



## Baked Pears with Sauternes Custard Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



257 kcal

SIDE DISH

### Ingredients

- 8 purée of usa bartlett pear
- 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

- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- baking pan
- hand mixer
- kitchen thermometer
- aluminum foil
- spatula

## Directions

- Preheat oven to 375°F.
- 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.
- 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

PROTEIN 4.54% FAT 12.84% CARBS 82.62%

## 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: 0g (100%), Alcohol %: 0% (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%)