



WHATSheATE

baking

UNPLUGGED

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Cook the Book: Pear Tarte Tatin with Lemon and Anise



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



378 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon aniseed with the flat side of a heavy knife crushed
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 teaspoon lemon zest grated
- ☐ 3 medium pears cored peeled cut lengthwise into 8 pieces
- ☐ 1 sheet puff pastry frozen thawed prepared (half of a 17.3-ounce box)
- ☐ 0.3 cup sugar
- ☐ 0.3 cup butter unsalted

☐ 0.3 vanilla pod

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ oven

☐ wire rack

Directions

- ☐ Preheat the oven to 400°F. On a lightly floured surface, roll the sheet of puff pastry into an 11" square. Trim the square into a 10 1/2"-diameter circle, discarding the scrap or saving for another use.
- ☐ Place the pastry circle in the refrigerator on a baking sheet until needed.
- ☐ In a large bowl, toss the pear slices with the lemon juice. Melt the butter in a 9" heavy ovenproof skillet over medium heat.
- ☐ Cut the vanilla bean in half lengthwise and scrape out the seeds.
- ☐ Add the vanilla bean seeds, the lemon zest, and the anise seeds to the skillet and cook for 1 minute.
- ☐ Remove from the heat and add the pear slices to the skillet, arranging them in a fan around the outer edge and fitting in as many as possible. Fill in the center of the skillet with remaining pear slices.
- ☐ Sprinkle with the sugar.
- ☐ Drape the puff pastry circle over the pears, tucking the pastry in between the skillet and the fruit.
- ☐ Bake for 25 to 30 minutes or until the pastry is puffed and deeply golden. Cool in the pan on a wire rack for 3 minutes.
- ☐ Place a serving plate over the skillet and carefully invert the skillet to unmold the Tarte Tatin onto the plate.
- ☐ Serve immediately.

Nutrition Facts

 **PROTEIN 3.56%**  **FAT 54.47%**  **CARBS 41.97%**

Properties

Glycemic Index:27.97, Glycemic Load:19.75, Inflammation Score:-3, Nutrition Score:6.0360869311768%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 377.94kcal (18.9%), Fat: 23.47g (36.11%), Saturated Fat: 8.82g (55.12%), Carbohydrates: 40.69g (13.56%), Net Carbohydrates: 37.23g (13.54%), Sugar: 17.38g (19.31%), Cholesterol: 20.34mg (6.78%), Sodium: 103.79mg (4.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.91%), Selenium: 10.14µg (14.48%), Fiber: 3.46g (13.85%), Manganese: 0.25mg (12.53%), Vitamin B1: 0.18mg (11.71%), Vitamin K: 11.15µg (10.62%), Folate: 38.94µg (9.74%), Vitamin B3: 1.86mg (9.32%), Vitamin B2: 0.15mg (8.54%), Iron: 1.34mg (7.44%), Vitamin C: 5.29mg (6.42%), Copper: 0.13mg (6.27%), Vitamin A: 260.38IU (5.21%), Potassium: 138.5mg (3.96%), Phosphorus: 39.16mg (3.92%), Vitamin E: 0.55mg (3.68%), Magnesium: 13.72mg (3.43%), Zinc: 0.33mg (2.23%), Vitamin B6: 0.04mg (1.93%), Calcium: 17.2mg (1.72%)