



Pear and Maple Genoise

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: 8

PREPARATION: 30 MINUTES

COOKING: 30 MINUTES

INGREDIENTS

Maple pears:

- 15 ml (1 tbsp) margarine
- 4 to 5 pears, peeled and thinly sliced
- 210 g (2/3 cup) maple syrup

Genoise:

- 120 g (3/4 cup + 2 tbsp) all-purpose flour "[La Merveilleuse](#)"
- 7.5 ml (1 1/2 tsps) baking powder
- 1 ml (1/4 tsp) sea salt
- 4 eggs (about 220 g)
- 90g (3/4 cup) maple sugar

PREPARATION

1. Oil a 9-inch (23 cm) hinged pan and also flour the sides.
2. In a saucepan, fry pears in margarine over low heat for about three to four minutes. Then add the maple syrup, bring to a boil and simmer until the syrup sticks slightly to the bottom of the pan (about 15 minutes). The excess water will have evaporated and the syrup will have caramelized. Spread evenly into the bottom of the pan.
3. Preheat the oven to 325° F (165° C).
4. In a bowl, combine flour, baking powder and salt. Set aside.
5. In another bowl, beat eggs at maximum speed with an electric mixer (about one minute). Gradually add the maple sugar and continue beating to obtain a smooth and creamy mixture (about three minutes).
6. Sift the flour mixture over the egg mixture and then gently fold the flour with a spatula.
7. Pour the mixture into the pan and bake on the centre rack of the oven, about 30 minutes, until an inserted toothpick comes out clean.
8. Turn the cake over, without unmoulding it and let it cool completely (about 45 minutes). Unmould the cake and place on a serving plate.



This sponge cake is a real treat for the palate. Let yourself be charmed by this delicate pairing of pears and maple syrup.

NUTRITION FACTS

Per portion 240 Calories

Fat: 3,5 g	5 %
Saturated 1 g	
Trans 0,1 g	6 %
Polyunsaturated: 0,7 g	
Omega-6: 0,4 g	
Omega-3: 0,2 g	
Monounsaturated: 1,5 g	
Cholesterol: 100 mg	
Sodium: 125 mg	5 %
Carbohydrate: 50 g	17 %
Fibres: 3 g	12 %
Sugars: 31 g	
Protéines: 4 g	
Vitamin A	6 %
Vitamin C	6 %
Calcium	8 %
Iron	10 %
Manganese	50 %
Riboflavine	40 %
Vitamin B12	30 %