



Caramelized Winter Fruit Custards

READY IN



45 min.

SERVINGS



8

CALORIES



313 kcal

DESSERT

Ingredients

- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 2 small bosc pear cored peeled quartered cut into 1/3-inch-thick slices (12 to 14 ounces total)
- ☐ 1 cup cake flour
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup cranberries fresh
- ☐ 2 large egg whites room temperature
- ☐ 4 large egg yolk
- ☐ 0.5 cup brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon nutmeg
- ☐ 2 cups half and half
- ☐ 0.3 teaspoon sea salt fine
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon butter unsalted
- ☐ 1 teaspoon vanilla extract
- ☐ 6 tablespoons water lukewarm

Equipment

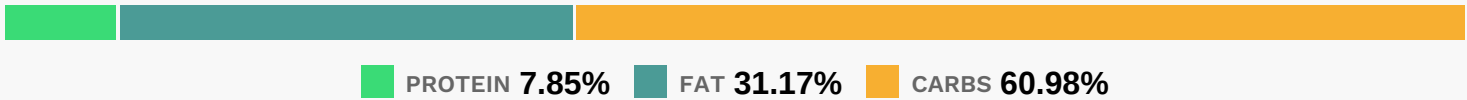
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 350°F. Lightly butter and flour 9 standard(1/3-cup) muffin cups. Sift flour and next 5 ingredients twice into medium bowl.
- ☐ Mix 6 tablespoons lukewarm water with vanilla in small bowl. Using electric mixer, beat brown sugar and butter in large bowl until light and fluffy.
- ☐ Add flour mixture in 3 additions alternately with water mixture in 2 additions, beating batter until blended after each addition.
- ☐ Using electric mixer fitted with clean dry beaters, beat egg whites in medium bowl until soft peaks form. Gradually add 2 tablespoons sugar and beat until firm glossy peaks form. Fold 1/3 of whites into batter to lighten, then fold in remaining whites. Spoon 1/4 cup batter into each prepared muffin cup.

- ☐ Bake muffins until tester inserted into center comes out clean, about 17 minutes. Cool muffins in pan on rack at least 20 minutes.
- ☐ Remove muffins from pan and cool completely on rack. DO AHEAD: Can be made 1 day ahead. Return muffins to muffin pan; cover and store at room temperature.
- ☐ Melt butter in large nonstick skillet over medium heat.
- ☐ Sprinkle sugar over butter in skillet, then place apple slices and pear slices in single layer (if possible) atop sugar. Increase heat to medium-high and cook without stirring until fruit is golden on bottom, pressing out to single layer as fruit cooks and reduces in volume, about 8 minutes. Turn fruit over in skillet and cook until golden, about 5 minutes.
- ☐ Add cranberries and cook until juices in skillet are reduced by about half, about 2 minutes.
- ☐ Heat half and half in heavy large saucepan over medium heat just until heated through and bubbles form at edge of pan.
- ☐ Whisk sugar, egg yolks, and sea salt in medium bowl; whisk in cornstarch.
- ☐ Gradually add hot half and half to yolk mixture and whisk until blended. Return custard to same saucepan; stir over medium heat until custard boils and thickens, 2 to 3 minutes.
- ☐ Whisk in butter, then 2 tablespoons brandy.
- ☐ Remove from heat.
- ☐ Brush top of muffins several times with remaining 4 tablespoons brandy until absorbed.
- ☐ Place 1 muffin in each of 8 bowls, cups, or dessert glasses. Divide caramelized fruit among bowls. Spoon warm custard over muffins and fruit in bowls (about 1/3 cup for each). Chill at least 30 minutes. DO AHEAD: Can be made 2 hours ahead. Cover and keep chilled.
- ☐ Let stand at room temperature 20 minutes before serving.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index: 48.23, Glycemic Load: 18.29, Inflammation Score: -3, Nutrition Score: 6.5656521268513%

Flavonoids

Cyanidin: 6.57mg, Cyanidin: 6.57mg, Cyanidin: 6.57mg, Cyanidin: 6.57mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg, Epicatechin: 1.94mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg, Epigallocatechin 3–gallate: 0.18mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg, Quercetin: 2.17mg

Nutrients (% of daily need)

Calories: 313.26kcal (15.66%), Fat: 11.04g (16.98%), Saturated Fat: 6.03g (37.68%), Carbohydrates: 48.6g (16.2%), Net Carbohydrates: 46.52g (16.92%), Sugar: 32.69g (36.33%), Cholesterol: 116.74mg (38.91%), Sodium: 173.01mg (7.52%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 6.25g (12.5%), Selenium: 14.89µg (21.27%), Vitamin B2: 0.22mg (13.15%), Manganese: 0.25mg (12.32%), Phosphorus: 122.43mg (12.24%), Calcium: 118.97mg (11.9%), Fiber: 2.07g (8.29%), Vitamin A: 398.02IU (7.96%), Vitamin B5: 0.59mg (5.89%), Folate: 22.68µg (5.67%), Potassium: 192.01mg (5.49%), Vitamin B12: 0.29µg (4.85%), Vitamin C: 3.89mg (4.72%), Vitamin E: 0.69mg (4.59%), Copper: 0.09mg (4.56%), Vitamin B6: 0.09mg (4.51%), Zinc: 0.63mg (4.19%), Magnesium: 16.48mg (4.12%), Iron: 0.67mg (3.74%), Vitamin B1: 0.05mg (3.49%), Vitamin D: 0.49µg (3.24%), Vitamin K: 3.35µg (3.19%), Vitamin B3: 0.33mg (1.63%)