



Pear Butter



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



60

CALORIES



46 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 star anise
- ☐ 2 Tbsp ginger fresh chopped
- ☐ 2 cups water
- ☐ 1 cup juice of lemon
- ☐ 2 cups sugar (adjust down or up given the sweetness of the pears)
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon zest

- ☐ 4 lbs core them chopped (remove any bruised or damaged parts)

Equipment

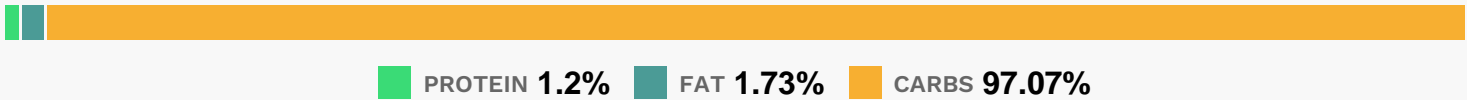
- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ oven
- ☐ pot
- ☐ mortar and pestle

Directions

- ☐ Cook chopped pears with star anise, ginger, water, and lemon juice: Put chopped pears, star anise, and ginger into a large pot.
- ☐ Add 2 cups of water and 1 cup of lemon juice.
- ☐ Bring to a boil, reduce to a simmer, cover, and cook until the pears are completely soft, anywhere from 25 to 40 minutes.
- ☐ Remove from heat.
- ☐ Push cooked pears through food mill: Fish out and discard the star anise from the pear mixture. Ladle the pear mixture (liquid included) into a chinoise or food mill and (use a pestle if using a chinoise) force the mixture through to a large bowl below.
- ☐ Discard remaining solids (seeds, stems, tough parts).
- ☐ Add pear purée, sugar, spices to pot: Measure the resulting purée, and pour into a large (8-qt), wide, thick-bottomed pan. For every cup of pear purée, add 1/3 to 1/2 cup of sugar (adjust given the sweetness of the pears). Stir to dissolve the sugar.
- ☐ Add the cardamom, nutmeg, and lemon zest. Taste and adjust seasonings if necessary.
- ☐ Cook until thick: Cook on medium heat, stirring often to prevent the purée from sticking to the bottom of the pan and burning. Cook until the mixture is quite thick, and a small bit placed on a chilled plate is not runny.
- ☐ This can take anywhere from 45 minutes to 2 hours, depending on the batch.
- ☐ Sterilize jars for canning: While the mixture is cooking, sterilize the jars for canning.
- ☐ To sterilized the jars, either

- ☐ run them through the short cycle of your dishwasher,
- ☐ rinse them and place them in a 225°F oven for 10 minutes, or
- ☐ place them on top of a steaming rack in a large pot of water which you bring to a boil for 10 minutes.
- ☐ Pour pear butter into jars to can: When the pear butter is ready, pour into hot, sterilized jars and seal, allowing for 1/4-inch head space between the pear butter and the rims of the jars.
- ☐ If you plan to store the pear butter outside of a refrigerator, follow proper canning procedures.
- ☐ Before applying the lids, sterilize them by placing them in a bowl and pouring boiling water over them.
- ☐ Wipe the rims of the jars clean before applying lids. Use a hot water bath* for 10 minutes to ensure a good seal.
- ☐ Place on a steaming rack in a large pot of boiling water that covers the jars by at least an inch.

Nutrition Facts



Properties

Glycemic Index:3.43, Glycemic Load:6.14, Inflammation Score:-1, Nutrition Score:0.73695650955905%

Flavonoids

Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 46.01kcal (2.3%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 11.53g (3.84%), Net Carbohydrates: 10.57g (3.84%), Sugar: 9.7g (10.77%), Cholesterol: 0mg (0%), Sodium: 0.84mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.14g (0.29%), Fiber: 0.97g (3.87%), Vitamin C: 2.97mg (3.6%), Copper: 0.03mg (1.35%), Vitamin K: 1.15µg (1.09%), Potassium: 36.37mg (1.04%)