



Charred Pear Sorbet with Goat Cheese "Snow"



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



169 kcal

DESSERT

Ingredients

- ☐ 4 large bosc pear unpeeled halved
- ☐ 2 large egg whites
- ☐ 4 ounces goat cheese fresh crumbled
- ☐ 4 juniper berries
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup powdered sugar

Equipment

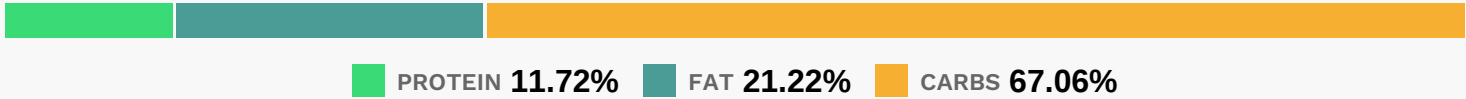
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ hand mixer

Directions

- ☐ Using an electric mixer on high speed, beat goat cheese and salt in a small bowl until creamy; gradually beat in 1/2 cup water.
- ☐ Transfer to a shallow baking dish, cover, and freeze for at least 6 hours. DO AHEAD: Ice can be made 1 week ahead. Keep frozen.
- ☐ Cook pears in a dry cast-iron skillet over medium heat, turning occasionally, until well charred and just softened, 15–20 minutes.
- ☐ Let cool. Core, coarsely chop, and transfer to a food processor; purée until smooth.
- ☐ Transfer purée to a medium bowl and freeze until completely solid, at least 6 hours. DO AHEAD: Pear sorbet can be made 1 week ahead. Keep frozen.
- ☐ Preheat oven to 170°F. Toast juniper berries in a small, dry skillet over medium heat, stirring often, until fragrant, about 3 minutes.
- ☐ Let cool. Finely grind in spice mill.
- ☐ Using an electric mixer on medium speed, beat egg whites in a medium bowl until frothy. With motor running, gradually beat in powdered sugar. Increase speed to high; beat until stiff peaks form, 8–10 minutes. Fold in juniper.
- ☐ Spread meringue in a thin layer on a silicone baking mat or parchment paper-lined large baking sheet.
- ☐ Bake until meringue is completely hard and dry in the center, about 4 hours.
- ☐ Let cool, then break into large pieces. DO AHEAD: Meringue can be made 2 days ahead; store airtight at room temperature.
- ☐ Let pear sorbet sit at room temperature until soft enough to scoop, about 1 hour. Spoon sorbet onto plates and top with meringue pieces. Using a fork, scrape goat cheese until it forms powdery snow; sprinkle over meringue.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:6.82, Inflammation Score:-3, Nutrition Score:4.9213042984838%

Flavonoids

Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg, Cyanidin: 3.16mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg, Epigallocatechin: 0.9mg Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg, Epicatechin: 5.77mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 169.14kcal (8.46%), Fat: 4.23g (6.5%), Saturated Fat: 2.79g (17.43%), Carbohydrates: 30.06g (10.02%), Net Carbohydrates: 25.31g (9.2%), Sugar: 21.72g (24.13%), Cholesterol: 8.69mg (2.9%), Sodium: 283.27mg (12.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Fiber: 4.75g (19.01%), Copper: 0.27mg (13.36%), Vitamin B2: 0.16mg (9.48%), Vitamin C: 6.59mg (7.99%), Phosphorus: 68.43mg (6.84%), Vitamin K: 7.09µg (6.75%), Potassium: 200.88mg (5.74%), Manganese: 0.09mg (4.72%), Vitamin A: 233.57IU (4.67%), Vitamin B6: 0.09mg (4.61%), Selenium: 2.92µg (4.18%), Calcium: 41.22mg (4.12%), Magnesium: 14.97mg (3.74%), Iron: 0.65mg (3.61%), Folate: 13.44µg (3.36%), Vitamin B5: 0.22mg (2.25%), Zinc: 0.33mg (2.21%), Vitamin B1: 0.03mg (2.14%), Vitamin B3: 0.34mg (1.7%), Vitamin E: 0.22mg (1.45%)