



Poached Summer Peaches with Stilton Strawberry Salad

READY IN



135 min.

SERVINGS



4

CALORIES



1561 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups balsamic vinegar
- ☐ 0.5 cup butter melted
- ☐ 0.5 cup confectioners' sugar
- ☐ 0.8 cup honey
- ☐ 4 peaches ripe
- ☐ 5 sheets phyllo dough
- ☐ 1 cup coarsely stilton cheese
- ☐ 2 ounces coarsely stilton cheese

- ☐ 1.5 cups strawberries
- ☐ 1 cup sugar
- ☐ 0.8 cup walnuts
- ☐ 1 cup walnuts
- ☐ 2 cups water
- ☐ 16 ounce beaume de venise
- ☐ 16 ounce beaume de venise

Equipment

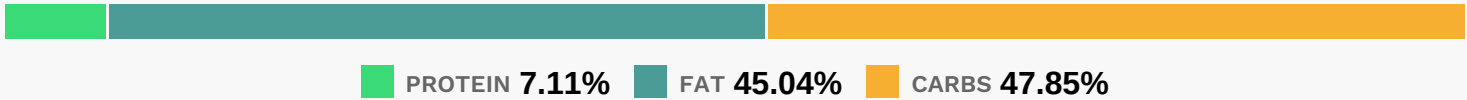
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ pot

Directions

- ☐ Begin by poaching the peaches. Bring the Beaume de Venise, sugar, and water to a boil.
- ☐ Add the peaches to the hot liquid. Cover the pot with parchment paper and bring to a rolling boil.
- ☐ Remove pot from heat and let the peaches sit in the hot liquid until it cools down. Peel skins off and set aside. Dice the strawberries and place them in a bowl. Toast the walnuts and chop into small pieces and add them to the strawberries. Crumble the Stilton and mix with the strawberries. Preheat the oven to 350 degrees F. Carefully place a phyllo sheet on a flat surface and lightly brush with the melted butter.
- ☐ Sprinkle with confectioners' sugar.
- ☐ Place another sheet of dough on top of the other and repeat process 5 times.
- ☐ Cut the pastry in a long, 1-inch width triangle, place it on a silpat or a parchment lined baking sheet and bake for 15 minutes.

- ☐ Remove from the oven and sprinkle crumbled Stilton. Allow to cool on a wire rack. To serve, slice the peaches in half and remove the pit.
- ☐ Place peaches in center of 4 plates, scoop strawberry salad and place on top of peaches.
- ☐ Drizzle the Balsamic Reduction, add a few Candied Walnuts around plate, and top with Stilton crisps.
- ☐ Preheat oven to 275 degrees F. To candy the walnuts, combine the honey with the walnuts, spread over a baking sheet, and bake for 20 minutes. Balsamic reduction: 3 cups balsamic vinegar
- ☐ Place the Balsamic vinegar in a small sauce pan, bring to a boil, and allow the vinegar to reduce to 3/4 of a cup.
- ☐ Remove from the heat and set aside.
- ☐ Place the Balsamic vinegar in a small sauce pan, bring to a boil, and allow the vinegar to reduce to 3/4 of a cup.
- ☐ Remove from the heat and set aside.

Nutrition Facts



Properties

Glycemic Index:108.65, Glycemic Load:90.69, Inflammation Score:-9, Nutrition Score:31.557391270347%

Flavonoids

Cyanidin: 5.17mg, Cyanidin: 5.17mg, Cyanidin: 5.17mg, Cyanidin: 5.17mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg, Catechin: 9.06mg Epigallocatechin: 1.98mg, Epigallocatechin: 1.98mg, Epigallocatechin: 1.98mg, Epigallocatechin: 1.98mg Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg, Epicatechin: 3.74mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 1560.71kcal (78.04%), Fat: 79.58g (122.43%), Saturated Fat: 31.82g (198.87%), Carbohydrates: 190.25g (63.42%), Net Carbohydrates: 182.91g (66.51%), Sugar: 162.33g (180.37%), Cholesterol: 116mg (38.67%), Sodium: 1214.67mg (52.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.25g (56.51%), Manganese: 2.47mg (123.56%), Phosphorus: 570.33mg (57.03%), Copper: 1.11mg (55.31%), Calcium: 521.02mg (52.1%), Vitamin C: 38.89mg (47.13%), Magnesium: 146.29mg (36.57%), Vitamin A: 1774.25IU (35.49%), Selenium: 23.22µg (33.17%), Vitamin B2: 0.54mg (31.91%), Folate: 121.54µg (30.39%), Zinc: 4.41mg (29.37%), Fiber: 7.34g (29.35%), Potassium: 952mg (27.2%), Iron: 4.89mg (27.19%), Vitamin B1: 0.37mg (24.98%), Vitamin B6: 0.48mg (24.14%), Vitamin B5: 2mg (20.03%), Vitamin B3: 3.79mg (18.97%), Vitamin E: 2.47mg (16.47%), Vitamin B12: 0.94µg (15.71%), Vitamin K: 11.41µg (10.87%), Vitamin D: 0.37µg (2.44%)