



Poached Pear Fritters



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



36

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 pounds anjou pears cored peeled cut in half lengthwise, and
- ☐ 1 teaspoon double-acting baking powder
- ☐ 36 servings confectioners' sugar
- ☐ 1 cup beer dark (not)
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lemon fresh (from 1 lemon)

- ☐ 1 strips lemon zest with vegetable peeler thin
- ☐ 0.3 cup orange juice
- ☐ 3 tablespoons sugar
- ☐ 8 cups vegetable oil

Equipment

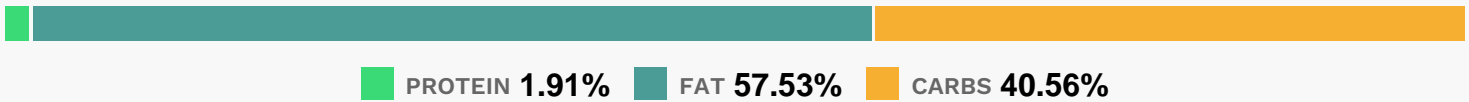
- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen thermometer

Directions

- ☐ Poach pears
- ☐ In large saucepan over moderately high heat, stir together 4 cups water, orange juice, sugar, lemon zest, and lemon juice. Bring to simmer, stirring until sugar dissolves, then add pears, cut sides up, in single layer. Reduce heat and simmer, uncovered, until pears are tender but not falling apart, about 15 minutes.
- ☐ Remove from heat and cool pears in poaching liquid. (Pears can be poached ahead and refrigerated in poaching liquid, covered, up to 24 hours. Bring to room temperature before proceeding.)
- ☐ Remove pears from poaching liquid (reserve liquid) and slice lengthwise into 1/4-inch-thick wedges.
- ☐ Strain liquid through fine-mesh sieve into small saucepan. Set over moderate heat and simmer, uncovered, until syrupy and reduced by half, about 10 minutes. Set aside.
- ☐ Make batter
- ☐ In large bowl, whisk together flour, sugar, baking powder, and salt. In medium bowl, whisk together beer and egg.
- ☐ Whisk wet ingredients into dry.

- ☐ Fry fritters
- ☐ In heavy 6-quart pot over moderately high heat, heat 4 inches of oil until thermometer registers 350°F. Working in batches of 6 and returning oil to 350°F between batches, dip pear wedges into batter, transfer to hot oil, and fry until golden brown, about 2 minutes.
- ☐ Transfer to paper towels to drain.
- ☐ Transfer pears to platter, drizzle with syrup, and dust with confectioners' sugar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.18, Glycemic Load:4.15, Inflammation Score:-1, Nutrition Score:2.2791304724372%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg, Hesperetin: 0.39mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 153.12kcal (7.66%), Fat: 9.9g (15.23%), Saturated Fat: 1.53g (9.58%), Carbohydrates: 15.71g (5.24%), Net Carbohydrates: 14.99g (5.45%), Sugar: 10.86g (12.07%), Cholesterol: 5.17mg (1.72%), Sodium: 22.56mg (0.98%), Alcohol: 0.26g (100%), Alcohol %: 0.35% (100%), Protein: 0.74g (1.48%), Vitamin K: 18.67µg (17.78%), Vitamin E: 0.84mg (5.57%), Selenium: 2.01µg (2.88%), Fiber: 0.71g (2.85%), Folate: 11.08µg (2.77%), Vitamin C: 2.19mg (2.66%), Vitamin B1: 0.04mg (2.61%), Vitamin B2: 0.04mg (2.16%), Manganese: 0.04mg (2.02%), Vitamin B3: 0.33mg (1.65%), Iron: 0.29mg (1.58%), Phosphorus: 13.45mg (1.35%), Copper: 0.02mg (1.24%), Calcium: 10.32mg (1.03%), Potassium: 35.23mg (1.01%)