



Seckel Pear Tart with Poire William Cream

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 2 bartlett pears ripe
- ☐ 1.5 tablespoons cornstarch
- ☐ 1 cup cooking wine dry white
- ☐ 3 large egg yolks
- ☐ 0.8 teaspoon gelatin powder unflavored (from a)
- ☐ 2 pounds seckel pears (24 very small or 16 small)
- ☐ 0.8 cup sugar
- ☐ 0.5 tablespoon butter unsalted

- ☐ 0.5 vanilla pod split
- ☐ 1 tablespoon poire william
- ☐ 1 tablespoon poire william

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ aluminum foil
- ☐ rolling pin
- ☐ slotted spoon
- ☐ tart form
- ☐ peeler
- ☐ box grater

Directions

- ☐ Roll out dough on a floured surface with a floured rolling pin into a 20-by 8-inch rectangle, reflouring surface as necessary.
- ☐ Transfer to tart pan, gently fitting dough into pan without stretching. Trim overhang to 3/4 inch, cutting off corners. Fold overhang inward to reinforce side, then trim flush with edge of pan. Reserve excess pastry for another use if desired. Prick bottom of tart shell all over with a fork and chill until firm, about 30 minutes.
- ☐ Preheat oven to 375°F with rack in middle.
- ☐ Line shell with foil and fill with pie weights, then bake until sides are set, about 20 minutes.

- ☐ Remove foil and weights and bake shell until golden brown all over, 15 to 20 minutes more. Cool completely in pan.
- ☐ Put wine in a wide 4-quart pot and set a sieve lined with dampened flour sack cloth over it. Grate Bartlett pears (including skin) on large holes of a box grater into cloth, then bunch up cloth around mixture and squeeze as much clear juice as possible through cloth into pan with wine. Discard solids remaining in cloth.
- ☐ Transfer wine mixture to a 2-cup measure and add enough water, if necessary, to bring total to 2 cups liquid, then return to pan and stir in sugar.
- ☐ Carefully peel Seckel pears, leaving stems intact, then core through bottom with tip of vegetable peeler or a small knife to remove seeds.
- ☐ Bring wine mixture to a boil, stirring until sugar has dissolved, then add pears, in 1 layer if possible. Simmer, tightly covered, turning occasionally, until tender, about 20 minutes. Carefully transfer pears with a slotted spoon to a rack set over a 4-sided sheet pan to drain and cool, standing them upright.
- ☐ Transfer pear syrup to cleaned 2-cup measure, adding any juices from sheet pan under pears (you will have 1 1/4 to 1 1/2 cups syrup), and reserve for pastry cream and glaze.
- ☐ Whisk together egg yolks and cornstarch in a small bowl, then whisk in 1 cup pear syrup.
- ☐ Transfer to a small heavy saucepan and scrape in seeds from vanilla bean, reserving pod for another use. Bring to a boil over medium heat, whisking, then cook, whisking, 2 minutes.
- ☐ Remove from heat and whisk in poire William and butter.
- ☐ Transfer to a bowl and cool completely, its surface covered.
- ☐ Stir together poire William and gelatin in a very small bowl and let stand 1 minute.
- ☐ Bring remaining pear syrup to a boil in a very small heavy saucepan, then boil, if necessary, until reduced to about 1/3 cup. Stir in gelatin mixture until dissolved.
- ☐ Remove from heat.
- ☐ Remove side of tart pan.
- ☐ Whisk cooled pastry cream to loosen, then spread in shell. Stand pears upright on pastry cream, arranging them in 8 rows of 2 or
- ☐ When glaze has cooled and thickened slightly (to speed cooling, set pan in an ice bath), brush it on pears. If glaze gels in pan, reheat very briefly.
- ☐ •Tart shell can be baked 1 day ahead and kept (covered once cool) at room temperature. •Seckel pears can be poached 1 day ahead and chilled, loosely covered. •Pastry cream can be made 1 day ahead and chilled, its surface covered. •Assembled tart can be kept

at room temperature 1 hour or chilled 4 hours.

Nutrition Facts



Properties

Glycemic Index:20.36, Glycemic Load:20.42, Inflammation Score:-3, Nutrition Score:4.6052173427913%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.43mg, Epicatechin: 4.43mg, Epicatechin: 4.43mg, Epicatechin: 4.43mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 223.97kcal (11.2%), Fat: 2.74g (4.21%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 45.05g (15.02%), Net Carbohydrates: 40.14g (14.6%), Sugar: 34.41g (38.23%), Cholesterol: 70.73mg (23.58%), Sodium: 7.29mg (0.32%), Alcohol: 3.09g (100%), Alcohol %: 1.81% (100%), Protein: 1.95g (3.9%), Fiber: 4.91g (19.63%), Vitamin C: 6.83mg (8.28%), Copper: 0.14mg (7.21%), Vitamin K: 6.91µg (6.58%), Potassium: 205.43mg (5.87%), Selenium: 4.07µg (5.81%), Manganese: 0.11mg (5.57%), Folate: 20.35µg (5.09%), Vitamin B2: 0.08mg (4.94%), Phosphorus: 49.32mg (4.93%), Vitamin B6: 0.08mg (4.09%), Magnesium: 14.07mg (3.52%), Iron: 0.56mg (3.14%), Vitamin A: 154.6IU (3.09%), Vitamin B5: 0.28mg (2.8%), Calcium: 25.77mg (2.58%), Vitamin E: 0.37mg (2.5%), Vitamin D: 0.36µg (2.38%), Zinc: 0.34mg (2.24%), Vitamin B1: 0.03mg (2.12%), Vitamin B12: 0.13µg (2.1%), Vitamin B3: 0.29mg (1.45%)