



Pear Croustade with Hazelnut-Brown Sugar Topping

READY IN



45 min.

SERVINGS



8

CALORIES



425 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon flour
- ☐ 1.5 pounds purée of usa bartlett pear cored ripe peeled thinly sliced quartered
- ☐ 0.7 cup bread flour
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 0.3 cup hazelnuts husked toasted
- ☐ 3 tablespoons water ()
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup sugar

- ☐ 9 tablespoons butter unsalted chilled cut into 1/2-inch pieces
- ☐ 8 servings whipped cream

Equipment

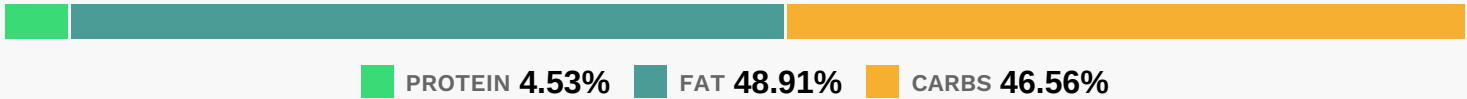
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ aluminum foil
- ☐ spatula
- ☐ tart form

Directions

- ☐ Blend all ingredients in processor until clumps form, about 1 minute.
- ☐ Transfer to medium bowl. Cover and chill. (Do not clean processor bowl.)
- ☐ Combine both flours, hazelnuts, sugar and salt in same processor bowl. Blend until hazelnuts are finely chopped.
- ☐ Add butter and blend until coarse meal forms.
- ☐ Mix in 2 tablespoons ice water and process just until moist clumps form, adding more water by teaspoonfuls if dry. Gather dough into ball; flatten into disk. Wrap dough in plastic and chill 30 minutes. (Topping and dough can be made 1 day ahead. Keep chilled.)
- ☐ Position rack in bottom third of oven and preheat to 400°F.
- ☐ Roll out dough between 2 sheets of parchment paper to 13-inch round, lifting paper, smoothing wrinkles and turning over as needed.
- ☐ Transfer dough on parchment paper to large unrimmed baking sheet.
- ☐ Remove top sheet of parchment.
- ☐ Combine pears, sugar and flour in large bowl; toss to coat.
- ☐ Mound pear mixture atop dough, leaving 2-inch border. Using parchment paper as aid, fold dough border over pears, pleating loosely and pinching to seal any cracks in dough.
- ☐ Sprinkle topping thickly over pears.

- ☐
- Bake croustade until crust is golden, about 40 minutes. Cover very loosely with foil to prevent crust from over-browning and continue to bake until juices bubble thickly, about 12 minutes longer.
- ☐
- Transfer baking sheet to rack; cool slightly. Slide metal spatula under crust to free from parchment. Using large tart pan bottom as aid, transfer croustade to platter.
- ☐
- Serve warm with ice cream.

Nutrition Facts



Properties

Glycemic Index:41.14, Glycemic Load:24.65, Inflammation Score:-5, Nutrition Score:7.6691303978796%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

Nutrients (% of daily need)

Calories: 424.73kcal (21.24%), Fat: 23.42g (36.03%), Saturated Fat: 12.82g (80.14%), Carbohydrates: 50.17g (16.72%), Net Carbohydrates: 46.31g (16.84%), Sugar: 35.18g (39.08%), Cholesterol: 62.9mg (20.97%), Sodium: 202.58mg (8.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.75%), Manganese: 0.44mg (21.93%), Fiber: 3.86g (15.44%), Vitamin A: 696.47IU (13.93%), Vitamin B2: 0.2mg (12%), Phosphorus: 108.23mg (10.82%), Calcium: 107.39mg (10.74%), Vitamin E: 1.46mg (9.72%), Copper: 0.19mg (9.7%), Selenium: 6.11µg (8.73%), Potassium: 272.62mg (7.79%), Magnesium: 26.08mg (6.52%), Vitamin B1: 0.09mg (5.73%), Vitamin C: 4.45mg (5.4%), Vitamin B5: 0.54mg (5.38%), Zinc: 0.76mg (5.06%), Vitamin K: 5.28µg (5.03%), Folate: 19.72µg (4.93%), Vitamin B12: 0.28µg (4.74%), Vitamin B6: 0.09mg (4.43%), Iron: 0.63mg (3.52%), Vitamin D: 0.37µg (2.46%), Vitamin B3: 0.48mg (2.39%)