

Poached Pear Tart

Yield: 12 min
Total Time: 93 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-poached-pear-recipe>

Ingredients:

- 6 pears
- 1/2 bottle red wine
- 1 cup sugar
- 2 cinnamon sticks
- 1 bay leaf
- 1 vanilla bean
- 1/2 inch fresh ginger cube
- 3 cups all purpose flour
- 1 teaspoon salt
- 1/2 cup shortening
- 10 tablespoons unsalted butter cut in cubes and cold
- 10 tablespoons ice water
- 1/2 cup sugar
- 1/2 cup butter room temperature
- 1/2 teaspoon salt
- 1 1/2 teaspoons vanilla extract
- 1/2 teaspoon almond extract
- 1 1/2 cups all purpose flour
- 3/4 cup almond flour

Nutrition:

1. Calories: 590 calories
2. Carbohydrate: 75 grams
3. Cholesterol: 45 milligrams
4. Fat: 29 grams
5. Fiber: 5 grams
6. Protein: 6 grams
7. SaturatedFat: 13 grams
8. Sodium: 350 milligrams

9. Sugar: 34 grams
 10. TransFat: 1 grams
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