:
Plants suitable for terraces,
balconies or small gardens.*



*ESPALIER PLANTS:
An attractive way to delimit areas of the garden,
orchards or garden paths
Perfect for a border of flowers or herbs at its base.*

PLANTING:

The best period for planting runs from the beginning of autumn to the beginning of spring.

Place the root ball in a hole (60-70 cm wide for a three-year-old plant grown in a 15 litre pot with a 30 cm diameter).

Once placed in the hole, make sure that the top of the soil of the root ball is flush with the ground.

Fill the hole with the previously removed backsoil. This should be broken down, crumbled and mixed with 20-30% potting soil.

Once the plant is in the hole, use a wooden support or pole to avoid uprooting in case of wind.

Using plastic ties secure the plant to the pole at a height of about 1 metre, leave enough room to allow for the growth of the plant

With the remaining backsoil make a well around the base of the plant, approximately 60-70 cm in diameter with a 15cm lip for three-year-old plants grown in 15 litre pots with a 30cm diameter.

The well helps ensure the proper irrigation of the plant. It prevents water dispersion and allows water to reach the root system.

Fill the well with a 10/15 cm layer of pinewood chips. In addition to slowing the growth of weeds, the chips also help conserve moisture and stop the soil from drying out.

Water well just after planting and repeat every 7/10 days during the growing season.

*HOW TO PLANT
A THREE-YEAR-OLD FRUIT TREE
IN A 15 LITRE VASE*



HEALTH BENEFITS:

From a botanical point of view, pears like apples and quinces are “false” or accessory fruits. The real fruit is actually the core, while the edible portion is tissue covered by a fibrous skin.

Pears are rich in vitamin B1, B2, B3, B4, B5, B6, B7, essential for cell construction. They are rich in calcium and potassium and are good for bones. This fruit has vasodilator and anti-arrhythmic properties and can help slow heartbeat and lower blood pressure thanks to the presence of magnesium and potassium.

Pears are a good source of vitamin C, containing 4mg per 100g. This vitamin plays a vital role in collagen synthesis and in strengthening the immune system, thus making it an important ally in the fight against viruses and bacterial infection. Pears also help keep allergies in check, as they are a natural anti-histamine.

NUTRITIONAL CHARACTERISTICS:

*10 g fresh Pears contain 58 calories
(96.1% carbohydrate, 2.2% protein, 1.7% fat)*

<i>Nutritional value per 100 g of Pear</i>		
<i>Energy value (calories)</i>	<i>58</i>	<i>kcal</i>
<i>Protein</i>	<i>0,38</i>	<i>g</i>
<i>Carbohydrates</i>	<i>15,46</i>	<i>g</i>
<i>Sugars</i>	<i>9,8</i>	<i>g</i>
<i>Fats</i>	<i>0,12</i>	<i>g</i>
<i>Saturated fats</i>	<i>0,006</i>	<i>g</i>
<i>Monounsaturated fats</i>	<i>0,026</i>	<i>g</i>
<i>Polyunsaturated fats</i>	<i>0,029</i>	<i>g</i>
<i>Cholesterol</i>	<i>0</i>	<i>mg</i>
<i>Dietary fibre</i>	<i>3,1</i>	<i>g</i>
<i>Sodium</i>	<i>1</i>	<i>mg</i>
<i>Alcohol</i>	<i>0</i>	<i>g</i>

IN THE KITCHEN

PEAR JAM:

INGREDIENTS:

- 1 kg e 200 g pear
- 500 g sugar
- 50 ml water
- 1 lemon



METHOD:

Wash and peel the pears, remove the core and seeds and cut into pieces. Place in a pan with non-stick bottom; add the lemon juice, zest and water. Bring to the boil and simmer over a medium heat for 15 minutes.

Turn off the heat and add the sugar a little at a time, mixing well. Place back on the heat, bring to the boil and simmer on a low heat for about 60 minutes.

To check the consistency of the jam, place a teaspoon of jam on a cold plate. If you tip the plate, the jam should stick without running.

