

Dessert

Pear Frangipane

Relish Magazine - November 2010

Servings: 8

This dessert can also be made with any soft seasonal fruit that bakes well.

PASTRY

1 cup all-purpose flour

1/4 teaspoon salt

6 tablespoons cold unsalted butter, cut into small pieces

2 tablespoons ice water

FRANGIPANE

6 tablespoons butter

2/3 cup granulated sugar

3/4 cup ground almonds

2 teaspoons all-purpose flour

1 teaspoon cornstarch

1 egg

1 egg white

1 teaspoon vanilla extract

1 teaspoon almond extract

3 soft, ripe pears, peeled, cut into halves lengthwise and cored

To prepare the pastry, place the flour and salt in the bowl of a food processor. Pulse to blend.

Add the butter and pulse until the mixture resembles coarse meal.

Add the ice water. Pulse until a ball barely forms. Gather into a ball. Wrap with plastic wrap and refrigerate for 1 hour.

Preheat the oven to 375 degrees.

Roll out the dough and place into a 9-inch tart pan with a removable bottom. Press the pastry up the sides and trim the top even with the rim of the pan, if needed.

Bake for 20 minutes. Let cool.

To prepare the frangipane, place the butter and granulated sugar in the bowl of a food processor. Process until smooth.

Add the almonds and blend.

Add the flour, cornstarch, egg and egg white. Process until smooth.

Add the vanilla and almond extracts. Blend well.

Spread the frangipane in the pastry shell.

Slice each pear half horizontally into 1/2-inch slices, but do not separate.

Slide each pear half into the frangipane, nestling into the mixture. Press, spreading the pear slices slightly.

Bake about 40 minutes, until the frangipane is puffy and golden.

Per Serving (excluding unknown items): 362 Calories; 24g Fat (58.7% calories from fat); 6g Protein; 32g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 173mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 4 1/2 Fat; 1 Other Carbohydrates.