

CWA of NSW

Product of the Week: Nashi Pears

Nashi pears are a Pome fruit. Apples, pears, nashi and quince are pome fruits, and grown from spring blossom and harvested from late summer through to late autumn. Nashi have an unusual shape looking more like an apple in shape, but this unique fruit has a rich history, once adorning the banquet tables of ancient Japanese Emperors. Nashi's originated in China and Japan and the Chinese brought Nashi's to Australia in the mid 1800's when they came to work on the goldfields.

Nashi were first planted commercially in Australia in 1983 with a harvest of 20 tonnes, increasing to 4500 T by 1992. They have been produced commercially in Australia for over 25 years.

There are several varieties grown in Australia but the most common variety is Nijisseiki. Nashi's are available from March - November and are a great source of antioxidants, Vitamin C and Folate. Nashi are ripe when they are light yellowy-green in appearance. When the nashi is over ripe they turn a richer yellow and begin to lose their unique crisp texture.

Nashi's can be eaten fresh, added to salads, cheese platters, meat dishes, juiced or made into a tasty fruity chutney.

Recipe:

Nashi chutney

(Makes 8-10 jars)

Ingredients:

- 1 kg nashi
- 1 large green apple
- 2 large onions, diced
- 1 tbsp grated lemon rind
- 1 tbsp grated orange rind
- ¾ cup raisins
- 1 cup sugar
- 1 ¼ cups white vinegar
- 1 cup water
- ½ tsp ground ginger
- ¼ tsp ground cloves
- 1 tsp salt

Method:

1. Peel and core nashi and apples and chop.
2. Combine all ingredients in a large heavy based pot.

3. Stir, bring to boil and simmer until thick and syrupy (approximately 60 minutes).
4. Cool slightly and put in warm, sterile jars. Seal jars when cool.
5. Serve on oatcakes with creamy blue cheese accompanied by ripe nashi wedges.

Sterilising jars

To sterilise jars, wash jars and lids in hot soapy water and rinse. Place upside down on tray in warm oven for 20 minutes.

Recipe courtesy of Australian Nashi Growers Association.