Pear and Vegetable Sauce



Serves	4 cups
Prep time	20 minutes
Cook time	40 minutes
Total time	1 hour
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe, RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Condiment
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Barbecue

Ingredients

- 4 410g cans Pear halves in syrup
- 1/2 cup Brown sugar (firmly packed)
- 1 1/2 teaspoon Citric Acid
- 1 teaspoon Salt
- 1 Small Swede (chopped and cooked - steamed, boiled)
- 1 Stick Celery (finely chopped)
- 1 Small Leek (finely sliced)
- 1 teaspoon Minced garlic

Directions

1. Drain the pears and pour the syrup into a saucepan. Bring it to the boil and boil until the mixture is reduced by half.
2. Chop the pears. Add the pears and remaining ingredients to the syrup. Reduce the heat and allow to simmer for 15 – 20 minutes, or until thick.
3. Transfer to a food processor (in batches, if needed) and process until smooth.
4. Return to the saucepan and simmer for another 5 minutes.
5. Pour into hot sterilised jars. Once opened store in the fridge.

Note

Low Chemical / Failsafe, Moderate Salicylates

If moderate salicylates are tolerated, substitute carrot and zucchini for celery and swede.