



Pear and Cranberry Crostata

 Vegetarian

READY IN



455 min.

SERVINGS



8

CALORIES



1145 kcal

DESSERT

Ingredients

- 2.3 cups almond flour
- 6 bosc pears cored peeled halved
- 0.5 cup cranberries fresh
- 1 eggs beaten
- 3 egg yolks
- 4 eggs
- 0.3 cup flour
- 3 cups flour all-purpose

- 1 inch ginger fresh peeled cut into 4 pieces
- 5 tablespoons milk
- 1 pinch salt
- 1 teaspoon salt
- 1 cup sugar
- 1.5 tablespoons sugar
- 0.3 cup butter unsalted
- 3 sticks butter unsalted chilled cut into cubes
- 14 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract

Equipment

- bowl
- baking sheet
- oven
- whisk
- blender
- plastic wrap
- roasting pan
- spatula

Directions

- Make the Pie Dough: In a standing mixer fitted with the paddle attachment, combine the flour, sugar, and salt and mix to combine.
- Add the butter and continue mixing until the mixture holds together when you clump it, and there are pecan-sized lumps of butter still visible.
- Meanwhile, whisk together the yolks and milk in small bowl.
- Add the yolk mixture to the flour mixture and mix until a dough forms.

- Transfer the dough to a sheet of plastic wrap, wrap well and store in the refrigerator for several hours. (The dough will keep for several days in the fridge and several weeks in the freezer.)
- Make the Almond Cream: In the standing mixer fitted with the paddle attachment, cream together the butter and sugar until light and fluffy.
- Add almond flour and mix until just combined.
- Add eggs and mix until combined.
- Add flour, vanilla, and salt and mix. Store covered in refrigerator for up to a week.
- Make the Roasted Pears: Preheat the oven to 350 degrees F. Toss the pears with the ginger in a roasting pan and arrange them in a single layer.
- Sprinkle the sugar on top and dot with the butter.
- Bake, stirring occasionally, until golden brown, about 45 minutes.
- Let cool. (Store covered in the refrigerator for up to a week.)
- Assemble the Crostata: Using half of the pie dough (reserve half for another use), roll the dough out on a lightly floured work surface into a circle about 12 to 14 inches in diameter and 1/8 inch thick.
- Transfer the dough to a lightly buttered baking sheet.
- Using a spatula, spread a circle of almond cream about 8 inches in diameter in the center of the dough (use about 1/2 cup of the almond cream). Arrange the pears in concentric circles in 2 layers on top of almond cream circle.
- Sprinkle the cranberries on top of the pears. Fold the edges of the dough in, slightly covering the pears, to form a free-form tart.
- Brush with the beaten egg and bake until the pastry is golden brown, about 1 hour.
- Remove from oven, let cool, and serve.

Nutrition Facts

  

 PROTEIN **6.07%**  FAT **61.82%**  CARBS **32.11%**

Properties

Glycemic Index:53.12, Glycemic Load:53.42, Inflammation Score:-8, Nutrition Score:18.289130563321%

Flavonoids

Cyanidin: 5.65mg, Cyanidin: 5.65mg, Cyanidin: 5.65mg, Cyanidin: 5.65mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg, Peonidin: 3.07mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg, Epigallocatechin: 0.83mg Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg, Epicatechin: 5.29mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 1145.16kcal (57.26%), Fat: 81.08g (124.74%), Saturated Fat: 40.89g (255.56%), Carbohydrates: 94.72g (31.57%), Net Carbohydrates: 85.63g (31.14%), Sugar: 42.4g (47.11%), Cholesterol: 335.36mg (111.79%), Sodium: 352.4mg (15.32%), Alcohol: 0.09g (100%), Alcohol %: 0.03% (100%), Protein: 17.92g (35.85%), Selenium: 30.67µg (43.81%), Vitamin A: 2146.63IU (42.93%), Fiber: 9.09g (36.36%), Folate: 127.43µg (31.86%), Vitamin B1: 0.45mg (29.83%), Vitamin B2: 0.49mg (28.94%), Iron: 4.5mg (25.02%), Manganese: 0.45mg (22.6%), Phosphorus: 179.86mg (17.99%), Vitamin B3: 3.29mg (16.45%), Vitamin E: 2.46mg (16.39%), Vitamin D: 2.13µg (14.18%), Calcium: 140.3mg (14.03%), Copper: 0.23mg (11.37%), Vitamin K: 11.68µg (11.12%), Vitamin B5: 1.05mg (10.48%), Vitamin B12: 0.55µg (9.21%), Potassium: 295.93mg (8.46%), Vitamin C: 6.66mg (8.07%), Zinc: 1.12mg (7.44%), Vitamin B6: 0.14mg (7.22%), Magnesium: 27.55mg (6.89%)