

# Cranberry Pear Relish

*Yield: 12 servings*

*Portion Size: ¼ cup*

*Component contribution: ¼ cup fruit*

## Ingredients

7.25 oz	Fresh pears, skin-on, cored, diced
11 oz	Fresh cranberries
½ cup	Granulated sugar
2oz	Raisins
4oz	100% apple juice

## Instructions

- HACCP Process #3: Complex food preparation with cold finished product
  - CCP: Wash pears and cranberries thoroughly to remove any dirt and contaminants.
  - CCP: Wear gloves to prevent bare hand contact.
1. Combine all ingredients in a sauce pot.
  2. Bring to a boil and simmer until cranberries begin to break open (approximately 15 minutes once it begins to boil), stirring frequently.
  3. CCP: Cool to 70°F within 2 hours, and then to 41°F or lower within an additional 2 hours.  
CCP: Hold for cold service at 41°F or lower.

Note: This recipe can also be used as a hot side. If holding and serving hot, then follow:

- HACCP Process #2: Same day service
- CCP: Heat to 135° F or higher for at least 15 seconds
- CCP: Hold for hot service at 135°F or higher.

## Nutritionals

Calories	70	Fiber	1.5 gm
Total Fat	0 gm	Sugars	14.8 gm
Saturated Fat	0 gm	Protein	<0.5gm
Trans Fat	0 gm	Iron	1%
Cholesterol	0 mg	Calcium	<1%
Sodium	2.5 mg	Vitamin A (IU)	<1%
Carbohydrates	18.5 gm	Vitamin C	15.5%
		Vitamin D	0%



*Continued*

## Cranberry Pear Relish, cont.

### Contribution Math

#### Raisins:

- Per FBG 1.5oz raisins = 0.25cup volume = ½ cup fruit component
- Purchase Guide: Traditional 1.5oz PC
- Therefore, 1oz raisins = 0.16cup volume
- $0.16 \times 2\text{oz} = 0.33\text{cup volume} = 0.66 \text{ cup fruit component}$

#### Fresh Pears:

- Per FBG 1 cup cooked, pared, fruit halves, sugar added = 1 cup fruit component (closest description available)
- Purchase Guide: There are 1.42 (1 cup) cooked servings per lb of fresh pears.  $16\text{oz}/1.42 \text{ servings} = 11.26 \text{ oz per cup fresh}$
- 1 cup cooked, pared, fruit halves, sugar added = 11.26 oz fresh
- $7.25 \text{ oz fresh pears}/11.26 \text{ oz fresh} = 0.64 \text{ cups cooked}$

#### Fresh Cranberries:

- Per FBG 1 cup cooked cranberries, sugar added, whole berry = 1 cup fruit component
- Purchase Guide: There are 2.77 (1 cup) cooked servings per lb of fresh cranberries.  $16\text{oz}/2.77 \text{ servings} = 5.77 \text{ oz per cup fresh}$
- 1 cup cooked cranberries, sugar added, whole berry = 5.77 oz fresh
- $11\text{oz fresh cranberries}/5.77 \text{ oz fresh} = 1.9 \text{ (1 cup) cooked servings} = 1.9 \text{ cup fruit component}$

*$0.66 \text{ cup fruit component (raisins)} + 0.64 \text{ cup fruit component (pears)} + 1.9 \text{ cup fruit component (cranberries)} = 3.2 \text{ cup fruit component} / 12 \text{ servings} = 0.26 \text{ cup fruit component} = 0.25 \text{ cup fruit component} = \frac{1}{4} \text{ cup fruit component.}$*

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