



Asian Pear and Grapefruit Salad with Sake Granita and Pear Sorbet



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



454 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3.5 cups bartlett pears diced ripe peeled (3 large)
- ☐ 2 tablespoons plus light
- ☐ 6 servings fennel fronds fresh for garnish (optional;)
- ☐ 0.8 teaspoon gelatin powder unflavored
- ☐ 4 ruby grapefruits white red
- ☐ 2 large asian pears unpeeled
- ☐ 1.3 cups coarsely sake filtered

- ☐ 1 pinch salt
- ☐ 1.5 cups sugar
- ☐ 1.5 cups water

Equipment

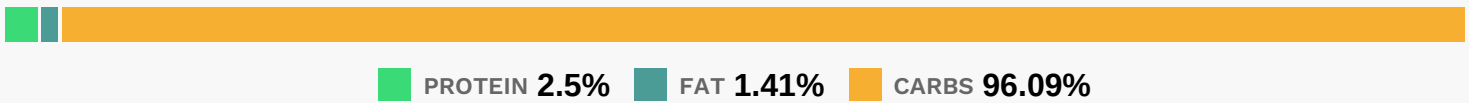
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife

Directions

- ☐ Combine 3/4 water, sugar, corn syrup, and pinch of salt in large saucepan. Bring to boil over medium heat, stirring until sugar dissolves.
- ☐ Add pear pieces and simmer until pears are very tender, stirring occasionally, 8 to 10 minutes. Cool slightly.
- ☐ Transfer mixture to processor and puree until smooth. Chill pear mixture until cold, about 2 hours.
- ☐ Process pear mixture in ice cream maker according to manufacturer's instructions.
- ☐ Transfer pear sorbet to freezer container; cover and freeze until firm. DO AHEAD: Can be made 3 days ahead. Keep frozen.
- ☐ Pour sake into 8x8x2-inch glass dish. Spoon 2 tablespoons water into heatproof custard cup or small bowl.
- ☐ Sprinkle gelatin over.
- ☐ Let stand until gelatin softens, about 10 minutes.
- ☐ Pour enough water into small skillet to come 1 inch up sides; bring to boil. Reduce heat to very low.
- ☐ Place cup with gelatin mixture in hot water in skillet. Stir until gelatin dissolves and mixture is fluid, about 1 minute.
- ☐ Remove cup with gelatin mixture from skillet.
- ☐ Pour gelatin mixture into sake and stir to blend well. Freeze sake mixture until firm, at least 8 hours or overnight.

- ☐ Combine 1 1/2 cups water and 1 1/2 cups sugar in medium saucepan. Bring to boil, stirring until sugar dissolves.
- ☐ Remove from heat. Cool simple syrup until just warm to touch, 20 to 30 minutes.
- ☐ Meanwhile, cut off peel and white pith from all grapefruit. Working over bowl to catch juices and using small sharp knife, cut between membranes to release segments into bowl. Quarter and core Asian pears, then cut lengthwise into very thin slices.
- ☐ Add to bowl with grapefruit.
- ☐ Pour warm simple syrup over fruit. Cover and refrigerate until well chilled, about 2 hours. DO AHEAD: Compote can be made 6 hours ahead. Keep chilled.
- ☐ Arrange 1 layer of pear slices in each of 6 cocktail glasses. Top each with 1 layer of grapefruit segments. Spoon 2 tablespoons syrup from fruit mixture over. Scrape fork all over sake granita to form crystals.
- ☐ Place large spoonful of granita atop fruit in each glass. Top each with 1 more layer of pear slices, then layer of grapefruit segments and scoop of pear sorbet.
- ☐ Garnish with fennel fronds, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index: 39.47, Glycemic Load: 47.27, Inflammation Score: -9, Nutrition Score: 10.571304362753%

Flavonoids

Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg, Cyanidin: 1.58mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg, Naringenin: 55.71mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 453.54kcal (22.68%), Fat: 0.65g (1.01%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 100.34g (33.45%), Net Carbohydrates: 92.67g (33.7%), Sugar: 82.72g (91.91%), Cholesterol: 0mg (0%), Sodium: 18.61mg (0.81%), Alcohol: 8.59g (100%), Alcohol %: 2.18% (100%), Protein: 2.62g (5.23%), Vitamin C: 60.26mg (73.04%), Vitamin A: 2006.04IU (40.12%), Fiber: 7.67g (30.68%), Potassium: 420.44mg (12.01%), Copper: 0.21mg (10.52%), Folate: 32.87µg (8.22%), Magnesium: 29.77mg (7.44%), Vitamin K: 7.1µg (6.77%), Vitamin B6: 0.13mg (6.72%), Vitamin B1: 0.1mg (6.46%), Vitamin B2: 0.1mg (6.18%), Calcium: 58.46mg (5.85%), Manganese: 0.11mg (5.45%), Phosphorus: 52.8mg (5.28%), Vitamin B5: 0.52mg (5.22%), Vitamin B3: 0.61mg (3.06%), Iron: 0.52mg (2.89%), Vitamin E: 0.42mg (2.78%), Selenium: 1.63µg (2.33%), Zinc: 0.32mg (2.12%)