

Pear Crème Brûlée

6 Servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients

1 (15 ounce) can Pacific Northwest Canned Pears, halves or slices, in juice, drained
2 cups heavy cream
1/4 cup cornstarch
1/2 cup granulated sugar, divided
4 egg yolks

Method

Dice the pears and evenly them between 6 (6-ounce) custard cups. Place the cups in a shallow baking pan and set aside. Preheat the oven to 350 degrees F.

In a heavy saucepan, whisk the cream together with the cornstarch and 1/4 cup of the sugar. Bring the mixture to a boil over medium heat, whisking constantly. When it the mixture comes to a boil, remove the pan from the heat.

In medium bowl, lightly beat the egg yolks. Gradually add the hot cream mixture to the egg yolks, whisking constantly. Divide the custard between the cups, pouring it over the pears. Add simmering water to the baking pan to reach halfway up the sides of the custard cups, and place the pan in the oven. Bake 30 minutes or until the custard in the center of each cup is set. Remove the pan from the oven and then remove the cups from the water bath to chill for at least 4 hours.

To serve, place the cups with the cooled custard on a baking sheet. Sprinkle the remaining 1/4 cup of sugar evenly over the custards, using about 1-1/2 tablespoons to make a thin layer on each. Broil the custards 3 to 4 inches from heat source until sugar is melted and lightly caramelized. Serve immediately.

Servings

Makes 6 servings

Nutrition

<i>Calories</i>	454
<i>Calories from Fat</i>	291
<i>Fat</i>	33g
<i>Saturated Fat</i>	19g
<i>Cholesterol</i>	250g
<i>Sodium</i>	38mg
<i>Carbohydrate</i>	39g
<i>Dietary Fiber</i>	1g
<i>Sugar</i>	32g
<i>Protein</i>	4g
<i>Vitamin A</i>	39% DV
<i>Vitamin C</i>	1% DV
<i>Calcium</i>	7% DV
<i>Potassium</i>	3% DV
<i>Iron</i>	3% DV