



Pear Crostata with Figs and Honey

 Vegetarian

READY IN



200 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- 2.3 pounds anjou pear firm cored ripe unpeeled cut into 8 wedges (4)
- 0.3 teaspoon kosher salt
- 0.3 cup cornmeal
- 2 tablespoons cornstarch
- 4 ounces figs dried stemmed quartered
- 0.3 cup brown sugar packed ()
- 1 teaspoon ground cardamom (scant)
- 0.3 teaspoon ground cloves

- 8 servings cup heavy whipping cream (for brushing)
- 2 tablespoons honey
- 3 tablespoons water ()
- 8 servings sugar raw
- 1 teaspoon salt
- 0.3 cup sugar
- 1.7 cups unbleached all purpose flour
- 0.8 cup butter unsalted chilled cut into 1/2-inch cubes ()

Equipment

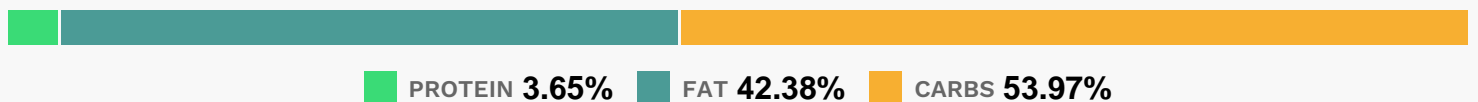
- bowl
- baking sheet
- oven
- knife
- whisk
- aluminum foil
- spatula

Directions

- Blend first 4 ingredients in processor.
- Add butter; using on/off turns, process until mixture resembles coarse meal.
- Remove lid; spoon 3 tablespoons ice water over mixture. Return lid to processor; using on/off turns, blend mixture until dough forms ball, adding more ice water by teaspoonfuls if dry. Flatten dough into disk; wrap in plastic and chill at least 20 minutes. DO AHEAD: Can be made 2 days ahead. Keep chilled.
- Let dough soften slightly at room temperature before rolling out.
- Position rack in center of oven; preheat to 400°F.
- Whisk first 6 ingredients in large bowl.
- Add pears and figs; toss gently.

- Roll dough out on lightly floured parchment to 14-inch square or round.
- Transfer parchment with rolled-out crust to rimless baking sheet. Mound pear mixture with juices in center of crust, leaving 2- to 3-inch plain dough border. Using parchment as aid, fold dough up over edges of pear mixture, pleating edges and pinching to seal any cracks in dough, forming square or round.
- Brush crust edges with cream; sprinkle generously with raw sugar.
- Bake crostata until crust is golden, pears are tender, and juices are bubbling thickly, covering crust edges with foil if browning too quickly, 50 to 60 minutes.
- Remove crostata from oven; drizzle 2 tablespoons honey over hot filling. Run long thin knife or spatula around edges of warm crostata to loosen. Cool crostata on parchment on baking sheet until slightly warm, at least 1 hour.
- Transfer to platter.
- Serve slightly warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index: 36.7, Glycemic Load: 16.59, Inflammation Score: -6, Nutrition Score: 9.3256521432296%

Flavonoids

Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg, Cyanidin: 2.7mg Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg, Catechin: 0.57mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 4.87mg, Epicatechin: 4.87mg, Epicatechin: 4.87mg, Epicatechin: 4.87mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg

Nutrients (% of daily need)

Calories: 485.73kcal (24.29%), Fat: 23.59g (36.29%), Saturated Fat: 14.53g (90.83%), Carbohydrates: 67.58g (22.53%), Net Carbohydrates: 61.77g (22.46%), Sugar: 33.58g (37.31%), Cholesterol: 62.7mg (20.9%), Sodium: 374.86mg (16.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Fiber: 5.81g (23.25%), Manganese: 0.42mg (20.97%), Vitamin B1: 0.25mg (16.85%), Vitamin A: 804.96IU (16.1%), Folate: 61.12µg (15.28%), Selenium: 10.27µg (14.67%), Vitamin B2: 0.21mg (12.6%), Iron: 1.84mg (10.22%), Vitamin B3: 2mg (10%), Copper: 0.18mg (9.11%), Vitamin K: 8.43µg (8.03%), Potassium: 265.28mg (7.58%), Phosphorus: 75.4mg (7.54%), Vitamin C:

5.94mg (7.2%), Magnesium: 27.24mg (6.81%), Vitamin E: 0.89mg (5.94%), Vitamin B6: 0.11mg (5.72%), Calcium: 43.74mg (4.37%), Zinc: 0.63mg (4.19%), Vitamin D: 0.56µg (3.73%), Vitamin B5: 0.33mg (3.33%)