Pour the jam into hot, dry sterilized jars. Close well and turn upside down until the jars are completely cool. Place the jars in cold water, wrap a tea towel around them to protect the glass and cover completely with at least 6 cm of water. Bring to the boil for 25 minutes. Turn off the heat and let the water cool with the jars inside. The jam is at its best if left three months before eating.

PEAR TARTE TATIN:

FOR GLUTEN FREE PASTRY (see p. 17)

FOR VEGAN PASTRY RECIPE (see p. 19)

TRADITIONAL INGREDIENTS:

- *8 Pear Kaiser*
- *70 gr butter*
- *50 gr brown sugar*
- *1 portion flaky pastry*
- *1 egg yolk*
- *powdered cinnamon*



METHOD:

Peel the pears, cut them into quarters lengthways, remove the core, and set aside. Next in a large non-stick pan, melt the butter, add the and sugar and stir with a wooden spoon, over a medium heat, until the butter and sugar turn a dark caramel color.

Place then pears in the pan and cook for a few minutes, turning them gently in order to coat in the caramel.

Carefully place the pears, rounded-side down, in a 22 cm tin. Pour the caramel over the pears and sprinkle with cinnamon. Roll out the pastry to form a circle the same size as the tin. Cover the pears with the pastry and push down firmly. Bake at 180°C for 30 minutes. Remove from the oven when the pastry is golden brown. Turn onto a plate. Serve warm with whipped cream or vanilla ice cream.

CRUNCHY HAZELNUT BAKE WITH PEARS:

FOR GLUTEN FREE PASTRY RECIPE (see p. 15)

FOR VEGAN PASTRY RECIPE (see p. 16)

INGREDIENTS:

- *1 jar Nocciolata Rigoni di Asiago*
- *2 pear kaiser*
- *1 whole egg*
- *2 egg yolks*
- *300 gr plain flour 00*
- *125 gr butter*
- *1/2 tbls baking powder*
- *100 g sugar*
- *icing sugar*



METHOD:

Cut the butter into pieces, leave to soften and mix with the sugar. Beat the eggs and add them to the butter and sugar. Place the flour and baking powder in a bowl, make a well and add the butter, sugar and eggs. Gradually mix together and bring together to form a ball.

Wrap in cling film and leave to rest in the fridge for at least half an hour. Split the mixture into two parts, one twice the size of the other. Roll out the largest portion to line a 22 cm round baking tin. Spread with the hazelnuts. Peel and slice the pears and place them in an overlapping spiral pattern over the hazelnuts.

Using fingers crumble the smaller portion of pastry evenly over the pears and hazelnuts.

Bake in a preheated oven at 180°C for about 30 minutes. Remove from the oven and dust with icing sugar.

GLUTEN-FREE PASTRY:

Gluten-free pastry is a traditional Italian pastry recipe, ideal for people who suffer from celiac disease and are intolerant to gluten. Gluten-free pastry replaces plain flour with rice and corn flour.

INGREDIENTS:

- 250 g rice flour
- 100 g corn flour
- 125 g butter
- 2 eggs (4 egg yolks)
- 1 teaspoon baking powder



METHOD:

Put the rice flour and the corn flour in a food processor along with the pieces of butter from the fridge. Pulse several times until the ingredients resemble fine breadcrumbs. .

Add the sugar, eggs, baking powder and mix again for a few seconds. Turn the mixture out onto a floured work surface and form a ball. Wrap in cling film and leave to rest in the refrigerator for about 40 minutes.

Your gluten-free pastry is ready to use!

N.B. You do not need to add any extra flavourings as the flour used will already give the gluten-free pastry a good taste. If you prefer a darker-yellow pastry use 4 egg yolks instead of 2 whole eggs.

VEGAN PASTRY RECIPE:

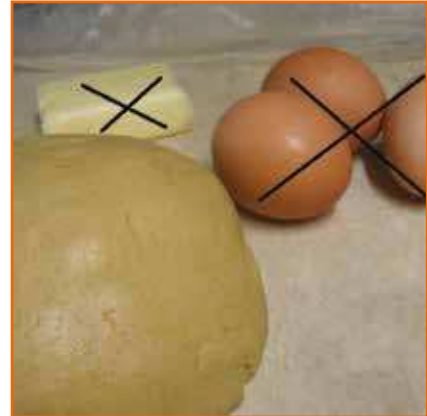
The vegan pastry uses oil instead of butter. It is the perfect base for your sweets and deserts!

