



WHATSheATE



Cook the Book: Butterscotch Pudding with Sautéed Pears

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



442 kcal

DESSERT

Ingredients

- ☐ 2 purée of usa bartlett pear firm peeled cut into 1/2-inch dice (2 1/2 cups)
- ☐ 2 tablespoons cornstarch
- ☐ 1 tablespoon blackstrap molasses dark
- ☐ 2 teaspoons rum dark
- ☐ 3 large egg yolk
- ☐ 1 cup cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt

- ☐ 2 teaspoons juice of lemon freshly squeezed
- ☐ 6 servings nutmeg freshly grated
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 0.5 cup sugar
- ☐ 4 tablespoons butter unsalted cold cut into 4 pieces ()
- ☐ 1 vanilla pod split
- ☐ 6 servings whipped cream
- ☐ 1.5 cups milk whole

Equipment

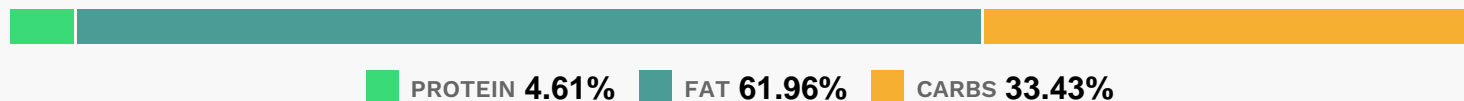
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ whisk
- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ To make the pears, heat the oil in a sauté pan over medium heat.
- ☐ Add the pears and sugar and sauté until the sugar begins to caramelize and the pears begin to soften, 6 or 7 minutes.
- ☐ Add the lemon and orange juices and cook until the liquid is reduced to a glaze, about 7 minutes. Line a rimmed baking sheet with parchment paper and spread the pears in a single layer to cool.

- ☐ Place a heaping tablespoon of pears in the bottom of 6 individual serving bowls. Set aside.
- ☐ To make the pudding, in a medium bowl, whisk the egg yolks and cornstarch until smooth.
- ☐ Add the molasses and salt and whisk to incorporate. Slowly whisk in 1/2 cup of the milk until the mixture is smooth; set aside.
- ☐ Combine the heavy cream, the remaining 1 cup milk, and the vanilla bean in a medium saucepan over medium-low heat until the liquid begins to steam.
- ☐ Remove the vanilla bean and keep the mixture warm.
- ☐ Spread the sugar evenly over the bottom of a heavy medium saucepan and sprinkle with 2 tablespoons water; place over medium heat and cook, without stirring, until the sugar has caramelized to an amber color, about 15 minutes. Slowly add the cream mixture in a thinstream. Stir well with a wooden spoon to thoroughly combine.
- ☐ Remove from the heat.
- ☐ Prepare an ice bath in a large bowl and place a clean metal bowl atop the ice.
- ☐ Stir the egg yolk-cornstarch mixture, then temper by slowly pouring 1/4 cup of the hot caramel-milk mixture into the eggs, whisking constantly.
- ☐ Whisk in another 1/4 cup of the hot mixture.
- ☐ Pour the egg mixture into the pot with the remaining caramel milk and cook over medium heat, stirring constantly, until the mixture boils, 6 to 8 minutes. Cook for 1 more minute, stirring, until the mixture thickens. Immediately pour the pudding into the bowl over the ice bath. Stir in the rum. When the mixture has cooled slightly, transfer to a food processor or blender.
- ☐ Add the butter, 1 tablespoon at a time, and blend until smooth and emulsified.
- ☐ Pour into serving dishes over the sautéed pears to within 1/4 inch of the top. Wrap tightly with plastic. Chill for at least 4 hours, or up to 3 days.
- ☐ To serve, top the pudding with whipped cream and sprinkle with freshly grated nutmeg.
- ☐ Serve 3 shortbread cookies with each bowl of pudding.

Nutrition Facts



Properties

Glycemic Index:64.18, Glycemic Load:17.82, Inflammation Score:-6, Nutrition Score:8.2404347554497%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 442.4kcal (22.12%), Fat: 30.78g (47.35%), Saturated Fat: 17.54g (109.61%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 35.07g (12.75%), Sugar: 30.59g (33.98%), Cholesterol: 168.57mg (56.19%), Sodium: 235.96mg (10.26%), Alcohol: 0.56g (100%), Alcohol %: 0.32% (100%), Protein: 5.15g (10.3%), Vitamin A: 1108.92IU (22.18%), Phosphorus: 138.68mg (13.87%), Calcium: 137.41mg (13.74%), Vitamin B2: 0.23mg (13.68%), Vitamin D: 1.93µg (12.86%), Selenium: 8.15µg (11.65%), Vitamin B12: 0.59µg (9.86%), Fiber: 2.3g (9.18%), Vitamin E: 1.28mg (8.54%), Potassium: 278.66mg (7.96%), Vitamin C: 6.39mg (7.74%), Manganese: 0.14mg (7.14%), Magnesium: 27.46mg (6.87%), Vitamin B5: 0.68mg (6.76%), Vitamin B6: 0.13mg (6.38%), Vitamin K: 5.94µg (5.66%), Folate: 21.57µg (5.39%), Vitamin B1: 0.08mg (5.38%), Copper: 0.1mg (5.12%), Zinc: 0.68mg (4.53%), Iron: 0.66mg (3.65%), Vitamin B3: 0.28mg (1.39%)