



Pear Clafoutis with Phyllo Crisps, Cider Sauce, and Quince Sorbet

READY IN



45 min.

SERVINGS



6

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 0.3 cup almond flour
- ☐ 6 small firm-ripe bosc pears (2 pounds total)
- ☐ 3 tablespoons butter plus additional unsalted for ramekins
- ☐ 2 tablespoons cornstarch
- ☐ 1 large eggs
- ☐ 6 large egg yolks
- ☐ 2 tablespoons flour all-purpose

- ☐ 3 sheets phyllo stacked and covered with 2 sheets of plastic wrap and a dampened kitchen towel (17- by)
- ☐ 6 servings accompaniments: cider sauce and quince sorbet
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 3 tablespoons sugar plus additional for coating ramekins
- ☐ 5 tablespoons butter unsalted softened
- ☐ 2 vanilla beans halved lengthwise
- ☐ 2 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ ramekin
- ☐ hand mixer
- ☐ wax paper
- ☐ spatula

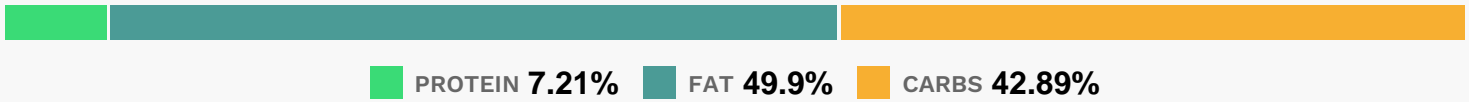
Directions

- ☐ Arrange 1 sheet of phyllo on a work surface (keep remaining sheets covered), then brush with some butter and sprinkle with 1 tablespoon sugar.
- ☐ Cut sheet in half crosswise to form 2 rectangles and crumple each into a peaked free-form round, about 4 inches in diameter.

- ☐ Transfer to a baking sheet with a metal spatula and form 4 more crisps in same manner with remaining phyllo, butter, and sugar.
- ☐ Let dry, uncovered, at room temperature at least 8 hours.
- ☐ Put oven rack in middle position and preheat oven to 500°F.
- ☐ Bake crisps until golden, 2 to 4 minutes (watch closely, since they burn easily).
- ☐ Transfer with spatula to a rack to cool.
- ☐ Whisk together yolks and 2 tablespoons sugar in a metal bowl. Sift flour and cornstarch into bowl and whisk until combined well.
- ☐ Scrape seeds from vanilla beans with a sharp knife into a small heavy saucepan, reserving pods for another use.
- ☐ Add milk and remaining 2 tablespoons sugar and bring to a boil.
- ☐ Add hot milk to egg mixture in a stream, whisking, and transfer to saucepan. Simmer, whisking, 3 minutes, then remove pan from heat and whisk in butter.
- ☐ Force pastry cream through a fine-mesh sieve into a bowl and chill, its surface covered with wax paper, 1 hour.
- ☐ Beat together butter, sugar, flours, and salt in a bowl with an electric mixer at medium speed until pale and fluffy, 1 to 2 minutes.
- ☐ Add egg and beat well.
- ☐ Put oven rack in middle position and preheat oven to 300°F.
- ☐ Peel pears, then quarter lengthwise and core. Melt butter in a 12-inch ovenproof heavy skillet over moderately high heat until foam subsides, then sauté pears, turning occasionally, 2 minutes.
- ☐ Sprinkle sugar over pears and cook, turning occasionally, until sugar is melted and pears begin to turn pale golden, about 5 minutes.
- ☐ Transfer skillet to oven and roast pears until very tender, 5 to 7 minutes, then cool to room temperature.
- ☐ Increase oven temperature to 350°F. Butter ramekins generously and coat with sugar, knocking out excess.
- ☐ Whisk pastry cream into almond cream until combined well.
- ☐ Spread 1/4 cup cream evenly in bottom of 1 ramekin and top with 2 pieces of pear.

- ☐ Spread another 1/4 cup cream over pears and top with 2 more pieces of pear. Repeat in remaining 5 ramekins. Arrange ramekins on a baking sheet and bake clafoutis until puffed and golden, 30 to 35 minutes. Cool in ramekins on a rack 1 hour.
- ☐ Put 1 clafoutis (in ramekin) on each of 6 large plates and top each with a phyllo crisp.
- ☐ Serve cider sauce and quince sorbet on the side.
- ☐ ·Crisps can dry up to 24 hours before baking:·Crisps can be baked 6 hours ahead and kept, uncovered, at room temperature:·Pastry cream and almond cream can be prepared 1 day ahead and chilled separately, covered. Bring to room temperature before combining:·Clafoutis can be assembled 8 hours ahead and chilled, covered. Bring to room temperature before baking.

Nutrition Facts



Properties

Glycemic Index:62.49, Glycemic Load:21.4, Inflammation Score:-5, Nutrition Score:10.7495653111%

Flavonoids

Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg, Cyanidin: 3.05mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 451.38kcal (22.57%), Fat: 25.96g (39.94%), Saturated Fat: 13.19g (82.43%), Carbohydrates: 50.2g (16.73%), Net Carbohydrates: 45g (16.36%), Sugar: 35.73g (39.7%), Cholesterol: 264.49mg (88.16%), Sodium: 197.11mg (8.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.44g (16.88%), Selenium: 14.99µg (21.41%), Fiber: 5.19g (20.77%), Phosphorus: 190.4mg (19.04%), Vitamin A: 925.78IU (18.52%), Vitamin B2: 0.3mg (17.69%), Calcium: 155.01mg (15.5%), Vitamin B12: 0.88µg (14.61%), Vitamin D: 2.15µg (14.36%), Folate: 44.26µg (11.07%), Vitamin B5: 1.04mg (10.44%), Potassium: 333.28mg (9.52%), Vitamin B6: 0.17mg (8.41%), Vitamin C: 6.51mg (7.9%), Vitamin E: 1.18mg (7.86%), Vitamin B1: 0.12mg (7.82%), Vitamin K: 8.21µg (7.82%), Copper: 0.15mg (7.53%), Zinc: 1.02mg (6.79%), Iron: 1.2mg (6.67%), Magnesium: 23.06mg (5.76%), Manganese: 0.11mg (5.29%), Vitamin B3: 0.49mg (2.46%)