

# Tips & Tricks

with Pacific Northwest Canned Pears



**Pacific Northwest  
Canned Pears**  
Always ripe. Always ready.

Add flavor and texture, save time, reduce food waste, and maintain consistency with delicious, convenient, and versatile Pacific Northwest canned Bartlett Pears.

## Weights & Yields

No. 10 can juice or light syrup	Weight	Measure of fruit, drained	Weight of fruit, drained	Measure of drained liquid	Weight per each
Halves	105 oz	25 halves or 7-3/4 cups	63 oz	5 cups	1 half = 2.64 oz
Diced	106 oz	9-1/2 cups	67 oz	5 cups	1 cup = 7.45 oz
Sliced	105 oz	7-3/8 cups	59.6 oz	5 cups	1 cup = 7.13 oz

Source: USDA Food Buying Guide Yield Table

## Use the Juice

Each #10 can has about 5 cups of juice that can be used to add a touch of sweet and texture to salad dressings, entrées, marinades, soups, sauces, baked goods, and smoothies.



# Quick Flavor Hacks

Ripe, juicy canned Bartlett pears are ready for last-minute labor-saving solutions.

- Sprinkle canned pears with chili lime seasoning for a side or snack.
- Season sliced or diced canned pears with apple pie spice. Heat on the stove, with the juice, thicken with cornstarch. Serve on ice cream, oatmeal, pancakes.
- Top a grilled pear half with goat cheese and chopped, roasted poblano peppers.
- Toss pear halves with melted butter, honey, and salt. Roast at 400 degrees F for 15-20 minutes. Top with crumbled feta or blue cheese and fresh herbs.
- Did you know that canned pears and their juice can replace or reduce the use of other sweeteners? Always taste!



## Caramelize for Flavor & Texture

Roast canned pears at 400 degrees F to caramelize the sugars and add a flavor pop to salads, desserts, pizza, and more.



## Streamline High-Volume Smoothie Production

Canned Bartlett pears are an easy way to add body and flavor to your smoothies. To streamline production for high-volume settings, all you need is a commercial immersion blender and a food-grade bucket with a spigot. Add fruit, yogurt, and other ingredients and blend until smooth. Dispense using the spigot. Food grade buckets come in different sizes. If your bucket does not have a spigot use a ladle or pitcher to portion for service. When serving an 8-ounce smoothie with ½ cup fruit and 4 ounces of yogurt, a 6-gallon bucket will hold 96 8-ounce servings.



## Buy American

Bartlett pear trees—an heirloom pear variety that has the perfect flavor and texture for canning—thrive in ideal growing conditions in the Pacific Northwest. After being harvested by hand, pears are delivered to nearby canneries where they are carefully ripened, peeled, cored—and halved, sliced or diced—before being poached in juice or sweetened syrup, right in the can. This time-honored canning process keeps pears ripe, juicy, and ready to eat.

Buying canned pears from the Pacific Northwest supports American agriculture and food grown on family farms. Check the label for “Product of the USA” to be sure you’re getting the highest quality.



Visit [eatcannedpears.com](http://eatcannedpears.com) for information, recipe inspiration, and resources.