

Rioja poached pears and blackberries with bay leaf custard

by [GBC Kitchen](#)



🍷 [Dessert](#) | 📊 [Easy](#) | 👤 4
⌚ 1 hour 15 minutes

This is a simple twist on the classic dessert of [pears](#) poached in spiced [red wine](#) using Rioja, in-season [blackberries](#) and a bay-infused custard.

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Ingredients

METRIC IMPERIAL

RIOJA POACHED PEARS

- 750ml of [Rioja](#)
- 2 strips of [lemon peel](#)
- 2 strips of [orange peel](#)
- 300g of [caster sugar](#)
- 1 [vanilla pod](#)
- 1 [star anise](#)
- 1 [cinnamon stick](#)
- 4 [Williams pears](#), peeled, stem on and base trimmed
- 8 [blackberries](#), cut in half

BAY LEAF CUSTARD

- 3 [bay leaves](#)
- 350ml of [whole milk](#)
- 150ml of [double cream](#)
- 3 [egg yolks](#)
- 50g of [cane sugar](#)

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Method

1 First, infuse the milk and cream with the bay leaves. Add the bay leaves, milk and cream to a pan and bring it to just under the boil. Turn off the heat and then cover the pan and leave the milk mixture to infuse for at least half an hour

- 3 [bay leaves](#)
- 350ml of [whole milk](#)
- 150ml of [double cream](#)

2 Combine the wine with the lemon, orange, sugar, vanilla pod, star anise and cinnamon stick in a large pan. Bring to a gentle simmer, stirring frequently to dissolve the sugar

- 750ml of [Rioja](#)
- 2 strips of [lemon peel](#)
- 2 strips of [orange peel](#)
- 300g of [caster sugar](#)
- 1 [vanilla pod](#)
- 1 [star anise](#)
- 1 [cinnamon stick](#)

3 Add the pears and poach them in the barely simmering red wine for 10 minutes, or until soft when tested with a toothpick

- 4 [Williams pears](#), peeled, stem on and base trimmed

4 Remove the pears from the red wine and set aside



5 Turn up the heat to high and reduce the syrup by three quarters. Turn off the heat and set aside

6 To make the custard, first whisk together the eggs and sugar in a bowl

- 3 [egg yolks](#)
- 50g of [cane sugar](#)

7 Remove the bay leaves from the milk mixture. Gradually pour the milk mixture over the egg yolks, whisking constantly

8 Return the mixture to the pan and place over a gentle heat, whisking constantly, until the custard thickens

9 To serve, divide some custard between 4 bowls and top each with a pear. Drizzle each bowl with the red wine syrup, and garnish them with the fresh blackberries

- 8 [blackberries](#), cut in half



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