



Pear-White Pepper Tiramisu

 Vegetarian

READY IN



35 min.

SERVINGS



10

CALORIES



510 kcal

DESSERT

Ingredients

- ☐ 0.8 cup confectioners' sugar
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 teaspoon ground pepper white finely
- ☐ 1.5 cups heavy cream cold
- ☐ 0.1 teaspoon kosher salt
- ☐ 27 ladyfingers soft
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 16 ounce mascarpone cheese

- ☐ 0.5 cup pear brandy
- ☐ 1 pears firm peeled thinly sliced such as Anjou or Bartlett
- ☐ 0.5 cup pear juice
- ☐ 1 teaspoon vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ stand mixer

Directions

- ☐ Toss the pear, pear juice, brandy, granulated sugar, lemon juice and salt in a medium bowl. Cover with plastic wrap; set aside. Beat the mascarpone, heavy cream, confectioners' sugar, vanilla and white pepper in a stand mixer fitted with the paddle attachment (or in a large bowl with a hand mixer) on medium-low speed until combined, about 1 minute. Increase the mixer speed to medium high and beat until light and fluffy, 1 to 2 more minutes (do not overbeat). Line a 9-by-5-inch loaf pan with plastic wrap, leaving a 2-inch overhang on all sides. Arrange 9 ladyfingers in the bottom of the pan in a single layer. Top with half of the pears and drizzle with 3 tablespoons of the pear liquid.
- ☐ Spread 1 cup of the mascarpone mixture over the pears. Repeat with 9 more ladyfingers, the remaining pears, 3 tablespoons of the pear liquid and 1 cup mascarpone mixture. Top with the remaining 9 ladyfingers and drizzle with 3 tablespoons of the pear liquid. Cover with plastic wrap and refrigerate at least 8 hours or overnight. (
- ☐ Transfer the remaining mascarpone mixture to an airtight container and refrigerate until ready to serve.) To serve, let the reserved mascarpone mixture come to room temperature. Lift the tiramisu out of the pan using the plastic wrap and invert onto a platter; remove the plastic wrap. Cover the top and sides with the remaining mascarpone mixture.
- ☐ Photograph by Johnny Miller

Nutrition Facts



 **PROTEIN 5.83%**  **FAT 63.51%**  **CARBS 30.66%**

Properties

Glycemic Index:14.36, Glycemic Load:4.64, Inflammation Score:-6, Nutrition Score:5.6799999216328%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 509.79kcal (25.49%), Fat: 36.06g (55.47%), Saturated Fat: 21.95g (137.19%), Carbohydrates: 39.17g (13.06%), Net Carbohydrates: 38.03g (13.83%), Sugar: 18.32g (20.36%), Cholesterol: 151.34mg (50.45%), Sodium: 108.84mg (4.73%), Alcohol: 0.14g (100%), Alcohol %: 0.11% (100%), Protein: 7.44g (14.89%), Vitamin A: 1331.44IU (26.63%), Vitamin B2: 0.21mg (12.23%), Calcium: 105.34mg (10.53%), Phosphorus: 76.92mg (7.69%), Vitamin C: 5.73mg (6.95%), Folate: 26.71µg (6.68%), Iron: 1.17mg (6.49%), Vitamin B1: 0.1mg (6.4%), Vitamin B12: 0.28µg (4.66%), Fiber: 1.14g (4.55%), Manganese: 0.09mg (4.5%), Vitamin B5: 0.44mg (4.36%), Vitamin D: 0.57µg (3.81%), Vitamin B3: 0.73mg (3.64%), Potassium: 115.05mg (3.29%), Copper: 0.06mg (3.18%), Zinc: 0.46mg (3.09%), Vitamin B6: 0.06mg (2.89%), Vitamin K: 2.7µg (2.57%), Vitamin E: 0.37mg (2.48%), Magnesium: 9.03mg (2.26%), Selenium: 1.23µg (1.76%)