

# PROFITEROLES WITH PEAR SORBET AND CARAMELIZED PEAR WITH WINE AND BLACKCURRANT SAUCE



Ingredients for the profiteroles

Pear sorbet from a shop, brown sugar

## **Preparing a Choux pastry:**

125 ml water

50 g fat

75 g flour

2 eggs

A pinch of salt

Melt the fat with the water and salt, add the flour. Dry out for 1 minute, place into a bowl and add the eggs one by one. Lay out the choux pastrypuffs on a baking tray (covered with greaseproof paper) with the help of two spoons or a pastry bag. Glaze them with some egg yolk. Place in a pre-heated oven at 180° for about 30 minutes.

## **Preparing Pear with wine and blackcurrant sauce:**

2 pears guyot

500 ml red wine

250 g sugar

1 lemon zest

200 g blackcurrant berries

A pinch of cinnamon

Peel and empty the pears, on a low heat cook for 30 minutes along with all the other ingredients. Drain the pears after cooking and boil the juice until 1/3 remain, still on a low heat.

## **Arranging the Profiteroles:**

Garnish the choux pastry with a ball of sorbet. Slice every half pear thinly and caramelize them with some brown sugar and a torch. Cover it in the warm blackcurrant sauce, serve and savour directly.

*This recipe has been created by the Restaurant L'Epicurien, Dijon, France and is displayed and kindly shared by the Cassissium.*