

Poached pear with the badiane, vanilla ice-cold heart, black chocolate dress with spices, crunchy caramelized almond

Recipe for 2

Description

In the spirit of a classic French pastry, the Poire Belle-Hélène.

Note

The syrup that we propose you in this recipe is 16B (16 degree Baumé), the degree Baumé defines the density of sugar (1124 of density) that is contained in a liquid. With the weights we have here, it is also called soaking syrup.

Always stop a syrup after boiling to avoid concentrating the sugar and thus increasing its density.

Ingredients

Poached pears

- 2 Unit(s) Anjou pear
- 1 Liter(s) Water
- 600 Gr Sugar
- 5 Piece(s) Star anise
- 1 Unit(s) Vanilla bean

Chocolate sauce

- 50 Gr Cocoa powder
- 300 Ml Pear in sirop
- 1 Tsp Espelette pepper

finishion

- 2 Scoop(s) Vanilla ice cream
- 2 Tbsp Slivered almonds
- 1 Tbsp Icing sugar

Preparation

- Preparation time **35.00 mins**

Plan before the video

Ingredients

Make sure you have weighed all your ingredients.

Materials

Cutting board, paring knife (small), chef's knife (large), peeler

Melon baller (or teaspoon), skimmer or ladle, ice cream scoop (or tablespoon)

Saucepan (to poach pears and chocolate sauce).

Whisk, clean cloths

Poached pears

First we will make the syrup to poach our pears.

In a saucepan pour the water, add the sugar, star anise and vanilla bean bring it to a boil. Stop the cooking as soon as it boils.

Peel the pears, cut them in half on the height, keeping the tail of the pear.

Remove the center of each pear half with a melon baller or teaspoon.

Your pears are ready to be poached, turn on the light under the syrup pan again, drop the pear halves into the syrup.

With the tip of a knife, check the cooking by piercing them, do not go too far in the cooking keep a little strength in the flesh of the pear.

Once cooked, drain them (take care to keep the syrup of cooking, we will use it for the sauce), it is necessary thereafter to dig a little more the heart of the halves of pear, so as to make a place to hide the ball of ice cream during the completion.

Chocolate sauce

In a saucepan, pour 300ml of pear cooking syrup, add the cocoa powder and espelette pepper, on the fire bring it to a boil, whisk continuously with a whisk.

Once boiling, lower the heat, keep a small broth, the cooking time that follows will define the thickening of your sauce. When your sauce generously coats the back of your soup spoon, you can stop cooking.

Finishion

In a frying pan, brown the almonds (whole or slivered or sticks) with the powdered sugar, under the heat, the sugar will dissolve and coat the almonds, stay continuously on the side. Once the coloring obtained, remove from heat, let them cool.

Place a small scoop of ice cream between two pear halves.

Place the pear filled with vanilla ice cream in your dishes, cover it with slightly hot spicy chocolate sauce.

Finish with the caramelized almonds.

Bon appétit!