

Baked Pears with Sauternes Custard Sauce

8

SIDE DISH

257 kcal

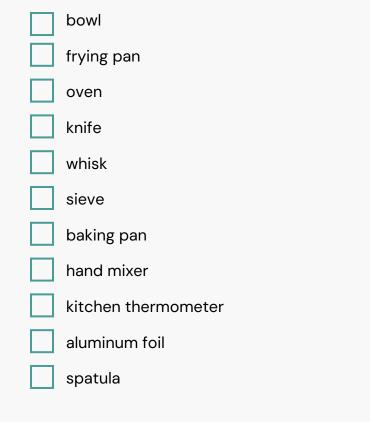
Ingredients

8 purée of usa bartlett pear

45 min.

- 6 large egg yolk
- 0.3 cup granulated sugar
- 0.5 teaspoon lemon zest fresh finely grated
- 0.5 cup brown sugar light packed
- 0.5 teaspoon orange zest fresh finely grated
- 0.5 cup raisins chopped

Equipment



Directions

Peel pears, leaving stems intact, then core from bottom using a melon-ball cutter or a sharp small knife. Stir together raisins, brown sugar, zests, and 2 tablespoons

Sauternes and fill pear cavities with mixture. Stand pears upright in a buttered baking dish just large enough to hold them and pour remaining cup

Sauternes over pears.

Cover dish tightly with foil and bake in middle of oven until tender, 30 to 40 minutes.

Transfer pears to a serving dish or plates using a metal spatula to hold filling in place and pour cooking liquid through a sieve into a bowl.

Whisk together yolks and granulated sugar in a large metal bowl and add hot cooking liquid in a stream, whisking constantly. Put bowl over a pan of barely simmering water and vigorously whisk, or beat with a handheld electric mixer, until mixture is tripled in volume and registers 160°F on an instant-read thermometer, 3 to 5 minutes.

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Serve pears warm with sauce.

• Pears may be baked 1 day ahead, cooled, then chilled, covered. Reheat in cooking liquid, covered, in a 350°F oven until heated through, about 15 minutes, before making sauce.

Nutrition Facts

Properties

Glycemic Index:21.24, Glycemic Load:16.87, Inflammation Score:-2, Nutrition Score:6.454347755598%

Nutrients (% of daily need)

Calories: 256.51kcal (12.83%), Fat: 3.73g (5.74%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 47.89g (17.41%), Sugar: 36.9g (41%), Cholesterol: 137.7mg (45.9%), Sodium: 14.36mg (0.62%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.97g (5.94%), Fiber: 6.16g (24.64%), Selenium: 7.58µg (10.82%), Vitamin C: 8.65mg (10.49%), Copper: 0.18mg (9.16%), Potassium: 287.32mg (8.21%), Vitamin B2: 0.13mg (7.73%), Phosphorus: 76.69mg (7.67%), Folate: 29.76µg (7.44%), Vitamin K: 6.85µg (6.53%), Vitamin B6: 0.11mg (5.7%), Iron: 1.02mg (5.69%), Manganese: 0.11mg (5.31%), Vitamin B5: 0.48mg (4.79%), Vitamin A: 234.28IU (4.69%), Calcium: 46.85mg (4.68%), Vitamin D: 0.69µg (4.59%), Vitamin B12: 0.25µg (4.14%), Magnesium: 15.32mg (3.83%), Vitamin E: 0.54mg (3.62%), Vitamin B1: 0.05mg (3.61%), Zinc: 0.46mg (3.05%), Vitamin B3: 0.41mg (2.06%)