



Poached Pear Tart with Caramelized Pistachios

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



471 kcal

DESSERT

Ingredients

- ☐ 1.5 cups all purpose flour
- ☐ 3 tablespoons cornstarch
- ☐ 1 large egg yolk
- ☐ 4 large egg yolks
- ☐ 1 peel from lemon with vegetable peeler in strips
- ☐ 1 peel from orange with vegetable peeler in strips
- ☐ 5 medium size but pears with cut side of lemon wedge firm ripe peeled (such as Anjou)

- ☐ 0.5 cup natural pistachios raw unsalted shelled
- ☐ 0.5 cup powdered sugar
- ☐ 3 cups red wine fruity (such as Zinfandel)
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 9 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- ☐ 2 tablespoons water
- ☐ 5 tablespoons whipping cream
- ☐ 1.3 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ tart form
- ☐ pastry brush

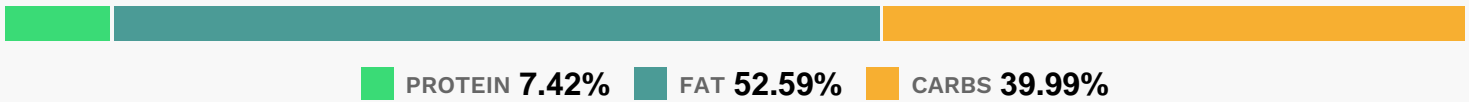
Directions

- ☐ Finely grind pistachios and 3 tablespoons sugar in processor.
- ☐ Transfer nut mixture to heavy medium saucepan; add milk and bring to boil.
- ☐ Whisk remaining 4 tablespoons sugar, yolks, and cornstarch in medium bowl to blend. Gradually whisk hot milk mixture into yolk mixture. Return mixture to same pan; whisk constantly over medium-high heat until mixture boils and thickens, about 1 minute.

- ☐ Remove from heat.
- ☐ Whisk butter into pastry cream, 1 piece at a time.
- ☐ Transfer pastry cream to bowl; press plastic wrap directly onto surface. Cover and chill at least 4 hours. Stir in cream. (Can be made 2 days ahead. Keep chilled.)
- ☐ Bring wine, sugar, orange peel, and lemon peel to boil in heavy large saucepan, stirring until sugar dissolves.
- ☐ Add pears; bring to simmer.
- ☐ Cut parchment paper round to fit pan; press paper atop pears. Partially cover pan; reduce heat to medium-low and simmer gently until pears are tender, turning occasionally, about 30 minutes.
- ☐ Transfer pears and poaching liquid to medium bowl. Cool to room temperature. (Pears can be prepared 2 days ahead. Cover and refrigerate.)
- ☐ Line rimmed baking sheet with parchment paper. Stir sugar and 2 tablespoons water in heavy small saucepan over medium-low heat until sugar dissolves. Increase heat and boil without stirring until syrup turns medium amber color, occasionally brushing down pan sides with wet pastry brush and swirling pan. Immediately add pistachios; stir until caramel is deep amber and coats nuts. Immediately spread nuts on prepared baking sheet, separating any clumps. Cool completely. (Can be made 2 days ahead. Store airtight at room temperature.)
- ☐ Preheat oven to 375°F. Butter 9-inch-diameter tart pan with removable bottom. Blend flour, sugar, and salt in processor.
- ☐ Add butter and cut in using on/off turns until mixture resembles coarse meal.
- ☐ Add egg yolk and blend in using on/off turns until moist clumps form. Press dough onto bottom and up sides of prepared pan. Freeze crust 15 minutes.
- ☐ Bake crust until golden brown, about 20 minutes. Cool completely in pan on rack. (Can be made 1 day ahead.
- ☐ Let stand at room temperature.)
- ☐ Remove pears from poaching liquid.
- ☐ Pour poaching liquid into medium saucepan; boil until syrup is reduced to 1/2 cup, about 10 minutes. Chill wine syrup until cold.
- ☐ Cut pears lengthwise in half. Scoop out cores and center veins; cut off stems.
- ☐ Place pears, cut side down, on triple-thick layer of paper towels. Cover with triple-thick layer of paper towels. Pat pears dry, changing paper towels as needed to absorb excess liquid.

- ☐
- Cut each pear half lengthwise into 4 to 6 slices.
- ☐
- Spread pastry cream in crust. Arrange pear slices decoratively atop pastry cream, covering completely. (Can be prepared 2 hours ahead. Cover loosely and chill.)
- ☐
- Scatter caramelized pistachios over tart.
- ☐
- Cut tart into wedges and serve with wine syrup.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:17.58, Inflammation Score:-7, Nutrition Score:11.25521737078%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg, Petunidin: 1.78mg Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg, Delphinidin: 1.81mg Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg, Malvidin: 12.46mg Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg, Peonidin: 1.13mg Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg, Catechin: 6.7mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg, Epicatechin: 3.47mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg, Eriodictyol: 2.4mg Hesperetin: 3.71mg, Hesperetin: 3.71mg, Hesperetin: 3.71mg, Hesperetin: 3.71mg Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg, Naringenin: 1.65mg Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg, Quercetin: 1.18mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 471.43kcal (23.57%), Fat: 24.05g (37%), Saturated Fat: 12.49g (78.04%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 39.15g (14.24%), Sugar: 15.65g (17.39%), Cholesterol: 164.09mg (54.7%), Sodium: 102.6mg (4.46%), Alcohol: 9.54g (100%), Alcohol %: 5.26% (100%), Protein: 7.63g (15.26%), Selenium: 16.05µg (22.92%), Vitamin B1: 0.31mg (20.42%), Manganese: 0.38mg (19.24%), Phosphorus: 178mg (17.8%), Vitamin B2: 0.3mg (17.51%), Folate: 65.86µg (16.46%), Vitamin A: 793.35IU (15.87%), Vitamin B6: 0.27mg (13.55%), Iron: 2.21mg (12.29%), Vitamin C: 9.46mg (11.46%), Calcium: 99.16mg (9.92%), Vitamin D: 1.41µg (9.38%), Potassium: 323.69mg (9.25%), Vitamin B3: 1.77mg (8.85%), Magnesium: 33.11mg (8.28%), Copper: 0.17mg (8.25%), Fiber: 2.01g (8.02%), Vitamin B12: 0.47µg

(7.81%), Vitamin B5: 0.71mg (7.11%), Vitamin E: 0.96mg (6.4%), Zinc: 0.92mg (6.15%), Vitamin K: 2.03µg (1.93%)