

Apple and Pear Crisp

Throughout our travels in the United States, we asked the very well equipped researchers at the Culinary Institute of America to help us track down the real comfort foods that so many of us enjoy. In the midst of the list, came the fruit cobbler or crisp or crumble and wonder of wonders it was the dish we decided to do at the Culinary Institute itself in Hyde Park, New York, near Poughkeepsie. In the midst of later development, the recipe took on a couple of innovative twists and turns out to be a real winner. I might add (for the record) how much I enjoy being a visiting professor of this great culinary school.

Serves 9

Fruit

3 cooking apples (Jonagold, Winesap, Northern Spy or other tart flavorful apple)

3 Bosc pears

2 cups dealcoholized fruity white wine (I like Ariel blanc)

½ cup golden raisins

1/8 teaspoon ground cloves

½ cup low fat vanilla yogurt

Topping

½ cup old-fashioned oats

½ cup low fat graham crackers crumbs, or flour

3 tablespoons sliced almonds

½ cup brown sugar

1 teaspoon cinnamon

¼ teaspoon nutmeg

3 tablespoons butter flavored stick margarine

1. Preheat the oven to 350°F (180°C). Peel and core the apples and cut into eighths. Peel and core the pears and cut into quarters. Place in a large skillet, add the raisins, wine and cloves, and cover with a piece of waxed

paper cut to fit. Bring to a boil, lower the heat and poach gently 15 minutes or until tender but not mushy. Drain, reserving the liquid, and lay the fruit in an 8"x8" (20x20cm) baking dish.

2. Combine the oats, almonds, graham cracker crumbs, sugar, cinnamon and nutmeg in a bowl. Stir in the margarine until the mixture holds together in a crumble. Scatter over the fruit and bake, uncovered, in the preheated oven 30 minutes or until golden and crisp on top.
3. Pour the reserved liquid back into the skillet and boil vigorously until reduced to about 2 tablespoons. Take off the heat and stir in the yogurt. Cut the crisp into 9 pieces and serve with the yogurt sauce.

Per serving: 216 calories, 6 g. fat, 1 g. saturated fat, 4% calories from saturated fat, 41 g. carbohydrates, 4 g. fiber, 72 mg. sodium

Classic per serving: 386 calories, 15 g. fat, 9 g. saturated fat, 21% calories from saturated fat, 63 g. carbohydrates, 3 g. fiber, 208 mg. sodium