



Pistachio Popover Cremes Brulees with Grand Marnier Syrup

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



763 kcal

DESSERT

Ingredients

- 4 large egg yolk
- 3 large eggs at room temperature
- 1 cup flour all-purpose
- 2 tablespoons orange liqueur
- 0.3 cup granulated sugar
- 2 tablespoons granulated sugar
- 2 cups cup heavy whipping cream

- 2 cups orange juice fresh
- 0.5 cup pistachios unsalted shelled
- 0.3 teaspoon salt
- 1 cup sugar
- 2 tablespoons butter unsalted melted
- 0.5 vanilla pod halved lengthwise
- 1 cup milk whole at room temperature

Equipment

- food processor
- frying pan
- sauce pan
- oven
- whisk
- sieve
- loaf pan
- baking pan
- blow torch
- aluminum foil

Directions

- Scrape seeds from vanilla bean into cream in a 2-quart heavy saucepan, then add pod and bring to a simmer over moderate heat.
- Remove from heat, then steep, covered, 20 minutes.
- Discard pod.
- Preheat oven to 325°F.
- Whisk together yolks, sugar, and a pinch of salt, then add hot cream in a slow stream, whisking constantly.

- Pour through a fine sieve into glass loaf pan. Cover pan with foil and bake custard in a hot water bath until set but with center still slightly wobbly, about 1 hour.
- Remove foil and cool custard in pan on a rack, then chill, covered, until firm, at least 4 hours.
- Scrape seeds from vanilla bean into juice in cleaned 2-quart heavy saucepan, then add pod and sugar. Bring to a boil over moderately high heat, stirring until sugar is dissolved, then boil until reduced to about 1 1/4 cups, about 20 minutes.
- Remove from heat, then discard pod and stir in Grand Marnier. Cool to room temperature.
- Preheat oven to 375°F.
- Chop enough pistachios to measure 2 tablespoons. Pulse remaining nuts with regular granulated sugar in a food processor until finely ground.
- Add flour and salt and pulse to combine.
- Add milk, butter, and eggs and blend until just combined.
- Pour batter into well-buttered popover cups, filling them two-thirds full.
- Bake in lower third of oven until popovers are puffed and well browned, about 40 minutes.
- Cut a 1/2-inch slit in top of each popover and bake 10 minutes more. Immediately turn popovers out onto rack to cool.
- Cut off tops of cooled popovers and arrange in a baking dish.
- Brush tops with some syrup and heat in oven until warm, about 3 minutes.
- While tops are heating, fill bottoms of popovers with custard.
- Sprinkle 1 teaspoon superfine sugar evenly over each custard, then move blowtorch flame evenly back and forth just over sugar until sugar is melted and caramelized.
- Transfer popovers with tops to plates and spoon some syrup around each.
- Sprinkle with chopped nuts.
- Custard and syrup can be made 2 days ahead and chilled, covered. Bring custard to room temperature and warm syrup before proceeding.

Nutrition Facts

 **PROTEIN 6.96%**  **FAT 51.86%**  **CARBS 41.18%**

Properties

Glycemic Index:65.55, Glycemic Load:48.81, Inflammation Score:-8, Nutrition Score:18.157391216444%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg, Hesperetin: 9.88mg Naringenin: 1.77mg, Naringenin: 1.77mg, Naringenin: 1.77mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 762.67kcal (38.13%), Fat: 44.35g (68.23%), Saturated Fat: 23.89g (149.32%), Carbohydrates: 79.26g (26.42%), Net Carbohydrates: 77.47g (28.17%), Sugar: 59.4g (66%), Cholesterol: 319.96mg (106.65%), Sodium: 177.42mg (7.71%), Alcohol: 1.3g (100%), Alcohol %: 0.51% (100%), Protein: 13.39g (26.78%), Vitamin C: 42.38mg (51.37%), Vitamin A: 1855IU (37.1%), Selenium: 25.37µg (36.25%), Vitamin B2: 0.53mg (31.43%), Phosphorus: 268.98mg (26.9%), Vitamin B1: 0.4mg (26.41%), Folate: 99.76µg (24.94%), Vitamin D: 2.9µg (19.32%), Vitamin B6: 0.35mg (17.57%), Calcium: 155.67mg (15.57%), Manganese: 0.3mg (14.77%), Vitamin B5: 1.38mg (13.83%), Potassium: 479.46mg (13.7%), Vitamin B12: 0.8µg (13.3%), Iron: 2.39mg (13.26%), Copper: 0.24mg (12.08%), Vitamin E: 1.69mg (11.3%), Magnesium: 40.33mg (10.08%), Zinc: 1.36mg (9.09%), Vitamin B3: 1.82mg (9.09%), Fiber: 1.78g (7.13%), Vitamin K: 3.29µg (3.13%)