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Rioja poached pears and blackberries with bay leaf custard

by GBC Kitchen





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 bayinfused custard.

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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

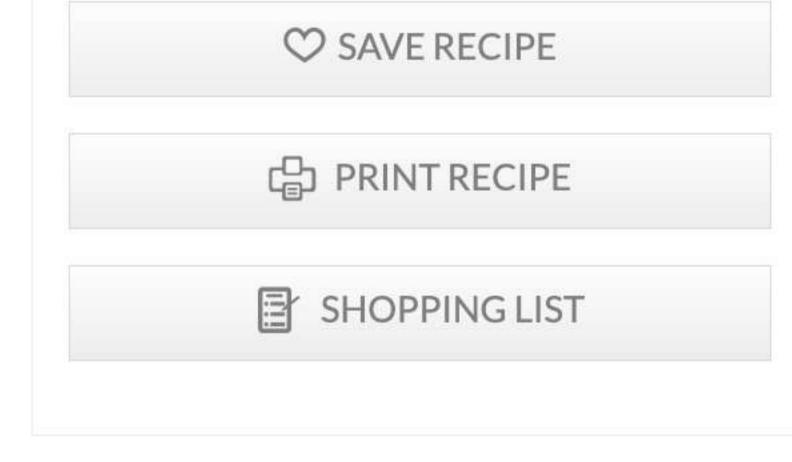
BAY LEAF CUSTARD

3 bay leaves

350ml of whole milk 150ml of double cream

3 egg yolks

50g of cane sugar



Method

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

First, infuse the milk and cream with the bay leaves. Add the bay leaves, milk

3 bay leaves 350ml of whole milk

150ml of double cream

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

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

3 egg yolks 50g of cane sugar

over the egg yolks, whisking constantly

Return the mixture to the pan and place over a gentle heat, whisking

7 Remove the bay leaves from the milk mixture. Gradually pour the milk mixture

constantly, until the custard thickens 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

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8 blackberries, cut in half



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