



Caribou-Poached Pears and Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



239 kcal

DESSERT

Ingredients

- ☐ 4 anjou pears firm cored peeled
- ☐ 4 sticks cinnamon divided (1-inch)
- ☐ 2 large egg yolks
- ☐ 0.3 cup heavy whipping cream
- ☐ 4 juniper berries
- ☐ 1 nutmeg whole
- ☐ 3 tablespoons pistachios chopped
- ☐ 1.3 cups red wine fruity

- ☐ 0.3 cup rum white
- ☐ 3 star anise
- ☐ 0.5 cup sugar divided
- ☐ 1.3 cups milk whole

Equipment

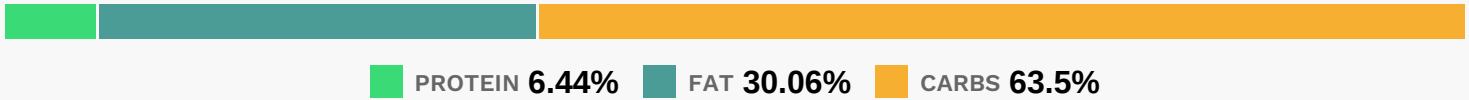
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ kitchen towels

Directions

- ☐ Combine wine, juniper berries, anise, 2 cinnamon sticks, cloves, and nutmeg in a saucepan, and bring to a boil. Reduce heat, and simmer for 5 minutes; remove from heat.
- ☐ Let stand for 30 minutes. Strain mixture over a bowl, reserving liquid; discard solids. Stir in 1/3 cup white rum.
- ☐ Combine rum mixture and 1/4 cup sugar in a large saucepan. Cook over medium heat 2 minutes or until sugar dissolves.
- ☐ Place pears in pan; cook 1 hour or until pears are tender, turning occasionally.
- ☐ Remove pears; cool. Bring cooking liquid to a boil; cook 15 minutes or until mixture reduces to 1/4 cup.
- ☐ Combine milk, whipping cream, and remaining 2 cinnamon sticks in a heavy saucepan; bring to a boil.
- ☐ Remove from heat; discard cinnamon sticks.
- ☐ Combine 1/4 cup sugar and egg yolks in a large bowl. Gradually add half of hot milk mixture to yolk mixture, stirring constantly. Return mixture to pan; cook over low heat until mixture reaches 160, stirring constantly.
- ☐ Place pan in an ice-filled bowl; cool completely.
- ☐ Pour mixture into the freezer can of an ice-cream freezer and freeze according to manufacturer's instructions. Carefully drain liquid from bucket; repack bucket with ice and salt. Cover with kitchen towels; ripen at least for 1 hour.

- ☐
- Cut pears in half lengthwise. Slice each pear half, lengthwise, cutting to but not through stem end. Fan one pear half on each of 8 small plates, and drizzle pear halves evenly with reduced syrup.
- ☐
- Serve with 1/4 cup ice cream.
- ☐
- Sprinkle about 1 teaspoon pistachios over each serving.

Nutrition Facts



Properties

Glycemic Index:34.11, Glycemic Load:13.68, Inflammation Score:-4, Nutrition Score:6.4421739889228%

Flavonoids

Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg, Cyanidin: 2.11mg Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg, Petunidin: 0.74mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 5.19mg, Malvidin: 5.19mg, Malvidin: 5.19mg, Malvidin: 5.19mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg, Catechin: 3.02mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg, Epicatechin: 4.79mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 238.53kcal (11.93%), Fat: 6.65g (10.23%), Saturated Fat: 3.07g (19.22%), Carbohydrates: 31.61g (10.54%), Net Carbohydrates: 27.53g (10.01%), Sugar: 23.78g (26.43%), Cholesterol: 58.88mg (19.63%), Sodium: 21.45mg (0.93%), Alcohol: 7.32g (100%), Alcohol %: 4.54% (100%), Protein: 3.21g (6.41%), Manganese: 0.45mg (22.69%), Fiber: 4.08g (16.34%), Phosphorus: 96.18mg (9.62%), Calcium: 91.79mg (9.18%), Vitamin B2: 0.13mg (7.82%), Potassium: 262.85mg (7.51%), Vitamin B6: 0.14mg (7.07%), Copper: 0.13mg (6.65%), Selenium: 3.84µg (5.49%), Vitamin A: 273.63IU (5.47%), Magnesium: 21.59mg (5.4%), Vitamin D: 0.77µg (5.12%), Vitamin C: 4.18mg (5.07%), Vitamin B12: 0.3µg (5.01%), Iron: 0.87mg (4.82%), Vitamin K: 4.99µg (4.76%), Vitamin B1: 0.07mg (4.7%), Folate: 14.87µg (3.72%), Vitamin B5: 0.37mg (3.67%), Zinc: 0.54mg (3.59%), Vitamin E: 0.41mg (2.73%), Vitamin B3: 0.35mg

(1.74%)