



Vanilla-Spiced Caramel and Pear Tart

 Vegetarian

READY IN



170 min.

SERVINGS



10

CALORIES



272 kcal

DESSERT

Ingredients

- 1.5 tablespoons flour
- 6 medium anjou pear firm cored ripe peeled halved lengthwise
- 1 cinnamon sticks
- 2 cinnamon sticks
- 1 pinch kosher salt generous
- 1 large eggs
- 1 egg whites beaten to blend
- 1 sheet puff pastry frozen thawed (half of 17.3-ounce package) (1 to 2 sheets, depending on brand)

- 0.3 cup sugar
- 0.3 cup butter unsalted ()
- 0.5 vanilla pod split
- 2 star anise whole

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- spatula
- springform pan

Directions

- Roll out pastry to 12-inch square and trim off corners, forming slightly rounded crust. (If using all-butter puffpastry, roll out to 12-inch round.)
- Transfer pastry to 10-inch-diameter springform pan, pressing pastry firmly onto bottom and 1 to 1 1/2 inches up sides of pan. Freeze crust until firm, 1 to 1 1/2 hours. DO AHEAD: Can be made 1 day ahead. Cover and keep frozen.
- Melt butter in heavy large skillet over low heat.
- Add sugar and next 4 ingredients. Scrape in seeds from vanilla bean; add bean. Increase heat to medium-high and cook, stirring until sugar melts and turns brown (color of peanut butter), about 3 minutes. Reduce heat to medium; add pears, rounded side down. Cook until pears are almost tender, turning and moving skillet around occasionally to ensure even cooking, 10 to 15 minutes, depending on ripeness of pears. Carefully turn pears over; continue to cook until pears are very tender, about 10 minutes longer.
- Remove skillet from heat; cool pears in skillet with spices (pears will release juice while cooling).
- Melt butter in small saucepan over low heat. Scrape in seeds from vanilla bean; add bean.

- Add cinnamon, star anise, and cloves. Increase heat to medium; cook until butter is golden (watch to avoid burning), 3 to 4 minutes.
- Remove vanilla bean and spices from butter; discard.
- Whisk sugar, egg, and coarse salt in medium bowl.
- Whisk in flour. Gradually whisk browned butter into egg mixture. **DO AHEAD:** Pears and filling can be made 6 hours ahead. Cover separately; let stand at room temperature.
- Whisk filling before using.
- Position rack in center of oven; preheat to 400°F.
- Brush frozen crust with beaten egg white.
- Pour filling into crust; spread evenly over bottom of crust (filling will be very thin). Using slotted spatula, remove pears from skillet, allowing excess syrup to drain back into skillet; reserve syrup. Arrange pears, rounded side up, atop filling (about 9 around edge and 3 in center of pan).
- Bake tart until crust is deep golden and filling is set and brown at edges, about 1 hour. Run small knife around sides of pan to loosen tart. Release pan sides.
- Transfer tart to platter.
- Let stand, uncovered, at room temperature to cool slightly until just warm.
- Just before serving, boil syrup in skillet until reduced to generous 1/3 cup, 1 to 2 minutes. Discard spices.
- Drizzle syrup over pears.
- Serve tart slightly warm.

Nutrition Facts

 **PROTEIN 4.78%**  **FAT 46.78%**  **CARBS 48.44%**

Properties

Glycemic Index: 25.28, Glycemic Load: 14.86, Inflammation Score: -3, Nutrition Score: 5.9430435092553%

Flavonoids

Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg, Cyanidin: 2.2mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg

4.02mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Isorhamnetin: 0.32mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 272.47kcal (13.62%), Fat: 14.68g (22.58%), Saturated Fat: 5.46g (34.15%), Carbohydrates: 34.19g (11.4%), Net Carbohydrates: 29.9g (10.87%), Sugar: 15.65g (17.39%), Cholesterol: 30.8mg (10.27%), Sodium: 78.86mg (3.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Manganese: 0.37mg (18.43%), Fiber: 4.3g (17.18%), Selenium: 8.68µg (12.4%), Vitamin K: 9.39µg (8.94%), Vitamin B2: 0.14mg (8.39%), Vitamin B1: 0.12mg (8.16%), Folate: 31.37µg (7.84%), Vitamin B3: 1.29mg (6.44%), Copper: 0.13mg (6.4%), Iron: 1.13mg (6.26%), Vitamin C: 4.67mg (5.67%), Potassium: 160.7mg (4.59%), Phosphorus: 41.99mg (4.2%), Vitamin A: 199.48IU (3.99%), Magnesium: 13.66mg (3.41%), Vitamin E: 0.47mg (3.13%), Calcium: 28.47mg (2.85%), Vitamin B6: 0.05mg (2.42%), Zinc: 0.35mg (2.3%), Vitamin B5: 0.15mg (1.51%), Vitamin D: 0.19µg (1.23%)