This recipe makes a light and crumbly short crust pastry ideal for cakes and biscuits.

In just a few minutes, you can make this simple and delicious vegan pastry!

INGREDIENTS:

- 130ml corn oil
- 200ml salt water
- zest of an organic lemon
- 90g brown sugar
- 300 g wheat seed flour



METHOD:

In large bowl whisk together the corn oil and lightly salted water. Add the grated rind of the lemon, avoiding grating in the pith, which has a slightly bitter taste.

Add the brown sugar and flour and work the ingredients together to form a ball. Before using the vegan pastry, leave to rest in the fridge for at least thirty minutes.

GLUTEN-FREE FLAKY PASTRY

INGREDIENTS:

- 80 g gluten-free bread mix e.g. Schar Mix B + 2 tablespoons to work the dough
- 100 g butter
- 80 g gluten-free flour e.g. Glutafin select
- 80 ml cold water



METHOD:

Wrap a 100g piece of butter in foil and put in the freezer for at least 30 minutes. Next, sift the flour into a bowl, take the butter out of the freezer and remove the foil. Leave a small strip either side which allows you to pick up the butter without the heat from your fingers melting it. Grate the butter into the flour using the coarsest grating edge. To stop the butter sticking to the grater dip the end into the flour. Using a metal spoon (never your fingers) work the butter into the flour to get a coarse, grainy mixture.

Add the cold water, a little at a time, until the mixture comes together to form a ball. Wrap in cling film and leave to rest in the refrigerator for an hour. Remove the pastry from the fridge and roll out into a 3-4mm thick rectangle on a well-floured surface. Fold the right and left edges of the pastry into the center of the rectangle. Next, fold the left side over the right as if closing a book. Turn the pastry 90° so the open end is on the left.

Roll out the dough on a well-floured work surface. Repeat the folding and turning a further 3 times.

Should the pastry start getting sticky return to the fridge and chill for 30 minutes.

After the final fold, wrap the pastry in cling film and chill for at least 40 minutes before using. The pastry can be kept in the fridge for up to 2 days or kept in the freezer for up to 3 months. Remove from the freezer and put in fridge at least 12 hours before using.

PUFF PASTRY VEGAN RECIPE:

INGREDIENTS FOR THE DOUGH:

- *500 g flour 00*
- *10 g salt*
- *150 g of water*



METHOD

In a large bowl mix together the flour, salt and water. Beat and knead for at least 15 minutes until smooth.

Leave to rest in the fridge for 30 minutes. The dough should be elastic.

INGREDIENTS FOR THE MARGARINE DISK :

- *200 g of margarine*
- *50 g flour 00*

HOW TO PREPARE THE MARGARINE DISK:

In a bowl mash together the margarine and flour. Spread out on baking parchment with a silicon spatula to form a 1cm thick rectangle. Leave in the refrigerator for half an hour.

METHOD FOR PUFF PASTRY:

On a floured work surface roll out the dough into a 30 cm square. Keep the edges straight and even. Remove the baking parchment from the chilled margarine disk and place crosswise in the center of the square. Close the four flaps of dough, overlapping them slightly to enclose the rectangle of margarine and seal the edges.

Roll out the dough again, taking care not to let the butter break through the dough, to about 1/2 inch thickness. Fold into thirds. This is the first “turn”. Rotate the dough 90 degrees and roll out into a rectangle again. Fold into thirds. By this time the butter is starting to warm up, wrap in plastic film and refrigerate for at least 30 minutes. Repeat this rolling, folding and turning two more times, then refrigerate until firm. Repeat two more times for a total of 6 “turns”. Wrap and refrigerate for an hour. The dough is now ready to roll out and use. Prick with a fork and bake blind at 200°C per 20 minutes. Cover the pastry with baking paper weighed down with rice or baking beans.

If you want to use the pastry for a Tarte Tatin, you must not bake blind but use directly with uncooked apples.

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