

Miele

Burnt Vanilla Oats With Pear And Clotted Cream

By Miele

20 minutes plus clotted cream

30 minutes

4-6

Serves



INGREDIENTS

1 vanilla bean
40g butter
½ cup of mixed seeds or nuts (pepitas, sunflower, chia, almonds, cocoa nibs)
90g rolled oats
375ml water
375ml milk
Maple syrup or honey to taste

Poached pear

2 pears, peeled and cut in half
80g maple syrup or honey
60ml water
2 pieces of citrus peel
1 vanilla bean split

Clotted cream (mascarpone)

600ml cream
1 tbs water mixed with ½ tsp citric acid (or 1 tbs lemon juice)

METHOD

Clotted cream

1. Mix the cream and diluted acid in a Solid steam tray and Steam at 85°C for 15 minutes. Cover with a clean tea towel and cool to room temperature before transferring to a clean container or jar with a lid. Refrigerate for at least 4 hours or overnight. A thicker consistency can be achieved by hanging the cream in a muslin lined sieve over a bowl to release excess whey.

Induction

1. Heat the cream to a light simmer, 85°C on medium heat, Induction setting 6. Whisk in the diluted acid or lemon juice and cook while stirring until the cream thickens, coating the back of a spoon. Cover with a clean tea towel and cool to room temperature before transferring to a clean container with a lid. Refrigerate for at least 4 hours or overnight. A thicker consistency can be achieved by hanging the cream in a muslin-lined sieve over a bowl to release excess whey.

Poached pear

1. Place the ingredients into a vacuum sealing bag and Vacuum on setting 3 and Seal on setting 3. Place the bag onto a wire rack in the Steam Oven and Steam at 100°C for 20-25 minutes, depending on size of pears. Refrigerate in the bag until needed.

Induction

1. Place the ingredients into a medium saucepan with a lid. Bring to a simmer on high heat, Induction setting 9. Once simmering, reduce the heat to low, Induction setting 3. Continue to cook until the pear is tender and translucent, approximately 5-10 minutes. Remove from heat and transfer to a clean container with a lid. Refrigerate until needed.

Vanilla oats

1. Cut the vanilla bean in half lengthways, lay cut side up on a flame proof tray, (a Solid steam tray works well). Using a kitchen blow torch, toast the vanilla beans until lightly charred, 5-10 seconds at most.
2. Melt the butter in a saucepan over medium heat, Induction setting 6, until foaming and golden brown. Add the seeds and half of the oats, toast for 2-3 minutes until golden brown.
3. Add the remaining oats along with the water, milk and vanilla beans.
4. Transfer to a Solid steam tray and Steam at 100°C for 8 minutes.

Induction

1. Cut the vanilla bean in half lengthways, lay cut side up onto a flame proof tray. Using a kitchen blow torch toast the vanilla bean until lightly charred, 5-10 seconds at most.
2. Melt the butter in a saucepan over medium heat, Induction setting 6, until foaming, add the seeds and half of the oats and toast for 2-3 minutes until golden brown.
3. Add the remaining oats along with the water, milk and vanilla beans.
4. Place a lid onto the saucepan and bring to a simmer on medium heat, Induction setting 6. Reduce the heat, Induction setting 4 and simmer for 8-10 minutes until the oats are tender and the liquid has thickened.

To serve

5. Remove from the Oven and stir with a spoon, adding maple syrup or honey to taste. Divide between bowls and serve with poached pear and clotted cream.

Induction

1. Remove from heat and stir with a spoon, adding maple syrup or honey to taste. Divide between bowls and serve with poached pear and clotted cream.

HINTS AND TIPS

- The consistency of the oats can be adjusted by adding more or less milk and water before cooking. If the porridge is too dry adjust with a little hot water.
- Pear can be replaced by apple. Depending on the sweetness of the pears, adjust sweetness with honey or maple syrup.