

RED WINE POACHED PEAR ETON MESS, WHITE CHOCOLATE ICE CREAM AND MERINGUE



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Ingredients

RED WINE POACHED PEAR ETON MESS, WHITE CHOCOLATE ICE CREAM AND MERINGUE

Poached Pear

- 10 Corella pears, peeled
- 750ml Shiraz
- 100g castor sugar
- 15ml beetroot juice
- 2 cardamom pods
- 2 cinnamon quills
- 2 star anises
- 2 cloves
- 2 bay leaves

- 4 peppercorns, black

Meringue Collar/Crumb

- 150g egg whites
- 300g sugar
- 2 lemon zest
- ½ lemon juice

White Chocolate Ice Cream

- 200g cream
- 2 egg yolks
- 25g sugar
- ¼ of a vanilla bean
- 75g white chocolate

Chantilly Cream

- 250ml pure cream
- 1 vanilla bean
- 200g sugar

Methods and Directions

RED WINE POACHED PEAR ETON MESS, WHITE CHOCOLATE ICE CREAM AND MERINGUE Poached Pear

- Bring wine, sugar and spices to a boil. Allow to cool.
- Place pears and wine mix into large Cryovac bags.
- Seal and sous vide till tender.

Meringue Collar/Crumb

- Whisk half of the sugar with egg white and lemon zest until stiff.
- Add the rest of sugar and keep whisking in the mixer at a medium speed until stiff peaks form.
- Spread on silpat mat to 1.5mm thickness. Dry at 80C at 0% humidity for 10 minutes.
- Remove from oven, cut with a cookie cutter and then cut a small hole off centre.
- Return to oven for 10 minutes. Remove from oven and cool.

White Chocolate Ice Cream



- Boil cream with the vanilla bean.
- Mix yolks and sugar.
- Pour the boiled cream over egg mix.
- Stir to combine then pour the entire mix over chocolate.
- Let it sit for 4 minutes.
- Mix to combine. Churn to make the ice cream.

Chantilly Cream

- Whip cream, sugar and vanilla bean until stiff peaks form

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