

## Dessert

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Italian

# Pear Crostata

Bruno Cantieni - Zen Gourmand

Servings: 8

*Crostata is the Italian word for tart. This is a free form tart. Make it any shape that you have serving dishes for.*



### Pastry

**1 3/4 cups all-purpose flour**

**1 tbsp sugar**

**1/2 tsp salt**

**6 ozs unsalted butter, room temperature, cut into small pieces**

**1 egg yolk, whole**

**3 tbsps water, ice cold**

**6 pears, Bosc or Anjou, peeled and cored**

**2 tbsps lemon juice**

**1/2 cup granulated sugar**

**3 tbsps butter**

### Glaze

**1 egg white**

**1 tbsp granulated sugar, coarse, brown**

Place flour, sugar and salt into a food processor. Add butter. Pulsate processor on and off until mixture resembles breadcrumbs. Combine egg yolk and water. With machine running, add to mixture. Immediately turn off machine as soon as dough has formed. Turn mixture onto floured board and gently knead together into a ball. Flatten mixture into a semi circle and chill for a minimum of one hour and preferably as much as overnight.

Once dough has been sufficiently rested and time permitting, remove from refrigerator 30 minutes prior to use.

Preheat oven to 400 F (200 C) Slice pears into eighths. Place pears in baking dish, sprinkle with lemon juice and sugar and dot with butter. Bake for 15 to 20 minutes or until crisp tender. Cool.

Roll out pastry to 13-inch (33 cm) circle. Transfer to flat baking sheet or inverted cookie pan. With a slotted spoon, add fruit to pastry leaving a 3-inch (7.5 cm) border. Reserve pear juices. Fold border up over fruit, leaving the centre open. Glaze pastry with egg white and sprinkle sugar over pastry and tart.

Bake on middle rack in oven for about 25 minutes or until pastry is golden.

Boil down any fruit juices until slightly thickened, about 5 minutes. Pour into centre of tart. Serve warm or cold. Serves 4, with some left over.

Serving Ideas: Complements well with a scoop of vanilla ice cream.

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The dough is known as "short dough" or "pasta frolla"

Bosc pears work well in the dish, or you could use Anjou. Look for fairly ripe pears because they have more flavour.

If you bake it on the back of a baking sheet, you can slide it on to the platter.

Arrange pears in a pattern of your choice to make the Crostats look even more attractive.

Per Serving (excluding unknown items): 435 Calories; 23g Fat (46.3% calories from fat); 4g Protein; 56g Carbohydrate; 4g Dietary Fiber; 85mg Cholesterol; 188mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Fruit; 4 1/2 Fat; 1 Other Carbohydrates.

Suggested Wine: Sunnybrook Farms Bartlett Pear (Vintages 416917, \$8.95); Martini & Rossi Asti Spumante (LCBO 1875, \$11.95)

## Per Serving Nutritional Analysis

<b>Calories (kcal):</b>	435	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	46.3%	<b>Vitamin B12 (mcg):</b>	.1mcg
<b>% Calories from Carbohydrates:</b>	49.9%	<b>Thiamin B1 (mg):</b>	.2mg
<b>% Calories from Protein:</b>	3.9%	<b>Riboflavin B2 (mg):</b>	.2mg
<b>Total Fat (g):</b>	23g	<b>Folacin (mcg):</b>	56mcg
<b>Saturated Fat (g):</b>	14g	<b>Niacin (mg):</b>	2mg
<b>Monounsaturated Fat (g):</b>	7g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	1g	<b>Alcohol (kcal):</b>	0
<b>Cholesterol (mg):</b>	85mg	<b>% Refuse:</b>	0.0%
<b>Carbohydrate (g):</b>	56g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	4g	<b>Grain (Starch):</b>	1 1/2
<b>Protein (g):</b>	4g	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	188mg	<b>Vegetable:</b>	0
<b>Potassium (mg):</b>	205mg	<b>Fruit:</b>	1 1/2
<b>Calcium (mg):</b>	29mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	4 1/2
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	1
<b>Vitamin C (mg):</b>	7mg		
<b>Vitamin A (i.u.):</b>	879IU		
<b>Vitamin A (r.e.):</b>	215 1/2RE		

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 435      **Calories from Fat:** 201

### % Daily Values\*

<b>Total Fat</b> 23g	35%
Saturated Fat 14g	68%
<b>Cholesterol</b> 85mg	28%
<b>Sodium</b> 188mg	8%
<b>Total Carbohydrates</b> 56g	19%
Dietary Fiber 4g	15%
<b>Protein</b> 4g	
<b>Vitamin A</b>	18%
<b>Vitamin C</b>	11%
<b>Calcium</b>	3%
<b>Iron</b>	9%

\* Percent Daily Values are based on a 2000 calorie diet.