



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 teaspoon lemon zest packed finely grated ()
- ☐ 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

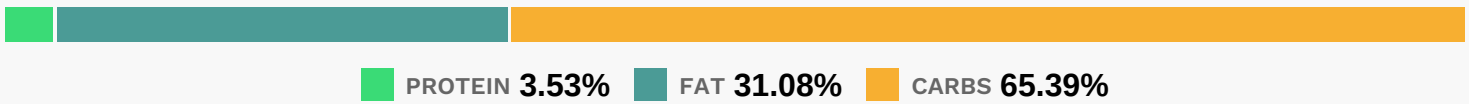
Directions

- ☐ 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:10.592173866604%

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,

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Nutrients (% of daily need)

Calories: 696.47kcal (34.82%), Fat: 22.48g (34.59%), Saturated Fat: 13.6g (84.97%), Carbohydrates: 106.46g (35.49%), Net Carbohydrates: 100.15g (36.42%), Sugar: 75.25g (83.61%), Cholesterol: 66.67mg (22.22%), Sodium: 205.23mg (8.92%), Alcohol: 9.45g (100%), Alcohol %: 2.64% (100%), Protein: 5.74g (11.48%), Fiber: 6.31g (25.24%), Vitamin B2: 0.33mg (19.48%), Manganese: 0.37mg (18.47%), Vitamin B1: 0.24mg (16.01%), Vitamin A: 763.77IU (15.28%), Folate: 58.42µg (14.61%), Selenium: 9.83µg (14.04%), Vitamin C: 10.81mg (13.1%), Phosphorus: 122.55mg (12.26%), Calcium: 113.99mg (11.4%), Potassium: 353.7mg (10.11%), Copper: 0.2mg (10.04%), Vitamin B3: 1.73mg (8.66%), Iron: 1.54mg (8.55%), Vitamin K: 8.49µg (8.09%), Magnesium: 27.68mg (6.92%), Vitamin E: 0.99mg (6.63%), Vitamin B5: 0.63mg (6.26%), Zinc: 0.83mg (5.53%), Vitamin B6: 0.11mg (5.52%), Vitamin B12: 0.29µg (4.79%), Vitamin D: 0.39µg (2.63%)