



Pumpkin Cake with Sage Ice Cream and Pumpkin Cherry Compote

 Vegetarian

READY IN



60 min.

SERVINGS



12

CALORIES



731 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 cup canola oil
- ☐ 0.5 cup cherries dried
- ☐ 0.3 teaspoon cinnamon
- ☐ 1.5 teaspoons cinnamon
- ☐ 12 servings garnish: confectioners sugar
- ☐ 9 large egg yolks

- ☐ 4 large eggs
- ☐ 2.3 cups flour all-purpose
- ☐ 0.3 cup sage fresh coarsely chopped
- ☐ 0.3 cup granulated sugar
- ☐ 0.8 cup granulated sugar
- ☐ 1.5 teaspoons ground allspice
- ☐ 2 cups half-and-half
- ☐ 2 cups heavy cream
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 inch lemon zest
- ☐ 0.5 cup brown sugar light packed
- ☐ 1.8 cups brown sugar light packed
- ☐ 2 lb pumpkin fresh peeled seeded cut into 1/4-inch dice (2 cups) (preferably sugar or cheese pumpkin)
- ☐ 12 servings accompaniment: arrop syrup spanish (candied pumpkin)
- ☐ 0.1 teaspoon salt
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups solid-pack pumpkin fresh canned
- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve

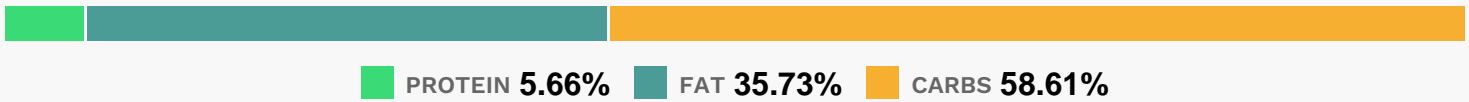
- ☐ plastic wrap
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ice cream machine

Directions

- ☐ Bring cream, half-and-half, sage, and zest to a boil in a large heavy saucepan over moderate heat.
- ☐ Remove from heat and steep, covered, 10 minutes.
- ☐ Whisk together yolks, granulated sugar, and salt in a large bowl.
- ☐ Whisk in half of hot cream, then whisk egg mixture into remaining cream in saucepan. Cook custard over moderate heat, stirring constantly with a wooden spoon, until it coats back of spoon and reaches 170F on thermometer, about 5 minutes (do not let boil).
- ☐ Pour custard through a fine sieve into a bowl and cool, stirring occasionally. Chill custard, its surface covered with plastic wrap, until cold, at least 3 hours.
- ☐ Freeze custard in ice cream maker, then transfer to an airtight container and put in freezer to harden.
- ☐ Preheat oven to 350F.
- ☐ Butter a 13- by 9- by 2-inch metal baking pan. Line bottom with wax or parchment paper, then butter paper.
- ☐ Sift together flour, cinnamon, allspice, baking soda, and salt.
- ☐ Whisk together brown sugar and eggs in a large bowl, then whisk in oil and pumpkin puree. 3
- ☐ Add flour mixture and whisk just until smooth.
- ☐ Pour batter into baking pan and bake in middle of oven until springy to the touch and a tester inserted in center comes out clean, 25 to 30 minutes.
- ☐ Cool cake in pan on a rack 10 minutes, then run a knife around edge and invert onto rack. Peel off paper and cool cake completely.
- ☐ Soak cherries in hot water to cover until softened, about 15 minutes, then drain.
- ☐ Melt butter in a large skillet over moderate heat.

- ☐ Add sugars, lemon juice, cinnamon, and salt, then cook, stirring until smooth.
- ☐ Add pumpkin and drained cherries and simmer, covered, stirring occasionally, until pumpkin is tender, 8 to 12 minutes.
- ☐ Cut out 12 (3-inch) rounds from cake with cutter. Halve each round horizontally, then put bottom halves on 12 plates and top with scoops of ice cream. Spoon compote on and around cakes, then tilt tops against ice cream.
- ☐ Cooks' notes: To cool custard quickly after straining, set bowl in a larger bowl of ice and cold water and stir until chilled. Custard can be chilled up to 24 hours before making ice cream. Pumpkin cake and sage ice cream keep, frozen separately, 1 month. Wrap cake tightly in plastic wrap and foil. Thaw cake (in wrapping) at room temperature. * Available in some Latin markets and Tienda (888-472-1022).

Nutrition Facts



Properties

Glycemic Index:27.85, Glycemic Load:28.04, Inflammation Score:-10, Nutrition Score:21.320434570312%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 731.04kcal (36.55%), Fat: 30.05g (46.24%), Saturated Fat: 15.31g (95.7%), Carbohydrates: 110.9g (36.97%), Net Carbohydrates: 108.6g (39.49%), Sugar: 83.91g (93.23%), Cholesterol: 263.66mg (87.89%), Sodium: 355.96mg (15.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.43%), Vitamin A: 12266.19IU (245.32%), Copper: 1.31mg (65.7%), Selenium: 23.72µg (33.89%), Vitamin B2: 0.52mg (30.62%), Folate: 89.28µg (22.32%), Manganese: 0.44mg (21.94%), Phosphorus: 217.61mg (21.76%), Vitamin E: 2.83mg (18.89%), Vitamin B1: 0.28mg (18.81%), Calcium: 180.03mg (18%), Iron: 3.23mg (17.97%), Potassium: 550.4mg (15.73%), Vitamin B5: 1.38mg (13.79%), Vitamin C: 10.72mg (12.99%), Vitamin D: 1.69µg (11.28%), Vitamin B3: 2.1mg (10.52%), Vitamin K: 10.77µg

(10.26%), Vitamin B6: 0.2mg (10.16%), Fiber: 2.31g (9.23%), Magnesium: 36.45mg (9.11%), Vitamin B12: 0.54µg (9.02%), Zinc: 1.26mg (8.38%)