



## Fallen Toasted-Almond Soufflés with Poached Pears and Prunes

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



30

CALORIES



117 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.1 teaspoon almond extract pure
- ☐ 3 purée of usa bartlett pear cored peeled halved sliced lengthwise
- ☐ 1.3 cups blanched almonds and whole
- ☐ 4 large egg whites (large)
- ☐ 5 large egg yolk (large)
- ☐ 0.3 cup granulated sugar plus more for sprinkling
- ☐ 1 tablespoon juice of lemon freshly squeezed

- ☐ 8 prune- cut to pieces pitted quartered
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar
- ☐ 30 servings butter unsalted for brushing
- ☐ 0.3 vanilla pod split
- ☐ 1.5 cups cooking wine dry

## Equipment

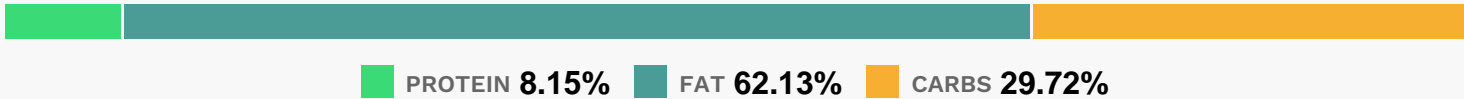
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ ramekin

## Directions

- ☐ In a medium skillet, combine the wine, sugar and vanilla bean and bring to a simmer over moderately high heat, stirring, until the sugar dissolves.
- ☐ Add the prunes, cover and cook over low heat until softened, about 10 minutes.
- ☐ In a medium bowl, toss the pears with the lemon juice.
- ☐ Add the pears to the skillet, cover and cook, stirring occasionally, until they are tender, about 5 minutes.
- ☐ Remove the vanilla bean.
- ☐ Transfer one-third of the poached pears and 1 tablespoon of the ros syrup to a mini food processor or blender; puree until smooth.

- ☐ Transfer the pear puree to a small bowl and press a sheet of plastic wrap onto the surface to prevent browning.
- ☐ Preheat the oven to 35
- ☐ Spread the almonds on a large rimmed baking sheet and toast for about 10 minutes, until golden brown.
- ☐ Transfer the almonds to a plate and let cool completely, then coarsely chop them.
- ☐ Transfer the almonds to a food processor and pulse until finely ground and still fluffy.
- ☐ Increase the oven temperature to 40
- ☐ Brush four 1-cup ramekins with butter.
- ☐ Sprinkle the ramekins with granulated sugar and turn to coat evenly all over. Tap the excess sugar out of the ramekins.
- ☐ In a large bowl, whisk the egg yolks with 3 tablespoons of the granulated sugar and the almond extract until pale. Stir in the ground almonds and pear puree.
- ☐ In a large stainless steel bowl, beat the egg whites with the pinch of salt until soft peaks form.
- ☐ Add the remaining 3 tablespoons of granulated sugar and beat until the egg whites are firm and glossy. Stir one-fourth of the egg whites into the almond mixture to lighten it, then gently fold in the remaining egg whites.
- ☐ Scrape the souffl mixture into the prepared ramekins. Smooth the tops and run your thumb around the inside of the rims.
- ☐ Transfer the ramekins to a baking sheet and bake for about 17 minutes, until the souffls are risen and browned.
- ☐ Let cool slightly, then carefully loosen the souffls from the ramekins with a knife.
- ☐ Invert the souffls onto plates and spoon the prunes, pears and ros syrup around them. Dust the souffls with confectioners' sugar and serve.

## Nutrition Facts



## Properties

Glycemic Index:7.51, Glycemic Load:3.08, Inflammation Score:-2, Nutrition Score:3.1304347774257%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 117.37kcal (5.87%), Fat: 7.79g (11.98%), Saturated Fat: 3.06g (19.13%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.09g (2.58%), Sugar: 5.62g (6.24%), Cholesterol: 41.35mg (13.78%), Sodium: 12.42mg (0.54%), Alcohol: 1.25g (100%), Alcohol %: 2.98% (100%), Protein: 2.3g (4.6%), Vitamin E: 1.54mg (10.28%), Manganese: 0.13mg (6.69%), Vitamin B2: 0.09mg (5.2%), Fiber: 1.29g (5.17%), Magnesium: 19.13mg (4.78%), Phosphorus: 45.87mg (4.59%), Copper: 0.08mg (4.18%), Selenium: 2.76µg (3.94%), Vitamin A: 192.04IU (3.84%), Potassium: 98.04mg (2.8%), Vitamin K: 2.63µg (2.51%), Calcium: 22.04mg (2.2%), Folate: 8.58µg (2.14%), Iron: 0.37mg (2.05%), Zinc: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.67%), Vitamin D: 0.23µg (1.52%), Vitamin B3: 0.3mg (1.51%), Vitamin B5: 0.14mg (1.4%), Vitamin B1: 0.02mg (1.35%), Vitamin C: 0.99mg (1.2%), Vitamin B12: 0.07µg (1.13%)