

Roasted Pear Crème Brûlée Tart

Vegetarian







DESSERT

Ingredients

O.3 cup brown sugar packed
0.3 cup butter chilled cut into small pieces
1 large eggs lightly beaten
3 tablespoons flour all-purpose
4 ounces flour all-purpose ()
O.3 cup granulated sugar
1 tablespoon granulated sugar

0.3 teaspoon ground cinnamon

	0.1 teaspoon ground nutmeg
	2 tablespoons ice water
	1 teaspoon juice of lemon fresh
	2 cups milk 2% reduced-fat
	2 medium pears cored peeled halved
	0.1 teaspoon salt
	0.3 teaspoon salt
	4 inch vanilla pod split
Eq	uipment
	food processor
	bowl
	frying pan
	baking sheet
	paper towels
	sauce pan
	oven
	whisk
	wire rack
	plastic wrap
	baking pan
	blow torch
	tart form
Di	rections
	Preheat oven to 45
	To prepare pastry, place first 3 ingredients in a food processor; pulse to combine.
	Add butter; pulse 10 times or until mixture resembles coarse meal. With processor on, slowly add 2 tablespoons ice water through food chute, processing just until dough starts to come

	together. Turn dough out onto a piece of plastic wrap; press into a disk. Cover and chill 10 minutes in the freezer.	
	Place dough between 2 sheets of plastic wrap; roll dough into a 10-inch circle. Fit dough into a 9-inch round removable-bottom tart pan coated with cooking spray; pierce dough with a fork.	
	Bake at 450 for 10 minutes or until lightly browned. Cool completely on a wire rack.	
	To prepare pastry cream, combine brown sugar, 3 tablespoons flour, and 1/8 teaspoon salt in a medium, heavy saucepan. Gradually add milk, stirring with a whisk. Scrape seeds from vanilla bean; add seeds and bean to milk mixture. Cook over medium-high heat until thick and bubbly (about 5 minutes), stirring constantly.	
	Place egg in a large bowl. Gradually stir hot milk mixture into egg. Return milk mixture to pan; cook 2 minutes or until mixture reaches 185 and coats the back of a spoon, stirring constantly. Discard vanilla bean.	
	Spread pastry cream onto a baking sheet; cover entire surface with plastic wrap. Refrigerate 20 minutes or until chilled.	
	Spread pastry cream evenly into tart shell; cover and chill at least 2 hours or until set.	
	To prepare topping, combine juice, cinnamon, nutmeg, and pears; toss well to coat.	
	Place pears, cut side down, in an 11 x 7inch baking dish coated with cooking spray.	
	Bake at 450 for 45 minutes or until tender. Cool completely; thinly slice.	
	Place on paper towels; pat dry with additional paper towels. Arrange the pear slices spokelike over pastry cream. Cover and chill at least 30 minutes.	
	Sprinkle 1/3 cup granulated sugar evenly over pears, leaving a 1/2-inch border. Holding a kitchen blowtorch about 2 inches from the top of custard, heat the sugar, moving the torch back and forth, until the sugar is melted and caramelized (about 3 minutes).	
	Serve immediately.	
Nutrition Facts		
PROTEIN 7.59% FAT 28.84% CARBS 63.57%		

Properties

Glycemic Index:56.49, Glycemic Load:18.23, Inflammation Score:-3, Nutrition Score:5.9699999586396%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechi

Nutrients (% of daily need)

Calories: 243.92kcal (12.2%), Fat: 7.98g (12.28%), Saturated Fat: 4.63g (28.93%), Carbohydrates: 39.57g (13.19%), Net Carbohydrates: 37.69g (13.71%), Sugar: 23.91g (26.56%), Cholesterol: 43.22mg (14.41%), Sodium: 194.24mg (8.45%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 4.72g (9.45%), Vitamin B2: 0.24mg (13.98%), Selenium: 9.41µg (13.45%), Vitamin B1: 0.16mg (10.99%), Folate: 40.52µg (10.13%), Phosphorus: 92.48mg (9.25%), Calcium: 89.26mg (8.93%), Manganese: 0.16mg (8.21%), Fiber: 1.88g (7.52%), Vitamin B12: 0.38µg (6.34%), Iron: 1.05mg (5.85%), Vitamin B3: 1.15mg (5.73%), Vitamin A: 282.58IU (5.65%), Potassium: 173.11mg (4.95%), Vitamin B5: 0.42mg (4.2%), Magnesium: 15.03mg (3.76%), Copper: 0.07mg (3.71%), Zinc: 0.54mg (3.6%), Vitamin B6: 0.06mg (2.84%), Vitamin C: 2.28mg (2.76%), Vitamin K: 2.66µg (2.54%), Vitamin E: 0.31mg (2.09%)