



Quinces and Prunes with Caramelized Brioche

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



1808 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 loaf day-old brioche (3/4-inch-thick)
- ☐ 6 servings crème fraîche
- ☐ 3 large eggs
- ☐ 1 tablespoon grand marnier
- ☐ 0.7 cup cup heavy whipping cream
- ☐ 7 prune- cut to pieces pitted halved
- ☐ 3 small quinces halved lengthwise (1 lb total)
- ☐ 0.5 cup sugar

- ☐ 2 tablespoons butter unsalted
- ☐ 1 vanilla pod halved lengthwise
- ☐ 4 cups water
- ☐ 0.7 cup frangelico
- ☐ 0.7 cup frangelico

Equipment

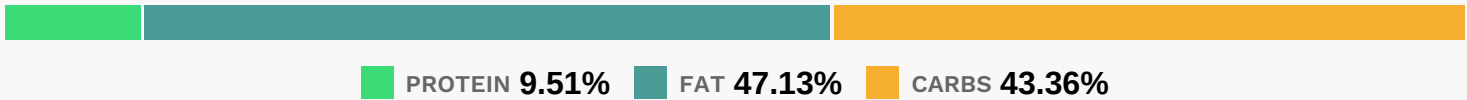
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ baking pan
- ☐ broiler
- ☐ measuring cup
- ☐ slotted spoon
- ☐ cutting board

Directions

- ☐ Bring water and 2 1/2 cups sugar to a boil in a 4-quart heavy saucepan, stirring until sugar is dissolved.
- ☐ Add quinces and cook at a bare simmer, partially covered, turning occasionally, until tender when pierced near core with a fork (core will remain hard), about 45 minutes to 1 hour. Cool quinces, uncovered, in syrup, about 1 1/2 hours, then transfer with a slotted spoon to a plate.
- ☐ While quinces are cooling, simmer prunes in Armagnac in a small saucepan, uncovered, until plump, about 10 minutes, then cool.
- ☐ Drain prunes in a sieve set over a bowl, reserving Armagnac. Set aside 6 prune halves and finely chop remainder. Cook butter and remaining 2 tablespoons sugar in a 2-quart heavy saucepan over moderate heat, stirring, until sugar is dissolved, about 5 minutes. Carefully add

- 1/4 cup Grand Marnier and 6 tablespoons reserved Armagnac. (
- ☐ Mixture may ignite. If so, let flames burn out.) Simmer until slightly syrupy, about 2 minutes.
 - ☐ Transfer Grand Marnier sauce to a measuring cup.
 - ☐ Core quinces using a large melon-ball cutter and a sharp small knife. Scoop 1 tablespoon flesh from center of each quince half and transfer to a bowl. Scrape seeds from vanilla bean with sharp small knife into bowl with quince flesh, reserving pod. Stir in chopped prunes and remaining tablespoon Grand Marnier.
 - ☐ Transfer quince halves to a shallow baking pan and spoon filling into cavity of each, then top with prune halves.
 - ☐ Drizzle each quince half with 1 teaspoon Grand Marnier sauce, reserving remaining sauce.
 - ☐ Cut vanilla pod halves crosswise into thirds and stick 1 piece into filling of each quince.
 - ☐ Preheat broiler.
 - ☐ Scrape seeds from vanilla bean with sharp small knife into a shallow bowl, then whisk together with cream, eggs, sugar, and Grand Marnier. Dip brioche slices into batter 1 at a time, letting them soak 1 minute on each side.
 - ☐ Transfer to a buttered shallow (1-inch-deep) flameproof baking pan.
 - ☐ Broil 4 to 6 inches from heat until golden brown, about 2 minutes on each side.
 - ☐ Transfer brioche to a cutting board and halve diagonally, then return to baking pan.
 - ☐ Preheat oven to 400°F.
 - ☐ Bake quinces in upper third of oven until heated through, about 10 minutes. At the same time, reheat brioche in lower third of oven until hot, about 6 minutes. Divide quinces and brioche among 6 plates and drizzle remaining Grand Marnier sauce over and around quinces. Spoon crème fraîche on top.
 - ☐ • Quinces may be stuffed 1 day ahead and chilled, covered.* Available at some specialty produce shops an Indian Rock (215-536-9600).

Nutrition Facts



Properties

Glycemic Index:22.35, Glycemic Load:18.86, Inflammation Score:-9, Nutrition Score:12.183478417604%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 1807.72kcal (90.39%), Fat: 96.24g (148.06%), Saturated Fat: 54.36g (339.74%), Carbohydrates: 199.23g (66.41%), Net Carbohydrates: 196.25g (71.36%), Sugar: 23.16g (25.73%), Cholesterol: 721.4mg (240.47%), Sodium: 1613.68mg (70.16%), Alcohol: 0.65g (100%), Alcohol %: 0.12% (100%), Protein: 43.7g (87.4%), Vitamin A: 3765.23IU (75.3%), Iron: 4.78mg (26.57%), Calcium: 261.2mg (26.12%), Vitamin C: 17.29mg (20.95%), Vitamin B2: 0.24mg (14.4%), Selenium: 9.78µg (13.97%), Fiber: 2.98g (11.9%), Copper: 0.23mg (11.55%), Potassium: 384.84mg (11%), Phosphorus: 102.49mg (10.25%), Vitamin K: 8.37µg (7.97%), Vitamin D: 0.99µg (6.62%), Vitamin B5: 0.64mg (6.37%), Vitamin B6: 0.13mg (6.3%), Magnesium: 21.62mg (5.41%), Vitamin B12: 0.3µg (4.97%), Vitamin E: 0.71mg (4.73%), Folate: 17.52µg (4.38%), Zinc: 0.54mg (3.63%), Vitamin B1: 0.05mg (3.1%), Vitamin B3: 0.5mg (2.49%), Manganese: 0.04mg (2.24%)