



# Sweet and Spicy Pear Sauce

This delicious and creative recipe was given to us by our friend Wendy Masterton from the beautiful Boathouse Bed and Breakfast in Comox, Vancouver Island. She treats her guests to such delicious creations with our spices and we couldn't be happier!

This Moroccan-kissed sauce is great with chicken, beef, pork, fish and lamb dishes. Try it with eggs, on avocado toast, on cream cheese and crackers or as a dipping sauce for veggies. Wendy also loves it on a ham and arugula frittata and with stews. Or just enjoy with nothing but a spoon!

## Ingredients:

6 small pears, cored and chopped  
(leave skin as it gives the most  
flavour)

4 TBL apple cider vinegar

4 pieces of candied pineapple,  
chopped fine

1-2 tsp Moroccan La Kama

1 TBL organic ketchup or tomato  
paste

1 tsp smoked paprika

Sprinkle of salt

## Instructions:

1 - Cook pears in an enameled saucepan until soft. Put through a food mill to remove skin and fiber.

2 - Add the rest of the ingredients to the strained pears.

3 - Return to heat, cook slowly for 5 minutes to blend.

4 - Taste as different pears will have different sweetness/acidity. If it's not sweet enough you can add brown or raw sugar. If too sweet, you can add more apple cider vinegar.

5 - Place in glass jar and refrigerate. It will set up firmly in 2 days, but you can eat it right away.

6 - It Should keep for up to a month in the fridge. you can also make a big batch and freeze or process for canning.

**Spices Used:** Moroccan La Kama  
**(2 Cups) 3-6 Servings**