



Brandied Pear-Walnut Tart

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



142 kcal

DESSERT

Ingredients

- 3 medium size bosc pear firm ripe
- 1 large eggs
- 2 tablespoons flour all-purpose
- 0.3 cup granulated sugar
- 1 tablespoon juice of lemon freshly squeezed
- 0.3 cup pears
- 0.3 teaspoon salt fine
- 2 tablespoons butter unsalted cut into large pieces ()

- 0.8 cup walnuts toasted

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- wire rack
- sieve
- plastic wrap
- aluminum foil
- measuring cup
- tart form

Directions

- Combine sugar, walnuts, and salt in a food processor fitted with a blade attachment and process until nuts are evenly ground and mixture resembles whole-wheat flour, about 15 seconds.
- Add butter and process until smooth and mixture just comes together, about 10 seconds.
- Add flour and egg yolk and pulse until incorporated, about 15 times. Scrape down the sides of the bowl and continue to pulse until dough is evenly combined and holds together in chunks when squeezed, about 15 to 20 pulses more. Turn dough out onto a piece of plastic wrap and form into a flat disk. (The dough will be crumbly.) Wrap tightly and refrigerate at least 30 minutes.
- Heat the oven to 400°F and arrange a rack in the middle. Crumble the chilled dough into a 9-inch tart pan with a removable bottom. Evenly press it into the sides and bottom using the bottom of a measuring cup dipped in flour. Line the crust with aluminum foil and fill it with dried beans or pie weights.
- Bake on a baking sheet until the sides are set, about 15 minutes.

- Remove the foil and beans and continue to bake until the sides are golden and the bottom is set, about 5 to 10 minutes more. Cool in the pan on a wire rack, about 40 minutes. Reduce the oven temperature to 350°F. For the filling: Meanwhile, combine walnuts and sugar in a food processor fitted with a blade attachment. Pulse until walnuts resemble coarse cornmeal and are evenly ground, about 20 pulses.
- Add butter, egg white, egg, flour, and salt and pulse until smooth, about 20 pulses.
- Spread walnut filling evenly in cooled crust.
- Place pears in a fine mesh strainer over a bowl to drain, reserving the juices. Arrange the longest and most uniform pieces of pear over the filling (like spokes in a wheel), overlapping, leaving 1/4 inch of edge exposed. (You will have some pieces left over to snack on or discard.)
- Bake tart on a baking sheet until golden and a cake tester inserted into the center comes out clean, about 40 to 45 minutes.
- Place on a rack to cool. Meanwhile, strain reserved pear juices through a fine mesh strainer into a small saucepan and bring to a boil over medium-high heat. Reduce heat to low and simmer until liquid is reduced by 1/2, about 7 to 10 minutes. (You will have about 3 tablespoons of syrup.)
- Let cool slightly and then evenly brush syrup over warm tart. (You will have some syrup left over.) Once tart has cooled, push the pan bottom up to release the tart.
- Cut into wedges and serve with ice cream, whipped cream, or crème fraîche.

Nutrition Facts

 PROTEIN 6.22%  FAT 51%  CARBS 42.78%

Properties

Glycemic Index: 23.86, Glycemic Load: 6.99, Inflammation Score: -2, Nutrition Score: 3.9573912465054%

Flavonoids

Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg, Cyanidin: 1.42mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin:
0.49mg

Nutrients (% of daily need)

Calories: 142.39kcal (7.12%), Fat: 8.58g (13.2%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 16.2g (5.4%), Net
Carbohydrates: 13.78g (5.01%), Sugar: 10.88g (12.09%), Cholesterol: 24.62mg (8.21%), Sodium: 66.39mg (2.89%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.35g (4.71%), Manganese: 0.34mg (16.97%), Copper: 0.19mg
(9.67%), Fiber: 2.41g (9.65%), Phosphorus: 49.56mg (4.96%), Magnesium: 18.96mg (4.74%), Folate: 18.1µg (4.52%),
Vitamin C: 3.16mg (3.83%), Selenium: 2.59µg (3.7%), Vitamin B6: 0.07mg (3.69%), Vitamin B2: 0.06mg (3.56%),
Vitamin B1: 0.05mg (3.41%), Potassium: 116.14mg (3.32%), Iron: 0.52mg (2.89%), Vitamin K: 2.98µg (2.84%), Zinc:
0.41mg (2.72%), Vitamin A: 113.17IU (2.26%), Calcium: 17.64mg (1.76%), Vitamin E: 0.25mg (1.67%), Vitamin B5:
0.17mg (1.66%), Vitamin B3: 0.29mg (1.43%)