



Cranberry Pear Tart With Gingerbread Crust

 Vegetarian

READY IN



120 min.

SERVINGS



10

CALORIES



365 kcal

DESSERT

Ingredients

- 3 tablespoons brown sugar packed
- 0.5 cup butter cold cut into bits
- 2.5 teaspoons cinnamon
- 4 inches cinnamon sticks
- 4 cups cranberry juice cocktail
- 2 tablespoons blackstrap molasses dark
- 0.3 cup cranberries dried
- 1 large egg yolk

- 3 large eggs
- 1.5 cups flour all-purpose
- 0.8 teaspoon ground allspice
- 2 teaspoons ground ginger
- 0.5 juice of lemon
- 2 tablespoons juice of lemon fresh
- 0.3 cup milk
- 1 teaspoon orange zest freshly grated
- 4 large water firm cored ripe peeled halved lengthwise
- 0.5 teaspoon salt
- 0.5 cup cream sour
- 0.3 cup sugar
- 0.5 cup sugar
- 0.5 teaspoon vanilla

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- whisk
- aluminum foil
- slotted spoon
- tart form

Directions

- Make pear mixture: In a saucepan, combine cranberry juice, sugar, cinnamon stick and lemon juice. Bring to boil and add pears.

- Heat until it just comes to simmer and simmer gently for 10–15 minutes, or until the pears are just tender.
- Remove from heat, stir in cranberries and let mixture cool. Chill, covered, for at least 8 hours. (may be made 2 days in advance) Crust: Blend together flour, brown sugar, cinnamon, ginger, allspice and salt.
- Cut in butter until mixture resembles coarse meal. In a small bowl, stir together egg yolk and the molasses.
- Add to flour mixture and mix until combined well but still crumbly. Turn out onto 10 inch tart pan with removable rim and press onto bottom and up sides of pan. Chill crust for 30 minutes. Preheat oven to 375F. Prick crust all over with fork, line with foil, fill with pie weights or dry beans, and bake in lower third of oven for 15 minutes.
- Remove foil and pie weights and bake crust a further 10 minutes.
- Let cool.
- Transfer poached pears and half the cranberries with a slotted spoon to paper towels to drain, discard cinnamon, and reserve syrup with remaining cranberries. In a small bowl, whisk together eggs, sugar, sour cream, milk, vanilla, zest and a pinch of salt. Stir in the drained cranberries. Preheat oven to 325F. Spoon half of custard into the crust. Slice 4 of the pear halves crosswise on the diagonal, arrange decoratively over the custard alternately with the unsliced pear halves, and spoon remaining custard around pears.
- Bake tart in middle of oven for 50–55 minutes or until custard is just set.
- Remove rim of pan and let cool. (may be made up to 8 hours in advance, cooled completely and chilled) Boil reserved syrup until reduced to 1 cup and is jelly-like in consistency and transfer cranberries with slotted spoon to a plate to cool.
- Brush pears with some of cranberry glaze and arrange cranberries around edge of tart.
- Serve warm or chilled.

Nutrition Facts



PROTEIN 5.14%

FAT 33.71%

CARBS 61.15%

Properties

Glycemic Index: 43.22, Glycemic Load: 31.63, Inflammation Score: -5, Nutrition Score: 9.7743479583574%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg, Peonidin: 0.41mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg, Epicatechin: 1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg, Hesperetin: 0.65mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 365.24kcal (18.26%), Fat: 13.95g (21.46%), Saturated Fat: 7.8g (48.76%), Carbohydrates: 56.93g (18.98%), Net Carbohydrates: 55.61g (20.22%), Sugar: 39.07g (43.41%), Cholesterol: 106.08mg (35.36%), Sodium: 223.29mg (9.71%), Alcohol: 0.07g (100%), Alcohol %: 0.04% (100%), Protein: 4.79g (9.57%), Vitamin C: 45.03mg (54.58%), Manganese: 0.55mg (27.7%), Selenium: 13.91µg (19.87%), Vitamin B2: 0.21mg (12.25%), Folate: 46.03µg (11.51%), Vitamin B1: 0.17mg (11.1%), Vitamin A: 483.47IU (9.67%), Iron: 1.7mg (9.44%), Phosphorus: 78.76mg (7.88%), Vitamin B3: 1.31mg (6.53%), Calcium: 61.39mg (6.14%), Vitamin E: 0.86mg (5.72%), Vitamin B5: 0.55mg (5.47%), Magnesium: 21.32mg (5.33%), Fiber: 1.32g (5.29%), Potassium: 164.64mg (4.7%), Vitamin B6: 0.09mg (4.25%), Copper: 0.08mg (4.22%), Vitamin B12: 0.24µg (4.05%), Zinc: 0.52mg (3.48%), Vitamin D: 0.46µg (3.06%), Vitamin K: 2.7µg (2.57%)