



Pear and Cranberry Cobbler with Citrus-Infused Custard Sauce

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 2 pounds bartlett pears firm peeled cut into 1/2-inch wedges
- ☐ 0.3 cup brandy
- ☐ 6 ounces cranberries fresh
- ☐ 8 servings citrus-infused custard sauce
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground allspice

- ☐ 1 cup heavy cream divided
- ☐ 6 inch orange zest finely chopped
- ☐ 0.3 teaspoon rounded salt
- ☐ 1 teaspoon sugar
- ☐ 2 tablespoons butter unsalted cut into bits

Equipment

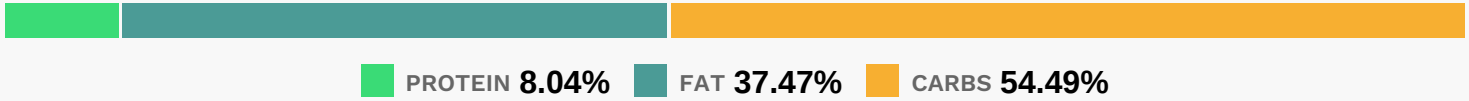
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper

Directions

- ☐ Preheat oven to 425°F with rack in lower third. Butter baking dish.
- ☐ Stir together pears, cranberries, sugar, orange zest, brandy and allspice in a large bowl.
- ☐ Transfer filling to baking dish and dot with butter.
- ☐ Cover dish tightly with foil and bake 20 minutes.
- ☐ Remove foil and continue to bake until cranberries burst and pears are just tender, 15 to 20 minutes more.
- ☐ Stir together flour, baking powder, and salt in a bowl, then add 3/4 cup plus 3 tablespoons cream and stir just until a dough forms. Gather dough into a ball and transfer to a lightly floured surface (dough will feel dense and heavy; don't worry.)
- ☐ Gently knead dough 6 times, then pat out into an 8-inch round (about 1/3-inch thick).
- ☐ Cut out as many rounds as possible with lightly floured cutter, transferring to a sheet of wax paper. Gather scraps and pat out once more, then cut out more rounds. (You will have about 16).
- ☐ Carefully but quickly, top hot fruit with biscuits, arranging in 1 layer.
- ☐ Brush biscuits with remaining tablespoon cream and sprinkle with sugar.

- ☐
- Continue to bake cobbler until biscuits are puffed and golden, 15 to 20 minutes. Cool 15 minutes before serving and top with Citrus-Infused Custard Sauce.
- ☐
- Cobbler can be made 3 hours ahead and kept at room temperature. Reheat in a 350°F oven, 20 to 30 minutes.

Nutrition Facts



Properties

Glycemic Index:48.71, Glycemic Load:28.91, Inflammation Score:-7, Nutrition Score:14.392608849899%

Flavonoids

Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg, Cyanidin: 9.87mg Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg, Delphinidin: 1.63mg Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg, Malvidin: 0.09mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.45mg, Peonidin: 10.45mg, Peonidin: 10.45mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg, Epicatechin: 0.93mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg, Myricetin: 1.41mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

Nutrients (% of daily need)

Calories: 486.46kcal (24.32%), Fat: 19.67g (30.26%), Saturated Fat: 11.55g (72.16%), Carbohydrates: 64.35g (21.45%), Net Carbohydrates: 59.22g (21.53%), Sugar: 20.13g (22.36%), Cholesterol: 113.05mg (37.68%), Sodium: 281.24mg (12.23%), Alcohol: 2.51g (100%), Alcohol %: 0.92% (100%), Protein: 9.49g (18.99%), Vitamin B2: 0.52mg (30.53%), Calcium: 279.49mg (27.95%), Phosphorus: 258.72mg (25.87%), Selenium: 17.49µg (24.99%), Fiber: 5.13g (20.52%), Vitamin B1: 0.3mg (19.67%), Vitamin A: 834.26IU (16.69%), Folate: 64.49µg (16.12%), Vitamin D: 2.22µg (14.8%), Manganese: 0.29mg (14.61%), Potassium: 482.61mg (13.79%), Vitamin C: 10.9mg (13.21%), Vitamin B12: 0.79µg (13.11%), Vitamin B5: 1.29mg (12.88%), Iron: 1.97mg (10.93%), Magnesium: 38.66mg (9.66%), Copper: 0.18mg (9.2%), Vitamin B3: 1.82mg (9.09%), Vitamin B6: 0.16mg (7.81%), Zinc: 1.08mg (7.18%), Vitamin K: 6.92µg (6.59%), Vitamin E: 0.88mg (5.83%)