



Hazelnut Tea Cake with Moscato Pears

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



462 kcal

DESSERT

Ingredients

- 2 bartlett pears--peeled cored cut into 8 wedges and
- 3 large egg whites
- 4 large egg yolks
- 0.3 cup flour all-purpose
- 4 ounces hazelnuts
- 0.5 cup heavy cream
- 0.8 cup moscato d'asti
- 0.3 cup sugar

7 tablespoons butter unsalted softened

0.5 teaspoon vanilla extract pure

Equipment

food processor

bowl

frying pan

baking sheet

sauce pan

oven

knife

blender

cake form

kitchen towels

Directions

In a bowl, combine the pears with the Moscato d'Asti and let stand at room temperature for 2 to 4 hours.

Preheat the oven to 35

Butter and flour an 8-by-1-inch round cake pan.

Put the hazelnuts on a rimmed baking sheet and bake for 12 minutes, or until richly browned.

Transfer the hazelnuts to a kitchen towel and let cool completely. Rub the hazelnuts in the towel to remove the skins. In a food processor, pulse the nuts until they're finely ground; be careful not to overprocess to a paste.

In a large bowl, using a handheld mixer, beat 6 tablespoons of the butter with 1/4 cup of the sugar until light and fluffy. Beat in the egg yolks, 1 at a time, until thoroughly incorporated.

Add the vanilla, then fold in the hazelnuts and flour.

In a stainless-steel bowl, beat the egg whites until soft peaks form.

Add the remaining 2 tablespoons of sugar and beat until almost-firm shiny peaks form. Stir one-third of the egg whites into the cake batter to lighten it, then fold in the remaining whites.

Scrape the batter into the prepared pan and bake for about 20 minutes, or until a cake tester inserted in the center comes out clean.

- Transfer the cake to a rack and let it cool slightly in the pan. Run a thin knife around the cake and unmold it. Cover loosely with a kitchen towel.
- Drain the Moscato d'Asti into a small saucepan. Simmer over low heat until reduced to 3 tablespoons, about 10 minutes.
- Let the syrup cool, then refrigerate.
- In a large skillet, melt the remaining 1 tablespoon of butter.
- Add the pears and cook over moderately high heat until browned, about 4 minutes per side. Arrange the pear wedges on top of the cake in a spoke pattern.
- In a stainless-steel bowl, beat the cream until it starts to thicken.
- Add the reduced Moscato d'Asti and beat until soft peaks form.
- Wine Recommendation: The low-alcohol (5 percent), off-dry 1999 La Spinetta Moscato d'Asti Bricco Quaglia from Giorgio Rivetti is sweet without being cloying, and its fruit aromas and nutty overtones point up similar flavors in this subtly sweet dessert. The wine's elegant crisp bubbles also provide a delicious contrast to the whipped cream accompaniment.

Nutrition Facts

  
 **PROTEIN 6.96%**  **FAT 69.32%**  **CARBS 23.72%**

Properties

Glycemic Index:33.52, Glycemic Load:11.79, Inflammation Score:-6, Nutrition Score:12.701304342436%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg

Nutrients (% of daily need)

Calories: 461.94kcal (23.1%), Fat: 35.1g (54%), Saturated Fat: 14.89g (93.03%), Carbohydrates: 27.03g (9.01%), Net Carbohydrates: 23.21g (8.44%), Sugar: 15.71g (17.46%), Cholesterol: 179.93mg (59.98%), Sodium: 40.79mg (1.77%), Alcohol: 2.72g (100%), Alcohol %: 1.85% (100%), Protein: 7.93g (15.86%), Manganese: 1.23mg (61.73%), Vitamin E: 3.76mg (25.09%), Copper: 0.4mg (19.85%), Selenium: 12.73µg (18.19%), Vitamin A: 883.54IU (17.67%), Fiber: 3.81g

(15.25%), Vitamin B2: 0.24mg (14.09%), Folate: 52.94µg (13.23%), Vitamin B1: 0.19mg (13%), Phosphorus: 129.08mg (12.91%), Magnesium: 39.65mg (9.91%), Iron: 1.59mg (8.85%), Vitamin B6: 0.17mg (8.61%), Vitamin D: 1.17µg (7.83%), Potassium: 256.69mg (7.33%), Vitamin B5: 0.66mg (6.6%), Vitamin K: 6.81µg (6.49%), Calcium: 60.57mg (6.06%), Zinc: 0.88mg (5.84%), Vitamin B12: 0.3µg (4.92%), Vitamin C: 3.92mg (4.75%), Vitamin B3: 0.79mg (3.93%)