



Spiced Cranberry-Pear Tart

READY IN



45 min.

SERVINGS



8

CALORIES



696 kcal

DESSERT

Ingredients

- 1.5 cups flour
- 2.5 pounds bosc pear cored peeled halved cut into 3 long wedges
- 1 cinnamon sticks
- 1 cup cranberries fresh
- 3 cups wine dry red
- 2 tablespoons water ()
- 3 tablespoons juice of lemon fresh
- 1 tablespoon pistachios unsalted chopped
- 3 tablespoons powdered sugar

- 0.5 teaspoon salt
- 1.8 cups sugar
- 10 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- 8 servings whipped cream
- 1.5 cups water

Equipment

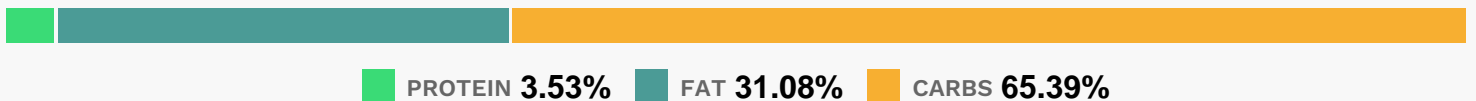
- frying pan
- paper towels
- oven
- knife
- whisk
- aluminum foil
- slotted spoon
- tart form
- glass baking pan

Directions

- Combine 1/2 cup pistachios and 1/3 cup sugar in processor and blend until pistachios are chopped. DO AHEAD Can be made 3 days ahead. Store airtight at room temperature.
- Blend flour, sugar, and salt in processor.
- Add butter; pulse until mixture resembles coarse meal.
- Add 2 tablespoons ice water; pulse until mixture begins to clump, adding more ice water by teaspoonfuls if dry. Gather into ball; flatten into disk. Wrap in plastic and chill overnight. DO AHEAD Can be made 2 days ahead. Keep chilled. Soften slightly at room temperature before rolling out.
- Roll out dough on lightly floured surface to 13-inch round.
- Transfer to 9-inch-diameter tart pan with removable bottom. Trim overhang to 3/4 inch. Fold in and press, forming double-thick sides and pressing up 1/4 inch above pan sides. Pierce all over with fork. Chill 30 minutes, then freeze 15 minutes.

- Position rack in center of oven and preheat to 400°F.
- Bake crust until golden, piercing with fork if crust bubbles, about 30 minutes. Cool on rack. DO AHEAD Can be made 1 day ahead. Cover with foil; store at room temperature.
- Combine first 7 ingredients in large skillet; bring to boil, stirring until sugar dissolves.
- Add pears; bring to boil. Reduce heat to medium-low; cover and simmer until pears are tender when pierced with knife, turning occasionally, 15 to 20 minutes depending on ripeness. Using slotted spoon, transfer pears to 13x9x2-inch glass baking dish in single layer.
- Add cranberries to liquid in skillet; simmer until berries begin to soften but remain intact, about 4 minutes. Using slotted spoon, transfer cranberries to plate in single layer. Cover; chill at least 3 hours. Boil poaching liquid in skillet until reduced to 1 1/4 cups, stirring often, about 10 minutes. DO AHEAD Pears, cranberries, and syrup can be made 1 day ahead. Cover separately; chill. Bring syrup to room temperature; whisk before using.
- Drain pears on paper towels 10 minutes.
- Brush bottom of crust with 2 tablespoons poaching syrup; sprinkle pistachio sugar over. Starting at outer edges of crust, arrange pears closely in starburst pattern with stem ends toward center. Arrange remaining pears in center.
- Brush pears lightly with some of syrup. Toss cranberries with 1 tablespoon syrup; scatter over pears.
- Sprinkle with 1 tablespoon chopped pistachios. DO AHEAD Can be made 2 hours ahead.
- Let stand at room temperature.
- Serve tart with vanilla ice cream.

Nutrition Facts



Properties

Glycemic Index:38.86, Glycemic Load:59.51, Inflammation Score:-7, Nutrition Score:10.563478200332%

Flavonoids

Cyanidin: 8.79mg, Cyanidin: 8.79mg, Cyanidin: 8.79mg, Cyanidin: 8.79mg Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg, Petunidin: 2.99mg Delphinidin: 4.72mg, Delphinidin: 4.72mg, Delphinidin: 4.72mg, Delphinidin: 4.72mg Malvidin: 23.67mg, Malvidin: 23.67mg, Malvidin: 23.67mg, Malvidin: 23.67mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 7.81mg, Peonidin: 7.81mg, Peonidin: 7.81mg

7.81mg, Peonidin: 7.81mg Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg, Catechin: 7.39mg
Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg
Epicatechin: 15.48mg, Epicatechin: 15.48mg, Epicatechin: 15.48mg, Epicatechin: 15.48mg Epicatechin 3-gallate:
0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg
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0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin:
0.44mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.08mg,
Myricetin: 1.08mg, Myricetin: 1.08mg, Myricetin: 1.08mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg,
Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 696.35kcal (34.82%), Fat: 22.48g (34.59%), Saturated Fat: 13.6g (84.97%), Carbohydrates: 106.42g
(35.47%), Net Carbohydrates: 100.14g (36.41%), Sugar: 75.24g (83.6%), Cholesterol: 66.67mg (22.22%), Sodium:
205.22mg (8.92%), Alcohol: 9.45g (100%), Alcohol %: 2.64% (100%), Protein: 5.74g (11.48%), Fiber: 6.28g (25.14%),
Vitamin B2: 0.33mg (19.46%), Manganese: 0.37mg (18.47%), Vitamin B1: 0.24mg (16%), Vitamin A: 763.64IU
(15.27%), Folate: 58.39µg (14.6%), Selenium: 9.83µg (14.04%), Vitamin C: 10.49mg (12.71%), Phosphorus: 122.52mg
(12.25%), Calcium: 113.66mg (11.37%), Potassium: 353.3mg (10.09%), Copper: 0.2mg (10.03%), Vitamin B3: 1.73mg
(8.66%), Iron: 1.54mg (8.54%), Vitamin K: 8.49µg (8.09%), Magnesium: 27.64mg (6.91%), Vitamin E: 0.99mg (6.62%),
Vitamin B5: 0.63mg (6.26%), Zinc: 0.83mg (5.53%), Vitamin B6: 0.11mg (5.5%), Vitamin B12: 0.29µg (4.79%),
Vitamin D: 0.39µg (2.63%)