



WHATSheATe



Poached Seckel Pear with Pomegranate, Cabrales Cheese, and Szechuan Pepper Ice Cream

READY IN



45 min.

SERVINGS



8

CALORIES



760 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups almond flour (125 g 4.4 oz)
- ☐ 113 g cabrales cheese cut into eight 1/2-inch-thick slices
- ☐ 8.5 large egg yolks (160 g 5.6 oz)
- ☐ 2 large eggs (100 g 3.5 oz)
- ☐ 1 Tbsp flour all-purpose (10 g 0.35 oz)
- ☐ 0.5 cup granulated sugar (125 g 4.4 oz)
- ☐ 1 cup heavy cream (250 g 8.8 oz)

- ☐ 2 cups poaching liquid from poached pears with pomegranate (500 g 17.6 oz)
- ☐ 8 seckel pears peeled (you will core them after they are poached)
- ☐ 3 to 5 turns pepper black freshly ground
- ☐ 3 Tbsp szechuan peppercorns (20 g 0.7 oz)
- ☐ 4 cups pomegranate juice (1 kg 2.2 lb)
- ☐ 8.8 Tbsp butter unsalted (125 g 4.4 oz)
- ☐ 3 cups milk whole (750 g 26.4 oz)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ sieve
- ☐ blender
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ stand mixer
- ☐ ice cream machine
- ☐ pastry cutter

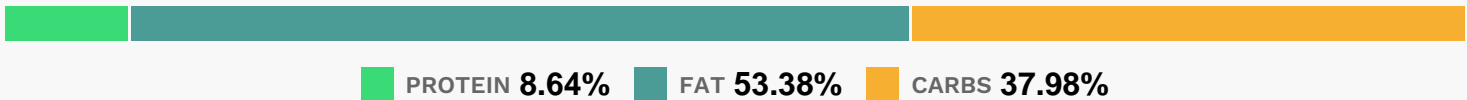
Directions

- ☐ Szechuan Pepper Ice Cream
- ☐ In a medium saucepan, combine the milk, cream, and peppercorns and cook over medium-high heat until the mixture comes to a gentle boil.

- ☐ Remove the pan from the heat, cover, and allow to infuse for 20 minutes.
- ☐ Strain the milk mixture and return it to the saucepan. Reheat until the mixture just begins to boil.
- ☐ Remove from the heat.
- ☐ In a medium bowl, whisk together the egg yolks and sugar vigorously until pale.
- ☐ Whisk about 1/2 cup of the hot milk mixture into the yolks, then return this mixture to the saucepan with the remaining milk mixture and cook over medium heat, stirring constantly with a wooden spoon, until it thickens enough to coat the back of the spoon and reaches 175°F (79°C) on an instant-read thermometer; do not let the mixture boil, or the egg yolks will curdle.
- ☐ Remove the pot from the heat. Pass the ice cream base through a fine-mesh sieve into a bowl. Set the bowl in an ice bath and stir frequently until cold. Cover the bowl and refrigerate the ice cream base for at least 4 hours.
- ☐ Process the base in an ice cream machine according to the manufacturer's instructions (be careful not to overchurn the ice cream or it will become grainy).
- ☐ Transfer the ice cream to an airtight container and freeze until ready to serve.
- ☐ Poached Pears with Pomegranate
- ☐ In a medium saucepan, bring the pomegranate juice and black pepper to a boil over medium-high heat.
- ☐ Add the pears and reduce the heat to medium-low. Poach the pears in the simmering juice until tender, about 15 minutes. Cool completely at room temperature.
- ☐ Transfer the pears, still in the liquid, to an airtight container and refrigerate until ready to serve.
- ☐ Pomegranate Sauce
- ☐ Pour the poaching liquid in a small saucepan and bring to a boil over medium-high heat. Continue to boil the liquid until it has reduced by half, about 15 minutes. Pass the syrup through a fine-mesh sieve into a bowl and cool.
- ☐ Baked Almond Diamonds
- ☐ Preheat the oven to 375°F (191°C). Coat the bottom and sides of a 9-inch square baking pan with nonstick cooking spray.
- ☐ In the bowl of a stand mixer fitted with the paddle attachment, mix together the butter and sugar on medium speed until creamy and well blended, about 2 minutes.

- ☐ Add the almond flour and mix until blended. Reduce the mixer speed to medium-low and add the eggs, one at a time, mixing well after each addition and scraping down the sides of the bowl as necessary.
- ☐ Add the flour and mix until blended. Scrape the almond mixture into the prepared pan, smoothing it into an even layer.
- ☐ Bake for 18 to 22 minutes, or until golden brown.
- ☐ Place the pan on a wire rack and cool completely.
- ☐ Using a 2-inch-long by 1-inch-wide diamond-shaped pastry cutter, cut out 8 diamonds of baked almond cream. Store in an airtight container until ready to use.
- ☐ Assembly
- ☐ Cut each Poached Pear with Pomegranate in half crosswise and remove the cores from the bottom halves.
- ☐ Place each pear bottom standing up on a plate and top with a slice of Cabrales cheese. Replace the pear tops. Glaze the pears with some of the Pomegranate Sauce, letting some of the sauce drip onto the plates.
- ☐ Place a
- ☐ Baked Almond Diamond on each plate and top with a scoop of Szechuan Pepper Ice Cream.
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Nutrition Facts



Properties

Glycemic Index:43.45, Glycemic Load:21.18, Inflammation Score:-7, Nutrition Score:20.7817390898%

Flavonoids

Cyanidin: 7.48mg, Cyanidin: 7.48mg, Cyanidin: 7.48mg, Cyanidin: 7.48mg Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg, Delphinidin: 1.01mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg, Epigallocatechin: 1.29mg Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg, Epicatechin: 8.21mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-

gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg, Epicatechin 3–gallate: 0.04mg Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg, Epigallocatechin 3–gallate: 0.37mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg, Quercetin: 3.22mg

Nutrients (% of daily need)

Calories: 760.07kcal (38%), Fat: 47.13g (72.51%), Saturated Fat: 22.21g (138.79%), Carbohydrates: 75.45g (25.15%), Net Carbohydrates: 65.52g (23.82%), Sugar: 55.6g (61.77%), Cholesterol: 333.69mg (111.23%), Sodium: 177.66mg (7.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.17g (34.34%), Fiber: 9.94g (39.75%), Manganese: 0.78mg (38.77%), Calcium: 357.15mg (35.71%), Phosphorus: 320.7mg (32.07%), Selenium: 21.92µg (31.32%), Vitamin K: 32.12µg (30.59%), Vitamin A: 1520.3IU (30.41%), Vitamin B2: 0.49mg (28.95%), Potassium: 792.73mg (22.65%), Folate: 84.44µg (21.11%), Vitamin D: 3.03µg (20.17%), Vitamin B12: 1.18µg (19.69%), Vitamin B5: 1.75mg (17.48%), Copper: 0.3mg (14.82%), Vitamin E: 2.16mg (14.41%), Vitamin B6: 0.29mg (14.32%), Iron: 2.44mg (13.56%), Zinc: 1.94mg (12.95%), Magnesium: 50.84mg (12.71%), Vitamin C: 9.69mg (11.74%), Vitamin B1: 0.16mg (10.37%), Vitamin B3: 0.89mg (4.43%)