

FOR IMMEDIATE RELEASE

Contact: The Londre Company, Inc.

323-851-8230

Lisa Lyons x106

llyons@londre.com

Suzanne Finne x102

sfinne@londre.com

Good Eats for the Great Outdoors

Hungry Hikers, Ravenous RV'ers Reach for Pacific Northwest Canned Pears

YAKIMA, Wash. (Apr. X, 2003) – As winter's chill turns to summer's warmth, Americans head outdoors to enjoy nature's bounty -- from mountain streams to sandy beaches, desert canyons to rolling plains -- our nation is a panorama of vistas begging to be seen up-close.

And a really great meal can often put the crowning touch on an outdoor travel experience. Whether it's frying freshly-caught rainbow trout in a cast-iron frying pan or simmering camp stew over a campfire, Americans' love affair with outdoor cooking reaches back to the pioneers. But today's cooks have a much easier time of it than our forefathers did, thanks to a vast array of canned, pre-packed and convenience foods that make cooking on the road a breeze.

Canned fruits, in particular, have made it possible for a variety of dishes to be enjoyed year-round rather than just "in season." Canned pears from the Pacific Northwest add fresh flavor, crisp texture and versatility to many dishes, not just desserts. Next time plans call for dining under open skies, try some of these tasty recipes and see if they make the event even more special.

-more-

CANNED PEARS GREAT OUTDOORS RECIPES
2-2-2-2

Salmon Burgers with Cuban Pear Mojo Sauce
(4 Servings)

“Mojo” sauce is a spunky garlic and chile sauce flavored with lime and, in this case, the refreshing juice from canned pears. It’s a savory flavor-maker for grilled salmon!

Mojo Sauce:

2 teaspoons olive or vegetable oil
2 jalapeño or Serrano chiles, seeded and minced
4 cloves garlic, minced
One (15 oz.) can pears, sliced
3 tablespoons lime juice
_ teaspoon salt

Burgers:

1 1/4 pounds salmon fillet, skinned
4 thick slices red onion
4 Kaiser or onion rolls, toasted

Instructions:

In a medium saucepan, heat oil; sauté chiles and garlic for 1 minute, stirring frequently. Remove from heat. Drain pears, reserving three tablespoons of the juice. Stir the reserved pear juice, lime juice and salt into saucepan. Return pan to heat and bring mixture to boiling. Remove from heat; set aside.

For salmon, prepare medium-hot coals. Cut salmon into four pieces to make four square “burgers.” Arrange salmon pieces on grill; brush with some of the Mojo sauce. Grill salmon five minutes, brushing again with sauce. Add onion slices; brush salmon and onion with Mojo sauce. Grill for five to seven minutes more until salmon flakes easily with a fork.

Transfer salmon to toasted buns; top each burger with onion and sliced pears. Drizzle with additional Mojo sauce. Add bun tops and serve.

Prep time: 20 minutes + cooking time

-more-

CANNED PEARS GREAT OUTDOORS RECIPES
3-3-3-3

Barbecued Pear & Chicken Kabobs
(Makes 4 Servings)

Since the pears and peppers don't require as much grilling or broiling time, thread them on separate skewers to cook after the chicken is partially done.

Ingredients:

One (15 oz.) can pear halves
_ cup bottled barbecue sauce
2 tablespoons honey
1 tablespoon Dijon mustard
1 clove garlic, minced
8 kabob skewers
1 red, green or yellow sweet bell pepper, cut into 1_-inch squares
1 pound boneless, skinless chicken breasts or thighs, cut into 1_-inch chunks

Instructions:

Preheat grill or broiler. Drain pears, reserving juice. Cut pears into 1_-inch chunks; set aside. In a bowl stir together barbecue sauce, honey, mustard, garlic and 3 tablespoons of the reserved pear juice.

On four skewers, alternate the pear and bell pepper pieces. On remaining skewers place chicken pieces. Brush all skewered ingredients liberally with the sauce mixture. Grill chicken skewers over medium coals for 10 minutes, brushing occasionally with sauce.

Add pear-pepper skewers; grill for 5 to 7 minutes more, or until chicken is no longer pink and pears and peppers are heated through. Serve one chicken kabob and one pear kabob per serving.

Prep time: 20 minutes + cooking time

-more-

CANNED PEARS GREAT OUTDOORS RECIPES
4-4-4-4

Fire and Ice Salsa
(Makes 4 cups)

This salsa is superb for chips, but try it also on grilled chicken, burgers, pork and beef. It also makes a great sandwich condiment. Refrigerate for up to a week.

Ingredients:

One (15 oz.) can pears, halved or sliced
1_ cups finely chopped seedless watermelon, drained
1 cup finely chopped red or yellow sweet bell pepper
1/2 cup minced green onion
1/3 cup minced cilantro
2-3 jalapeno or Serrano chiles, seeded and minced
3 tablespoons lime or lemon juice

Dippers: Tortilla chips or fresh vegetable sticks

Instructions:

Drain pears well and chop finely. In a medium bowl combine the pears, watermelon, bell pepper, onion, cilantro, chiles and lime juice until blended. Let stand for 15 minutes to allow flavors to blend, or cover and chill up to several hours before serving time. Serve with desired Dippers.

Prep time: 20 minutes

For more delicious serving tips, and to sign up for a quarterly e-newsletter with fresh new recipes and ideas, visit the Pacific Northwest Canned Pears website at www.eatcannedpears.com.

###