



Buttermilk Cake with Riesling-Poached Pears

READY IN



100 min.

SERVINGS



40

CALORIES



135 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 5 bartlett pears
- ☐ 0.7 cup buttermilk
- ☐ 2 cups cake flour
- ☐ 0.3 cup confectioners' sugar
- ☐ 1 cup crème fraîche
- ☐ 4 large egg yolks
- ☐ 0.5 cup granulated sugar
- ☐ 1 lemon zest finely grated

- ☐ 0.5 cup brown sugar light
- ☐ 3 inch orange zest
- ☐ 750 milliliter mirin
- ☐ 0.5 teaspoon salt
- ☐ 3 star anise pods
- ☐ 1 cup sugar
- ☐ 1 stick butter unsalted softened
- ☐ 0.5 vanilla pod split
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1.5 teaspoons vanilla extract pure
- ☐ 1 cup water

Equipment

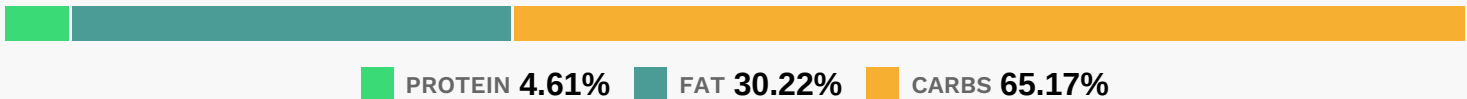
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ cake form
- ☐ spatula

Directions

- ☐ Preheat the oven to 35
- ☐ Butter a 9-inch cake pan and line it with a 9-inch round of parchment paper. Butter the parchment paper.
- ☐ In a bowl, sift together the cake flour, baking powder and salt. In a large bowl, using a handheld mixer, beat the butter with both sugars at medium-high speed until light and fluffy.

- ☐ Add the yolks, one at a time, beating well between additions. Beat in the lemon zest and vanilla extract. At low speed, alternately beat in the flour mixture and the buttermilk until almost blended. With a rubber spatula, finish folding the mixture together just until smooth. Scrape the batter into the prepared pan and bake for about 35 minutes, until a cake tester inserted in the center comes out clean.
- ☐ Transfer the cake to a rack to cool completely.
- ☐ Peel and halve the pears. With a spoon, scoop out the cores and discard. In a large saucepan, combine the Riesling, water, sugar, vanilla bean and seeds, orange zest and star anise pods. Bring to a boil, stirring to dissolve the sugar.
- ☐ Add the pear halves and simmer over moderate heat, turning once, until tender, about 5 minutes.
- ☐ Transfer the pears to a large plate. Discard the star anise, vanilla bean and orange zest. Boil the Riesling poaching liquid over high heat until reduced to 1 cup and syrupy, about 15 minutes. When the pears have cooled, slice them lengthwise 1/3 inch thick.
- ☐ In a small bowl, combine the crme frache, vanilla extract, vanilla seeds and confectioners' sugar.
- ☐ Unmold the cake onto a plate and peel off the paper.
- ☐ Cut the cake into 10 wedges and transfer to plates.
- ☐ Place a sliced pear half alongside each cake slice. Spoon some of the Riesling syrup over the cake, top with some vanilla crme frache and serve.

Nutrition Facts



Properties

Glycemic Index:9.4, Glycemic Load:9.4, Inflammation Score:-1, Nutrition Score:1.8778260790783%

Nutrients (% of daily need)

Calories: 135.17kcal (6.76%), Fat: 4.18g (6.42%), Saturated Fat: 2.29g (14.29%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 19.38g (7.05%), Sugar: 13.5g (15%), Cholesterol: 28.27mg (9.42%), Sodium: 69.53mg (3.02%), Alcohol: 1.89g (100%), Alcohol %: 3.01% (100%), Protein: 1.43g (2.87%), Selenium: 3.93µg (5.62%), Calcium: 37.43mg (3.74%), Fiber: 0.89g (3.55%), Manganese: 0.06mg (3.2%), Phosphorus: 30.67mg (3.07%), Vitamin A: 145IU (2.9%), Vitamin B2: 0.04mg (2.25%), Copper: 0.04mg (1.83%), Vitamin C: 1.5mg (1.82%), Folate: 6.62µg (1.66%), Potassium: 49.82mg (1.42%), Iron: 0.24mg (1.33%), Vitamin B5: 0.13mg (1.31%), Vitamin E: 0.19mg (1.24%), Vitamin D: 0.19µg

(1.24%), Magnesium: 4.62mg (1.16%), Vitamin B12: 0.07µg (1.14%), Vitamin K: 1.17µg (1.12%), Zinc: 0.15mg (1.03%),
Vitamin B6: 0.02mg (1.01%)