

PEAR TART

INGREDIENTS

- 1 medium sized Packham (Green) pear
- ¼ teaspoon vanilla essence
- 3 cups water
- ½ cup sugar
- Flour for dusting
- 2 sheets puff pastry; each 8cmx8cm in size
- ½ teaspoon butter
- Touch lemon juice
- 1 star aniseed, halved



METHOD

- Preheat your oven to 180 degrees Celsius.
- Place 2 cups of the water & the lemon juice into a deep container/bowl.
- Peel the pear, making sure not to peel too much away, slice the pear in half from the stem down to the bottom.
- With a teaspoon remove the seeds. Place the pears in the lemon water for a few minutes as this prevents it from discoloring.
- Whilst waiting for the pears add the sugar to a non stick pan & place over a medium heat-make sure to watch the sugar at all times, as it can burn very quickly. Once it starts to dissolve & takes on a golden brown colour add the vanilla essence & butter. Stir with a wooden spoon & then add the remaining water.
- You will let this cook away until the sugar has dissolved into the water & toffee like consistency has formed. R move from the heat, & place onto a small oven proof dish.
- Remove your pears from the lemon water & pat them dry with paper towel.
- Thoroughly dust the pears with flour, making sure to cover the entire surface area.
- Place the two sheets of the puff pastry on a floured work surface & in the centre of each sheet place the one half of the pear with the flat side facing upwards.
- Pull the corners of the pastry towards the centre of each pear half, but just enough to cover the edges of the pear.
- Follow this by folding the remainder of the pastry around the flat side of the pair as well.
- Your aim is to envelope the pear just enough that the pastry serves as a casing.
- Make sure to firmly press the pastry on the rounded side of each pear. In the centre cavity of each pear half stick the star anise inside & place the pears flat side down into your caramel. Make sure that the pears are not touching each other.
- Place the pears into the oven & bake until the pastry is golden brown & cooked all the way through. This should take about 10 minutes, so once they are cooked remove from the oven.
- Serve immediately with the flat side of the tarts facing upwards & drizzle with the caramel from the pan over the pear tarts. These go really well with a good quality vanilla ice cream or flavoured creams.