TAYLOR & COLLEDGE

Almond Parfait with Vanilla Poached Pears



Preparation: 55 mins
Total Time: 365 mins
Portions: 6-8 Portions

Ingredients

Parfait

3 tbsp Almond Liquor (optional)
120 g Almonds
60 g Caster Sugar
3 Egg Yolks
80 g Caster Sugar
1 Taylor & Colledge Organic Vanilla Pods
300 ml Whipping Cream
3 Egg Whites
pinch Salt

Pears

about 100 - 200 g Pears 2
50 g Caster Sugar
200 ml White Wine alcohol free: white grape juice
1 Lemon
1 Taylor & Colledge Organic Vanilla Pods

Decoration

about 5 - 10 g Honey A drizzle
about 15 - 20 g Almonds

Preparation

1. Prepare a small loaf pan (18 cm) by lining with parchment paper.
2. In a small saucepan, combine 4 tbsp of sugar with 2 tbsp of water. Stir until the sugar ist dissolved and bring to a boil. Then add the almonds, stirring until the almonds are coated. Reduce the heat to medium and simmer until the sugar cristallizes. Keep stirring until the sugar re-melts, letting the liquid coat the almonds.
3. When the sugar is completely liquid, carefully pour the mixture onto a baking sheet. Cool completely, then finely chop 2/3 of the candied almonds and set the remaining almonds aside.
4. To make the parfait, whip the egg whites with a pinch of salt until stiff. Then slowly add 40 g sugar and beat until thick and shiny. Set aside.
5. Split the vanilla pot with a knife and scrape out the seeds. In a medium bowl, beat the egg yolks with 40 g sugar and vanilla seeds until light and creamy.
6. Whip the cream to a soft peak.
7. Gently fold 1/3 of the egg whites into the egg yolk mixture, then fold in the remaining egg whites and cream. Add the chopped almonds and almond liquor, if using.

8. Pour the mixture in the loaf pan and freeze for at least 5 hours or overnight.

9. Before serving, peel the pears, cut in halfs and remove the core. Rub with lemon juice to prevent browning. Split the vanilla pot with a knife and scrape out the seeds. Keep the pods.

10. In a small saucepan, slowly caramelize 50 g of sugar over medium heat. Add the white wine and simmer until the sugar dissolves. Place the pears in the saucepan, add the vanilla seeds and the pods and cook for 20 minutes until the pears are soft.

11. To serve, remove the parfait from the freezer and leave for 10 minutes to soften a little. Place on a platter, remove the loaf pan and top with remaining almonds and honey. Cut into 1 – 2 cm thick slices and serve with the warm poached pears.