

La poire belle helene with freeze dried plums



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- Sub Category Name

Food

Sweets

- Recipe Source Name

Real High Tea Web Site

Used Teas



Meda Watte

Ingredients

LA POIRE BELLE HELENE WITH FREEZE DRIED PLUMS

Poached Pears

- 10 Tinned baby poached pears
- 400ml of the pear poaching syrup
- 200ml water
- 4 tablespoon Doris plum juice
- 1 clove
- 1 cinnamon stick
- 1 vanilla pod
- 2 tablespoon Meda Watte tea

Vanilla crème Patissiere

- 100ml organic milk
- 1 free range egg yolk
- 40g sugar
- 15g custard powder
- 10g organic butter
- 1 vanilla pod split in ½ 13

Chocolate sauce

- 100ml organic cream
- 50g dark chocolate (72%)
- 2 cloves
- 5 peppercorns
- 1/2 cinnamon stick

Methods and Directions

LA POIRE BELLE HELENE WITH FREEZE DRIED PLUMS

Poached pears

- Place all the ingredients, apart from the pear, in a pot and bring to simmer. Turn off and infuse for 10/15 minutes. In the meantime using a parisienne scoop, empty the inside of the pear from the bottom without breaking them. Pass the infusion through a sieve into another pot, add the pears and simmer slowly for 1 hour. Turn off the heat and cool them down in the liquid.

Vanilla crème Patissiere

- Scrape the seeds of the vanilla pod with a small knife then in a small pot mix milk, vanilla pod and seeds together and bring to the boil. In a bowl whisk vigorously the egg yolk, sugar and custard powder, pass the milk through a sieve on top of the egg , whisking constantly. Place in a

clean pot and bring to boil, cook for 2 minutes or until starch is cooked and cream thickens. Add the butter mix well and put back in a clean bowl, cover with glad wrap and refrigerate.

Chocolate sauce

- Bring cream, cloves, cinnamon and peppercorn to boil and let infuse, put broken chocolate in a bowl and pass the cream through a sieve on top of chocolate, mix with a spoon or whisk, pour into a jug and keep warm.

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