



Oven Roasted Pears With Blackberry Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



341 kcal

SIDE DISH

Ingredients

- 57 grams bittersweet chocolate
- 3 cups blackberries
- 115 grams powdered sugar
- 0.3 teaspoon cream of tartar
- 4 large eggs
- 115 grams granulated sugar
- 1 large juice of lemon
- 10 medium pears (I used Bosc)

- 2 tablespoons sugar
- 6 tablespoons butter unsalted

Equipment

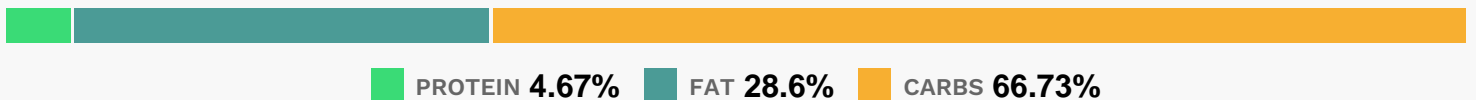
- food processor
- bowl
- frying pan
- baking sheet
- baking paper
- oven
- knife
- whisk
- mixing bowl
- baking pan
- spatula
- dutch oven
- salad spinner
- pastry bag

Directions

- Pears:Pre-heat oven to 450 degrees Fahrenheit. Peel, core and quarter the pears. Melt the butter in a large casserole or baking dish (I used a 10 quart Le Creuset Dutch Oven), add the pears and cook over high heat for about ten minutes or until the pears are golden brown. Keep stirring them so they are evenly colored.
- Transfer the baking dish/casserole into the oven for 7-10 minutes until the pears are easily pierced with a paring knife.
- Remove the pears from the oven, transfer to a bowl, and let them cool to room temperature.Blackberry Sauce:Wash and dry the blackberries. (I use a salad spinner). Reserve cup of the berries for garnish.

- Put the 3 cups of blackberries, the powdered sugar and the lemon juice in a food processor and pure.
- Pour the pure into a bowl and set aside. Pre-heat oven to 275 degrees Fahrenheit. Take a full size sheet pan and line it with a silpat mat. (If you don't have one, use parchment paper sprayed with Pam cooking spray) Get a large pastry bag with a star tip ready.
- Put the granulated sugar in a food processor and blitz into a very fine powder, about a minute.
- Transfer the superfine sugar to a bowl.
- Add the confectioners sugar and the chocolate to the food processor and process until the chocolate is pulverized into tiny flecks.
- Transfer to a bowl.
- Pour the egg whites into a mixing bowl and beat at slow speed with a whisk attachment until the egg whites begin to froth, then add the cream of tartar. Increase the speed to high and beat the whites until they form stiff peaks.
- Add the superfine sugar and continue to beat for another two minutes.
- Using a spatula, fill the pastry bag with the egg white mixture and pipe out the meringue kisses onto the lined baking sheet. As you finish squeezing out a dollop of egg white, gently push the star tip of the pastry bag into the dollop about an inch and then quickly pull it away: that action gives the top a small point. When all the meringues are piped out, place the baking sheet in the oven for an hour-and-a-half. You're not baking the meringues, but simply drying out the egg whites. They're done when the meringue is hard to the touch.
- Remove the meringues from the oven and let cool to room temperature. To plate and serve, spoon several tablespoons of blackberry sauce into the center of a bowl, add 3 or 4 pear quarters, several meringue kisses, and garnish with a few whole blackberries.

Nutrition Facts



Properties

Glycemic Index: 20.19, Glycemic Load: 18.08, Inflammation Score: -5, Nutrition Score: 9.6595652173913%

Flavonoids

Cyanidin: 46.85mg, Cyanidin: 46.85mg, Cyanidin: 46.85mg, Cyanidin: 46.85mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Catechin: 16.49mg, Catechin: 16.49mg, Catechin: 16.49mg, Catechin: 16.49mg, Epigallocatechin:

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Taste

Sweetness: 100%, Saltiness: 9.86%, Sourness: 23.89%, Bitterness: 16.53%, Savoriness: 8.47%, Fattiness: 17.75%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 340.97kcal (17.05%), Fat: 11.41g (17.56%), Saturated Fat: 6.24g (39.02%), Carbohydrates: 59.92g (19.97%), Net Carbohydrates: 51.65g (18.78%), Sugar: 46.83g (52.03%), Cholesterol: 92.8mg (30.93%), Sodium: 32.54mg (1.41%), Caffeine: 4.9mg (1.63%), Protein: 4.19g (8.38%), Fiber: 8.27g (33.09%), Manganese: 0.45mg (22.38%), Vitamin C: 17.89mg (21.68%), Vitamin K: 17.44µg (16.61%), Copper: 0.31mg (15.33%), Selenium: 7.21µg (10.3%), Potassium: 354.37mg (10.12%), Vitamin B2: 0.16mg (9.4%), Vitamin A: 457.89IU (9.16%), Phosphorus: 87.54mg (8.75%), Magnesium: 33.88mg (8.47%), Folate: 33.51µg (8.38%), Vitamin E: 1.16mg (7.75%), Iron: 1.32mg (7.33%), Zinc: 0.83mg (5.52%), Vitamin B5: 0.54mg (5.43%), Vitamin B6: 0.1mg (5.11%), Calcium: 45.74mg (4.57%), Vitamin D: 0.53µg (3.51%), Vitamin B12: 0.2µg (3.38%), Vitamin B3: 0.63mg (3.17%), Vitamin B1: 0.04mg (2.73%)