

COOKING CUISINE

23rd Nov 2022

Chocolate stuffed Poached Pears in Pie Crust

Serves 4

Equipment

- Deep saucepan & slotted spoon
- Small saucepan & whisk
- Baking tray & baking paper
- Knife
- Pastry brush

Ingredients

- 1.5L water
- 60gr fine sugar
- 80gr dark chocolate chips
- 1tsp vanilla paste or 1 vanilla bean
- Zest and juice of 1 lemon
- 4 Kaiser pears
(or long-necked, russet skin coloured pears)
- 2 sheets short-crust or puuf pastry
- 1 egg (beaten)
- 100ml thick cream or mascarpone
- 100gr dark chocolate
- Icing sugar and dark coco powder
(optional) for dusting
- Ice-cream or mascarpone to serve (optional)



Directions

- In the saucepan, heat the water on low heat, then add the sugar, lemon juice and zest and vanilla bean.
- Stir until the sugar has dissolved, then bring to a boil
- Meanwhile, peel and core the pears, leaving the stem attached.
- Add the pears to the pan and cook on a low simmer for 10-15min or until tender. Turn half-way through, if not fully emmersed in the water during cooking.
- Remove the pears with a slotted spoon and set aside to drain and cool on paper towel.
- Line an oven tray with baking paper and pre-heat the oven to 180°C (fan assisted)/200°C regular oven
- Using a glass with a rim bigger than the pear bases, mark 4 circles along one side of a

pastry sheet, cut out and set onto baking tray spaced out evenly.

- Cut 1.5cm (approx.1/2') strips along the long side of the rest of the pastry sheets.
- Pat the pears fully dry with paper towel.
- Carefully take each pear in one hand and fill with chocolate chips before placing a pastry round over each opening.
- Set back on baking tray and push the overlap firmly over the bottom of each pear.
- Using one pastry strip at a time, wrap pastry strips in a spiral over each pear, from the top down. Using any pastry left over, cut little leaves and place around the stem.
- Brush a little egg over all the pastry and bake for 20-25 min, or until the pastry is golden.
- Meanwhile heat the cream in a small saucepan on medium heat. Bring to a boil, then reduce heat and add the chocolate and stir to a smooth sauce.
- When pears are baked, remove from oven and set to cool.
- Dust pears with icing sugar and chocolate powder (optional)
- Place each pear on a serving plate and serve with the hot chocolate sauce and ice-cream (optional)

Recipe 2 Title

Serves x

Equipment

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Ingredients

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Directions

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