



Cornmeal Pound Cake with Rosemary Syrup, Poached Pears, and Candied Rosemary

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



636 kcal

DESSERT

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 0.3 teaspoon peppercorns whole black
- ☐ 1 cup off-dry riesling dry
- ☐ 5 large eggs beaten to blend
- ☐ 8 small forelle pears peeled
- ☐ 8 sprigs rosemary fresh (4-inch-long)
- ☐ 0.3 teaspoon salt

- ☐ 1 cup sugar
- ☐ 8 servings baker's sugar
- ☐ 1 cup butter unsalted room temperature (2 sticks)
- ☐ 1 vanilla pod split
- ☐ 1 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 1 cup cornmeal yellow

Equipment

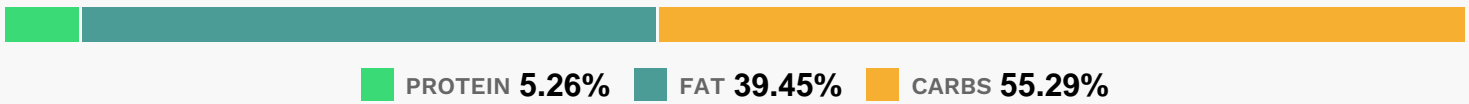
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ loaf pan
- ☐ hand mixer
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Combine first 6 ingredients in large saucepan. Stir over medium heat until sugar dissolves.
- ☐ Add pears and bring syrup to boil, turning pears occasionally. Reduce heat to medium-low, cover, and simmer until pears are tender, about 20 minutes. Chill pears uncovered in syrup until cold, at least 3 hours. DO AHEAD Can be made 2 days ahead. Cover and keep chilled.
- ☐ Preheat oven to 325°F. Butter and flour 9x5x3-inch metal loaf pan.
- ☐ Whisk flour and cornmeal in medium bowl to blend. Using electric mixer, beat butter in large bowl until light and fluffy. Gradually beat in sugar, then salt.
- ☐ Drizzle in beaten eggs by tablespoonfuls, beating constantly, then beat in vanilla.

- ☐ Add dry ingredients in 3 additions, beating just to blend after each addition.
- ☐ Transfer batter to prepared pan.
- ☐ Bake cake until brown on top and tester inserted into center comes out clean, about 1 hour 15 minutes. Cool cake in pan 15 minutes. Turn cake out onto rack and cool completely. DO AHEAD Can be made 1 day ahead. Wrap in foil and store at room temperature.
- ☐ Bring 1 cup sugar and 1/2 cup water to simmer in medium saucepan over medium-high heat, stirring until sugar dissolves.
- ☐ Add rosemary sprigs. Simmer until syrup reduces slightly, swirling pan occasionally, about 5 minutes. Using tongs, transfer rosemary sprigs to rack and drain. Cover and reserve rosemary syrup.
- ☐ Pour baker's sugar into shallow bowl.
- ☐ Add drained rosemary sprigs to sugar, 1 at a time, turning to coat thickly.
- ☐ Place on paper towels. Dry at least 1 hour. DO AHEAD Can be made 1 day ahead.
- ☐ Let sprigs and syrup stand at room temperature.
- ☐ Cut dark ends off cake.
- ☐ Cut eight 1/2- to 3/4-inch-thick cake slices.
- ☐ Cut each slice diagonally in half. Arrange 2 halves on each plate.
- ☐ Drain pears. Stand 1 pear on each plate.
- ☐ Drizzle each dessert with reserved rosemary syrup and garnish with candied rosemary sprig.
- ☐ Serve, passing remaining syrup separately.

Nutrition Facts



Properties

Glycemic Index:44.05, Glycemic Load:49.7, Inflammation Score:-7, Nutrition Score:11.653912958891%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg, Epicatechin: 5.56mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-

gallate: 0.03mg Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg, Epigallocatechin 3–gallate: 0.25mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 635.53kcal (31.78%), Fat: 27.74g (42.67%), Saturated Fat: 15.82g (98.89%), Carbohydrates: 87.45g (29.15%), Net Carbohydrates: 80.53g (29.28%), Sugar: 51.9g (57.67%), Cholesterol: 177.26mg (59.09%), Sodium: 123.96mg (5.39%), Alcohol: 3.02g (100%), Alcohol %: 1.17% (100%), Protein: 8.32g (16.64%), Fiber: 6.93g (27.71%), Selenium: 16.74µg (23.92%), Vitamin A: 918.52IU (18.37%), Vitamin B2: 0.29mg (17.32%), Manganese: 0.34mg (16.81%), Folate: 61.38µg (15.35%), Phosphorus: 148.35mg (14.84%), Vitamin B1: 0.21mg (14.28%), Iron: 2.18mg (12.1%), Copper: 0.23mg (11.32%), Vitamin B6: 0.22mg (11.09%), Magnesium: 39.92mg (9.98%), Potassium: 306.32mg (8.75%), Zinc: 1.31mg (8.74%), Vitamin K: 8.9µg (8.48%), Vitamin B3: 1.69mg (8.46%), Vitamin E: 1.25mg (8.32%), Vitamin C: 6.39mg (7.74%), Vitamin B5: 0.77mg (7.72%), Vitamin D: 1.05µg (7%), Vitamin B12: 0.33µg (5.44%), Calcium: 43.01mg (4.3%)