

FROM CAN TO PAN – RECIPES EPISODE 3

RECIPE 1: CURRIED PEARS

Ingredients:

50ml white vinegar
10ml curry powder
10ml turmeric
5ml salt
6 medium onions, sliced into rings
1 can - pear halves
100g sugar (125ml)
20ml cornflour

Method:

1. Boil vinegar, curry powder, turmeric, salt and onion rings together until onions are soft.
2. Add pears, juice and sugar. Boil gently until sugar dissolves. Remove from heat.
3. Mix cornflour with a little water. Add to the pear mixture and return to the heat, stirring continuously until it boils.
4. Chill in the fridge.



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RECIPE 2: GEM SQUASH WITH APRICOT GLAZE

Makes 4 servings

Ingredients:

2 medium Gem squash
Canned pie apples
Canned apricots and juice
2 tbsp. honey
1/4 tsp. ground nutmeg
2 tbsp. butter

Method:

1. Halve squash; remove and discard seeds.
2. Boil in water or Micro-cook, on 100% power (high) for 13 to 16 minutes or until just tender, giving dish a half turn once.
3. In a small bowl combine apple and apricot slices, nectar, honey and nutmeg.
4. Turn squash over, cut side up.
5. Spoon fruit mixture into squash halves. Dot with butter.
6. Micro-cook, covered with waxed paper, for 5 to 7 minutes or until fruit is hot. Sprinkle with additional nutmeg if desired.



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