

Torta di Pere e Mascarpone

(Pear & Mascarpone Tart)

Serves: 6 | Pan: 23 cm tart pan | Oven: 170 °C

Tart shell

- 1 23-cm blind-baked tart shell

Filling

- Mascarpone cheese – 150 g
- Plain Greek yogurt – 75 g
- Honey – 30 g (or to taste; use a light honey)
- Egg – 1 large (≈ 58 g without shell)
- Lemon zest – ½ teaspoon (grated from unwaxed lemon)
- Vanilla extract – ½ teaspoon
- All-purpose flour – 10 g (1 Tbsp, to lightly thicken)
- Pinch of salt

Pear Topping

- 2 medium ripe pears (洋梨 La France type) — about 350 g total
- 1 teaspoon lemon juice (to prevent browning)
- 1 teaspoon sugar (optional, for gloss)
- 10 g melted butter (for brushing)
- Optional: 1 T chopped walnuts or sliced almonds for texture

Filling Preparation

1. In a bowl, whisk **mascarpone**, **Greek yogurt**, and **honey** until smooth and creamy.
2. Add the **egg**, **lemon zest**, and **vanilla**, whisking until blended.
3. Sift in the **flour** and a pinch of **salt**; stir gently until just combined.
4. Pour the filling into your blind-baked tart shell, spreading evenly with a spatula.

Preparing and Arranging the Pears

5. Peel and halve the **pears**; use a small spoon or melon baller to remove the cores cleanly.
6. Place the pear halves cut-side down and slice thinly (≈ 3 mm). Keep the slices joined at the top, so you can fan them out easily.
7. Gently fan each half-pear over the filling, alternating direction (for a “petal” pattern).
8. Brush lightly with **lemon juice**, then a thin coat of **melted butter**. Sprinkle with **1 tsp sugar** if you want a light caramel sheen.

Baking

9. Bake at **170°C** for **30–35 minutes**, until the filling is just set and the pears are tender with light golden edges.
10. If the pears brown too quickly, cover loosely with foil in the last 10 minutes.



11. Cool in the pan for 15 minutes, then transfer to a rack. Serve slightly warm or at room temperature.

Optional Finishes

- Brush the surface lightly with warmed honey or **apricot jam** for a glaze.
- Scatter toasted walnuts or **almond slices** over the tart.
- Add a few shavings of Parmigiano-Reggiano for a subtle sweet-savory contrast — a nod to northern Italian cuisine.

Serving Suggestion

Pairs perfectly with an espresso, a Vin Santo, or a small glass of grappa for a classic Italian finale.

Nutrition (per 1 slice, 1/6 of tart)

Calories: ~285 kcal

Protein: ~6 g

Fat: ~17 g

- Saturated Fat: ~10 g

Carbohydrates: ~27 g

- Sugars: ~18 g

Fiber: ~1.5 g

Sodium: ~90 mg

Tips for Using These Images

- Choose pears that are ripe but still **firm enough** to hold their shape when sliced.
- After halving and coring, **slice thinly (≈ 3 mm)** and keep the slices attached at the top end so you can fan them out.
- Arrange each half-pear on top of your filling, and fan out the slices toward the outer edge of the tart, slightly overlapping each one. Alternate the direction around the circle for visual interest.
- Once all are in place, brush with a bit of melted butter or warmed honey/gel for shine and to help keep moisture in.
- Bake carefully so the slices hold their pattern — at your 170°C for 30-35 minutes should work well.

