

Miele

Poached pear with gingerbread and lemon thyme mascarpone

By Michael Meredith

35 minutes

Preparation time

1 hour 35 minutes

Cooking time

4

Serves



INGREDIENTS

2 ripe quinces or 4 firm pears

Stock syrup

Juice and zest of 1 lemon
Juice and zest of 1 orange
1 bay leaf
250 g caster sugar
400 ml water
1 star anise
1 cinnamon quill

Gingerbread

150 g plain flour
¼ cup rolled oats
½ tsp bi-carb soda
½ tsp ground cloves
1½ tsp ground ginger
½ tsp ground cinnamon
75 g butter
50 g brown sugar
½ beaten egg
100 g blackstrap molasses
½ tsp salt

METHOD

Stock syrup

1. Place all of the ingredients into a gourmet oven dish.
2. Cook on medium heat, induction setting 5, for 5 minutes or until the sugar dissolves.

Fruit

1. Peel the fruit, halve and remove the cores. Place into the stock syrup.
2. Bring to boil on high heat, induction setting 9, then reduce to setting 5. Cover and simmer for 1 hour 30 minutes for the quince and between 10–25 minutes for the pears.
3. Check to see if cooked by inserting a skewer or small knife into fruit to see if soft.
4. Once cooked, carefully remove fruit and reduce stock syrup on high heat, induction setting 8, until slightly thickened and glossy.
5. Strain back over the fruit, discard the spices.

Gingerbread

1. Sift together flour, bi-carb soda, salt and spices in a bowl then add oats and combine.
2. Melt butter, sugar and molasses in a saucepan on low heat, induction setting 4.
3. Cool for 5 minutes then whisk in the egg.
4. Pour the wet ingredients into the dry and mix to form a soft dough, wrap and rest for an hour in the refrigerator.
5. Preheat the oven on Fan Plus at 160°C.
6. Press dough out on a sheet of baking paper to ½ cm thick, lightly roll if needed, then transfer to an oven tray.
7. Using a fork pierce some holes into the pastry.
8. Place in the oven and bake for 16-18 minutes.
9. Once cooked, remove from the oven and cool.
10. Once cooled, use a knife and cut into small crumbs.

Lemon thyme mascarpone

1. In a saucepan add honey and lightly warm on low heat, induction setting 3.
2. Add thyme and remove from heat, let it infuse for 5 minutes.
3. Mix into mascarpone with lemon zest and juice and refrigerate until serving.

To serve

1. Carefully slice the fruit and place into a shallow bowl.
2. Drizzle with syrup, add two quenelles of lemon thyme mascarpone and top with gingerbread.