

LA POIRE BELLE-HÉLÈNE



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Poached Pears filled with vanilla crème pâtissière is served bathed in spicy chocolate sauce and accompanied by frozen dried plums.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015
- Activities Name
Tea Gastronomy Tea Inspired Cuisine

Used Teas



Meda Watte

Ingredients



LA POIRE BELLE-HÉLÈNE

Poached Pears

- 10 Baby Poached Pears, canned
- 400ml Poached Pear Syrup
- 200ml Water
- 4tbsp. Plum Juice
- 1 Clove
- 1 Cinnamon Stick
- 1 Vanilla Pod
- 2tbsp Meda Watte Tea

Vanilla Crème Pâtissière

- 100ml Organic Milk
- 1 Free-range Egg Yolk
- 40g Sugar
- 15g Custard Powder
- 10g Organic Butter
- 1 vanilla pod, split in ½

Chocolate Sauce

- 100ml Organic Cream
- 50g Dark Chocolate (72%), chopped
- 2 Cloves
- 5 Peppercorns
- 1/2 Cinnamon Stick

Methods and Directions

LA POIRE BELLE-HÉLÈNE

Poached Pears

- In a pot put all the ingredients apart from the pears and bring to a simmer. Turn off and infuse for 10/15 mins.
- In the meantime, using a parisienne, scoop and empty the inside of the pears 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 let them cool down in the liquid.

Vanilla Crème Pâtissière



- Scrape the seeds of the vanilla pod with a small knife and add to a small pot. Mix the vanilla with milk and, over low heat, bring to a boil.
- In a bowl, whisk vigorously the egg yolk, sugar and custard powder.
- Through a sieve, pour the milk on top of the egg and custard mixture, whisking constantly.
- Put the entire mixture into a clean pot and bring to a boil. Cook for 2 minutes or until the starch is cooked and has thickened.
- Take off heat, add the butter, mix well and put back in a clean bowl, cover with cling wrap and refrigerate.
- Before use, take the vanilla crème pâtissière out of the fridge and, with an electric whisk, beat for 1 minute to lighten up and put into a piping bag fitted with a small nozzle.

Chocolate Sauce

- Bring cream, cloves, cinnamon and peppercorns to a boil and let infuse. Add chocolate into a separate bowl and pass the cream through a sieve on top of the chocolate. Mix well and pour into a jug. Keep warm.

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