



Riesling Poached Pears with Cardamom Cream



Vegetarian



Gluten Free

READY IN



160 min.

SERVINGS



4

CALORIES



854 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 teaspoon ground cardamom
- ☐ 1 cup heavy cream
- ☐ 4 pears such as bartlett, bosc, d'anjou, fiselle or seckel ripe
- ☐ 750 ml mirin
- ☐ 1 tablespoons caster sugar
- ☐ 2 cups sugar

Equipment

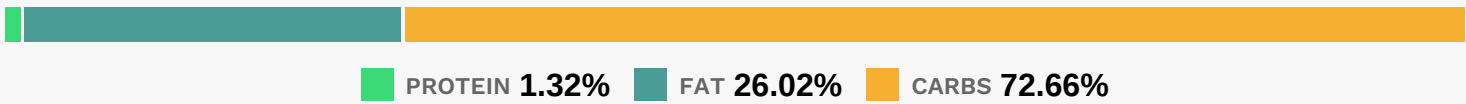
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ melon baller

Directions

- ☐ Pour the Riesling into a medium saucepan and whisk in the sugar until it dissolves.
- ☐ Peel the pears, leaving stem intact, if present.
- ☐ Remove bottom stem end with a small melon baller, and continue to scoop up into the pear to remove the core.
- ☐ Place the pears right in the Riesling mixture (poaching liquid) after they are peeled and cored to prevent them from discoloring. (The acidity of the wine keeps them from browning).
- ☐ Add just enough water to cover the pears.
- ☐ To keep the pears submerged in the poaching liquid, cut a circle of parchment paper the size of the pan and lay on the surface of the liquid.
- ☐ Place a small plate on top of the paper to make sure the pears are completely submerged. Cook the pears over medium-high heat, just until the liquid comes to a boil. Reduce the heat to low and poach the pears until they are just soft. The pears should be tender enough to pierce with a knife. This takes about 20 to 25 minutes for ripe medium pears, but this can vary depending on the size, variety and ripeness of the pear.
- ☐ Remove the pan from the heat and cool the fruit completely in the poaching liquid. Refrigerate the fruit in the liquid in a sealed container until ready to serve. (The fruit will hold for 4 to 5 days, the longer the fruit is stored in the poaching liquid, the fuller the flavor).
- ☐ Pour about half of the poaching liquid into a skillet and bring to a boil over high heat. Continue to cook and reduce until the liquid gets syrupy and about the consistency of honey.
- ☐ Meanwhile, whip the cream together with the sugar and cardamom until cream just holds soft peaks. Refrigerate until ready to serve.
- ☐ To serve, place a pear in a bowl or on a plate.

Drizzle with reduced Riesling syrup and garnish with a dollop of whipped cream.

Nutrition Facts



Properties

Glycemic Index:45.48, Glycemic Load:79.83, Inflammation Score:-7, Nutrition Score:6.5017391184102%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg, Epicatechin: 6.69mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 854.03kcal (42.7%), Fat: 22.09g (33.99%), Saturated Fat: 13.73g (85.8%), Carbohydrates: 138.79g (46.26%), Net Carbohydrates: 133.13g (48.41%), Sugar: 121.89g (135.43%), Cholesterol: 67.24mg (22.41%), Sodium: 18.97mg (0.82%), Alcohol: 18.07g (100%), Alcohol %: 4.31% (100%), Protein: 2.52g (5.04%), Fiber: 5.66g (22.63%), Vitamin A: 919.15IU (18.38%), Manganese: 0.23mg (11.51%), Vitamin B2: 0.18mg (10.51%), Vitamin C: 8.12mg (9.84%), Vitamin K: 9.74µg (9.27%), Copper: 0.16mg (8.08%), Potassium: 270.66mg (7.73%), Vitamin D: 0.95µg (6.35%), Calcium: 58.24mg (5.82%), Phosphorus: 56.76mg (5.68%), Vitamin E: 0.76mg (5.07%), Magnesium: 17.77mg (4.44%), Folate: 14.84µg (3.71%), Selenium: 2.58µg (3.69%), Vitamin B6: 0.07mg (3.68%), Iron: 0.5mg (2.78%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.24mg (2.39%), Vitamin B1: 0.03mg (2.28%), Vitamin B3: 0.33mg (1.65%), Vitamin B12: 0.1µg (1.59%)