

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.