

Pear-amisu

Ingredients

Pear Caramel Syrup

2 (15-ounce) cans Pacific Northwest Canned
Pear halves, in light syrup
1/2 cup granulated sugar
2 Tbsp water
Pear Filling
1 tsp unsalted butter
2 each reserved Pacific Northwest Canned Pear
halves, diced
1 (1 1/2-inch) strip orange zest
1/2 tsp Cinnamon, ground
1 Tbsp dark brown sugar

Mascarpone Cream Filling

2 large egg yolks
1/4 cup granulated sugar
2 Tbsp reserved Pacific Northwest Canned Pear
syrup
8 oz mascarpone cheese, at room temperature
1/4 tsp finely grated orange zest
10 fl oz heavy whipping cream, cold
2 Tbsp powdered sugar
1 tsp vanilla extract

Pears Brûlée & Cinnamon Sugar

Remaining reserved Pacific Northwest Canned
Pear halves, sliced 1/4-inch thick
1/4 cup granulated sugar

For Assembly

1 (7-oz) package lady finger cookies
2 Tbsp powdered sugar
1 tsp ground cinnamon

Method

Pear Caramel Syrup

Open the canned pears and drain the syrup, reserving both the pears and the syrup separately for use throughout this recipe. Measure 6 oz of the syrup for making the caramel.

Place granulated sugar in a clean saucepan and add the water. The sugar mixture should look like wet sand. Heat on high and cook until a deep amber caramel color, 5 to 8 minutes. Remove the pan from the heat. Slowly pour in 6 oz pear syrup while stirring (be careful it will bubble up rapidly). Return the pan to the heat and stir until all solid caramel is melted; set aside to let cool.

Pear Filling

Add butter to a sauté pan over medium heat. When melted, add diced pears, orange zest, cinnamon, and muscovado sugar. Sauté until sugar is melted and diced pears are coated with the sugar mixture, 3 to 5 minutes. Remove from heat. Discard the orange zest. Transfer to a small bowl, set aside and let cool.

Mascarpone Cream Filling

Set up a double boiler by filling a medium saucepan with 1 inch of water. Turn heat to high and bring water to a boil, then turn down to a simmer. Place the egg yolks, sugar, and pear syrup into a bowl. Nest the bowl into the saucepan with simmering water; make sure the bowl does not touch the water. Whisk the egg mixture and keep it moving until the granulated sugar is completely dissolved. The mixture will become a light yellow and begin to ribbon, about 5 minutes. Remove from heat, set aside, and let cool.

Place the mascarpone cheese into a mixing bowl and soften with a whisk until smooth. (Do not over mix, because it will separate.) Add the egg mixture and orange zest to the mascarpone cheese and mix until combined. Transfer to a large bowl.

In another mixing bowl, add the heavy whipping cream and whisk until soft peaks. Add powdered sugar and vanilla extract. Continue to whisk until medium peaks where the tail of the whipped cream will do a slight curl when the whisk is inverted. Fold the whipped cream into the mascarpone mixture with a spatula until combined. Set aside.

Pears Brûlée

Place the pear slices on a flame-resistant surface. Sprinkle sugar over the pears until they are coated with a thick layer. Use a torch to brûlée the pears until the edges are caramelized. Set aside and let cool.

Assembly

Take one lady finger and dip it into the pear caramel coating the entire cookie. Place it into the base of an 8"x8"x2" clear glass baking dish. Repeat until there is one single layer completely covering the base of the dish, breaking the cookies in half as needed for a snug fit. Spread half of the mascarpone mixture over the lady fingers evenly, all the way to the edges of the baking dish. Spread the diced pear filling evenly over the mascarpone mixture.

Build another layer of lady fingers coated with pear caramel. Spread the remainder of the mascarpone mixture over the second layer of lady fingers. In a small bowl, combine the powdered sugar and cinnamon. Transfer to a small strainer for dusting. Dust the top with cinnamon sugar. Garnish with brûléed pears.

Servings

Yield: 9 servings



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Nutrition

Calories: 489

Total Fat: 27g

Saturated Fat: 16g

Cholesterol: 158mg

Sodium: 62mg

Carbohydrate: 57g

Fiber: 3g

Sugar: 37g

Protein: 6g

Calcium: 87mg

Iron: 1mg

Potassium: 174mg

*Linda Scaletta, Assistant Director, Nutrition Services Department
Glendale Unified School District, Glendale, CA
Second Place
2025 CAN DO Challenge*

eatcannedpears.com