



## Pear, Apple, and Quince Crostata

 Vegetarian

READY IN



300 min.

SERVINGS



8

CALORIES



313 kcal

DESSERT

### Ingredients

- ☐ 2 tablespoons apple cider
- ☐ 2 apples (preferably Fuji or Gala; 1 lb total)
- ☐ 1 stick cinnamon (3-inch)
- ☐ 0.5 cup powdered sugar
- ☐ 1 large eggs lightly beaten
- ☐ 2 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 1 tablespoon ginger fresh peeled finely chopped

- ☐ 6 tablespoons water
- ☐ 1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup brown sugar light packed
- ☐ 2 pears (1 lb total)
- ☐ 0.5 lb quinces
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup butter unsalted softened
- ☐ 1 teaspoon vanilla

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ baking pan
- ☐ hand mixer
- ☐ rolling pin
- ☐ tart form

## Directions

- ☐ Put oven rack in middle position and preheat oven to 375°F.
- ☐ Peel, quarter, and core pears, apples, and quince, then cut into 1-inch chunks. Toss fruit with sugar, lemon juice, ginger, cinnamon stick, cloves, and 1 tablespoon apple cider in a bowl.
- ☐ Transfer to a large shallow baking pan (17 by 12 inches) and roast, stirring once or twice, until fruit is very soft and caramelized, 1 to 1 1/4 hours.

- ☐ Remove from oven and add remaining tablespoon apple cider, scraping up caramelized juices from bottom of baking pan. Discard cinnamon stick and cloves. Cool in pan on a rack, about 45 minutes.
- ☐ Whisk together flour, salt, and 2 tablespoons sugar in a large bowl. Blend in butter with your fingertips or a pastry blender (or pulse in a food processor) until mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Drizzle evenly with 6 tablespoons ice water and gently stir with a fork (or pulse) until incorporated.
- ☐ Squeeze a small handful: If dough doesn't hold together, add more ice water to dough, 1 tablespoon at a time, stirring (or pulsing) until just combined. (Do not overwork mixture, or pastry will be tough.)
- ☐ Turn out dough onto a lightly floured surface and divide into 6 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather all of dough together with scraper and press into a ball, then flatten into a disk. Chill dough, wrapped tightly in plastic wrap, until firm, at least 1 hour.
- ☐ Roll out dough on a lightly floured surface with a lightly floured rolling pin into a 14-inch round, then fit into tart pan (do not trim).
- ☐ Put a large baking sheet in middle of oven and preheat oven to 375°F.
- ☐ Beat together butter and sugars in a large bowl using an electric mixer at high speed until pale and fluffy, about 2 minutes.
- ☐ Add eggs 1 at a time, beating well after each addition, then beat in vanilla. Reduce speed to low, then add flour and a pinch of salt and mix until just combined.
- ☐ Spread evenly in pastry shell.
- ☐ Scatter roasted fruit with juices over filling. Fold edge of pastry over filling to partially cover (center won't be covered). Pleat dough as necessary.
- ☐ Brush folded pastry edge lightly with egg and sprinkle with remaining tablespoon sugar.
- ☐ Bake on preheated baking sheet until filling is puffed and set and pastry is golden brown, 50 to 60 minutes. Cool to warm, about 1 1/2 hours.
- ☐ Remove side of tart pan and slide crostata onto a plate.
- ☐ • Pastry shell can be chilled up to 1 day: Fruit can be roasted 1 day ahead and chilled, covered: Crostata can be baked 6 hours ahead and kept (in tart pan) at room temperature. Reheat if desired.

## Nutrition Facts

 **PROTEIN 4.13%**  **FAT 37.54%**  **CARBS 58.33%**

## Properties

Glycemic Index:38.7, Glycemic Load:10.46, Inflammation Score:-4, Nutrition Score:5.8626087644826%

## Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg, Catechin: 0.97mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg, Epicatechin: 5.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg, Quercetin: 2.24mg

## Nutrients (% of daily need)

Calories: 312.87kcal (15.64%), Fat: 13.54g (20.83%), Saturated Fat: 7.91g (49.45%), Carbohydrates: 47.34g (15.78%), Net Carbohydrates: 43.95g (15.98%), Sugar: 34.91g (38.79%), Cholesterol: 100.25mg (33.42%), Sodium: 326mg (14.17%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 3.35g (6.7%), Fiber: 3.39g (13.56%), Vitamin C: 10.53mg (12.76%), Selenium: 7.7µg (11.01%), Vitamin A: 504.5IU (10.09%), Vitamin B2: 0.15mg (8.61%), Manganese: 0.16mg (8.14%), Potassium: 224.04mg (6.4%), Phosphorus: 61.78mg (6.18%), Copper: 0.12mg (6.08%), Folate: 23.1µg (5.78%), Iron: 1mg (5.57%), Vitamin E: 0.68mg (4.57%), Vitamin B6: 0.09mg (4.4%), Vitamin B5: 0.42mg (4.24%), Calcium: 41.61mg (4.16%), Vitamin B1: 0.06mg (4.01%), Vitamin K: 4.16µg (3.96%), Vitamin D: 0.59µg (3.92%), Magnesium: 13.63mg (3.41%), Vitamin B12: 0.19µg (3.18%), Zinc: 0.38mg (2.52%), Vitamin B3: 0.46mg (2.29%)