



Baked Pears with Sauternes Custard Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



305 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 firm-ripe bartlett pears
- ☐ 6 large egg yolks
- ☐ 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
- ☐ 1 cup sauternes

- ☐ 8 servings accompaniment: madeleines
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Equipment

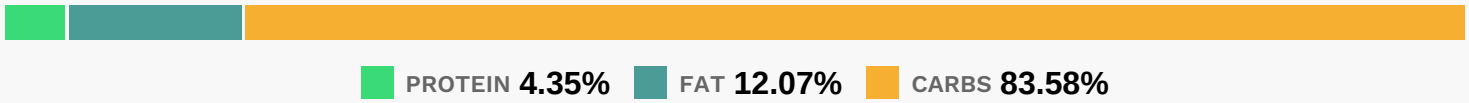
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula

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



Properties

Glycemic Index:21.24, Glycemic Load:16.87, Inflammation Score:-3, Nutrition Score:6.7278260873712%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg, Delphinidin: 1.17mg Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg, Malvidin: 28.45mg Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg, Peonidin: 1.18mg Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg, Catechin: 2.96mg Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg, Epicatechin: 2.27mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 304.51kcal (15.23%), Fat: 3.73g (5.74%), Saturated Fat: 1.23g (7.71%), Carbohydrates: 58.16g (19.39%), Net Carbohydrates: 52g (18.91%), Sugar: 39.23g (43.59%), Cholesterol: 137.7mg (45.9%), Sodium: 17.06mg (0.74%), Alcohol: 4.59g (100%), Alcohol %: 2.33% (100%), Protein: 3.03g (6.06%), Fiber: 6.16g (24.64%), Selenium: 7.73µg (11.04%), Vitamin C: 8.65mg (10.49%), Copper: 0.2mg (9.83%), Potassium: 314.92mg (9%), Vitamin B2: 0.14mg (8.05%), Phosphorus: 79.39mg (7.94%), Folate: 29.76µg (7.44%), Manganese: 0.14mg (7.09%), Vitamin K: 6.85µg (6.53%), Iron: 1.1mg (6.09%), Vitamin B6: 0.11mg (5.7%), Calcium: 49.25mg (4.92%), Vitamin B5: 0.49mg (4.89%), Vitamin A: 234.28IU (4.69%), Vitamin D: 0.69µg (4.59%), Magnesium: 18.02mg (4.51%), Vitamin B12: 0.25µg (4.14%), Vitamin B1: 0.06mg (3.97%), Vitamin E: 0.54mg (3.62%), Zinc: 0.48mg (3.19%), Vitamin B3: 0.48mg (2.38%)