



Autumn Trifle with Roasted Apples, Pears, and Pumpkin-Caramel Sauce

READY IN



45 min.

SERVINGS



12

CALORIES



504 kcal

DESSERT

Ingredients

- ☐ 3 large fuji apples cored peeled cut into 1/2-inch cubes (4 cups)
- ☐ 8.1 inch thick bosc pear
- ☐ 3 bosc pears cored peeled cut into 1/2-inch cubes (3 cups)
- ☐ 0.5 cup cake flour
- ☐ 0.5 cup pumpkin pure canned
- ☐ 0.3 cup cooking sherry dry
- ☐ 6 large egg yolks
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 1 cup heavy whipping cream
- ☐ 42 ladyfingers soft ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons butter unsalted cut into 1/2-inch cubes
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups whipping cream chilled
- ☐ 2 cups milk whole

Equipment

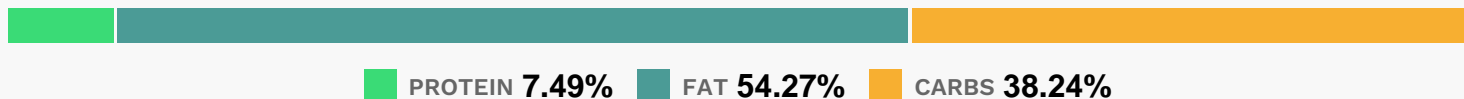
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ spatula
- ☐ pastry bag

Directions

- ☐ Whisk yolks and 1/2 cup milk in large bowl.
- ☐ Add sugar, flour, vanilla, and cinnamon.
- ☐ Whisk until sugar dissolves. Bring 1 1/2 cups milk to simmer in heavy medium saucepan over medium heat. Gradually whisk milk into yolk mixture. Return mixture to same saucepan. Cook until custard thickens and boils, stirring constantly, about 2 minutes.
- ☐ Transfer to medium bowl.
- ☐ Add butter and stir until melted. Press plastic wrap directly onto surface. Chill until cold, about 2 hours. (Can be made 2 days ahead. Keep chilled.)
- ☐ Melt butter in heavy small saucepan over medium heat.

- ☐ Add sugar and cook until mixture is deep amber, stirring constantly, about 8 minutes (mixture will be grainy). Reduce heat to medium-low.
- ☐ Add cream (mixture will bubble). Stir until caramel bits dissolve, about 2 minutes.
- ☐ Add pumpkin; stir until heated. Refrigerate until cold, about 2 hours. (Can be made 2 days ahead. Cover and keep refrigerated.)
- ☐ Preheat oven to 400°F.
- ☐ Mix apples, pears, and lemon juice in large bowl.
- ☐ Place butter on rimmed baking sheet.
- ☐ Heat in oven until butter melts and begins to brown, about 5 minutes.
- ☐ Add fruit to baking sheet and toss with butter. Roast until fruit is soft and golden, turning with metal spatula every 15 minutes, about 1 hour. Cool fruit on sheet.
- ☐ Place ladyfingers, flat side up, on baking sheet.
- ☐ Brush with Sherry. Line bottom of 2- or 3-quart glass trifle dish with single layer of ladyfingers, Sherry side up. Line bottom edge with 1 row of ladyfingers, Sherry side in, pressing gently against dish. Spoon half of pastry cream into lined dish; smooth top. Cover with half of fruit.
- ☐ Drizzle 1/2 cup caramel sauce over. Line edge of dish with second row of ladyfingers, Sherry side in. Cover fruit with single layer of ladyfingers. Spoon remaining pastry cream over. Cover with remaining fruit.
- ☐ Drizzle fruit with 1/2 cup caramel sauce. Line edge of dish with third row of ladyfingers, Sherry side in. Chill at least 6 hours. (Can be made 1 day ahead. Keep chilled.)
- ☐ Whip cream, sugar, and vanilla in bowl until mixture holds peaks. Fill pastry bag fitted with large rosette tip with whipped cream and pipe over trifle (or spoon whipped cream over). (Can be prepared 3 hours ahead; chill.)
- ☐ Drizzle whipped cream with 2 tablespoons caramel sauce.
- ☐ Brush pear slices with lemon juice; arrange decoratively atop whipped cream.
- ☐ Serve, passing remaining caramel sauce separately.

Nutrition Facts



Properties

Glycemic Index:25.05, Glycemic Load:8.68, Inflammation Score:-9, Nutrition Score:12.855217560478%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 5.97mg, Epicatechin: 5.97mg, Epicatechin: 5.97mg, Epicatechin: 5.97mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg, Hesperetin: 0.21mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg, Quercetin: 2.63mg

Nutrients (% of daily need)

Calories: 503.95kcal (25.2%), Fat: 30.72g (47.26%), Saturated Fat: 17.85g (111.53%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 44.98g (16.36%), Sugar: 16.54g (18.38%), Cholesterol: 254.02mg (84.67%), Sodium: 94.51mg (4.11%), Alcohol: 0.8g (100%), Alcohol %: 0.37% (100%), Protein: 9.54g (19.09%), Vitamin A: 2966.77IU (59.34%), Vitamin B2: 0.42mg (24.45%), Phosphorus: 197.68mg (19.77%), Fiber: 3.71g (14.85%), Selenium: 9.52µg (13.6%), Calcium: 133.09mg (13.31%), Folate: 52.69µg (13.17%), Vitamin B12: 0.77µg (12.89%), Vitamin D: 1.89µg (12.62%), Manganese: 0.25mg (12.5%), Vitamin B1: 0.18mg (12.1%), Iron: 2.05mg (11.39%), Vitamin B5: 1.12mg (11.16%), Potassium: 317.99mg (9.09%), Vitamin B6: 0.17mg (8.54%), Vitamin E: 1.13mg (7.56%), Zinc: 1.09mg (7.27%), Vitamin C: 5.83mg (7.07%), Vitamin K: 7.26µg (6.92%), Copper: 0.13mg (6.27%), Magnesium: 24.74mg (6.19%), Vitamin B3: 1.12mg (5.61%)