

Miele

Pear and frangipane tarts

By Miele

1 hour

23 minutes

Serves



INGREDIENTS

Poached pears

- 4 Buerre bosc pears, peeled
- 2 cup verjuice
- 2 cups water
- 2/3 cup caster sugar
- 4 bay leaves

Frangipane

- 120g unsalted butter, softened
- 120g caster sugar
- 2 free range eggs
- 1/4 cup reduced pear poaching liquid
- 1 tsp vanilla paste
- 30g plain flour
- 120g almond meal

Sour cream pastry

- 200g chilled unsalted butter, small diced
- 250g plain flour
- 125ml sour cream
- 500ml double cream, 50-70% milk fat for serving

METHOD

Sour cream pastry

1. Add the butter and flour to the bowl of a food processor. Pulse to combine, resembling fine bread crumbs. Add $\frac{3}{4}$ of the sour cream and pulse to incorporate then add the remaining sour cream and continue pulsing until the dough just starts to combine.
2. Tip the pastry out onto a clean work bench and bring together by hand, forming it into a rough rectangle, approximately 2cm thick. Wrap in cling wrap and refrigerate for 10–20 minutes to rest. Roll the sour cream pastry into a sheet approximately 3mm thick, wrap with cling film and refrigerate ready for use.

Frangipane

1. Using an electric mixer, beat butter and sugar until thick and pale. Add the eggs one at a time, and then add the reduced poaching liquid and vanilla. Fold in flour and almond meal until just combined.

Poached pears

1. Place the pears into a medium sized saucepan. Pour over the verjuice and water, which should just cover the pears, then add the sugar and bay leaves. Place saucepan over medium-high heat, Induction setting 7. Bring to boiling point, then reduce the heat to medium-low, Induction setting 4, placing a lid on the saucepan and gently simmer for approximately 40 minutes or until the pears are cooked through but still intact.
2. Remove the pears from the poaching liquid and set aside to cool. Meanwhile, increase the heat and bring the verjuice poaching liquid to the boil and reduce to 1 cup volume. Remove from the heat and set aside for filling and serving. When the pears are cooled, cut in half and remove the core.

Final Preparation

1. Pre-heat Oven on Bottom Heat at 160°C with a Baking tray placed on shelf position 1.
2. Line 8 greased loose based tart tins (9.5cm x 1.5cm), allow the edge of the pastry to come above the tin by 5mm. Dock the pastry evenly with a fork, then place into the refrigerator to chill for 15 minutes.
3. Divide the frangipane filling between the tart shells, approximately 1½ tablespoons each, then place half a pear on top, gently pressing it into the filling. Place onto the tray in the pre-heated Oven to Bake. After 17 minutes of baking, change the setting to Intensive Bake at 160°C and continue to Bake for a further 6 minutes until the filling has risen and is golden brown.
4. Remove from Oven and set aside on a wire rack to cool slightly.
5. Serve warm with double cream and a drizzle of poaching liquid.

Notes

- Poach pears on the day of baking; chilling in the fridge alters the delicate texture.
- Frangipane filling can be made in advance and kept in the refrigerator for up to two days but should be at room temperature before baking.

- Sour cream pastry can be made in advance; roll to 3mm thickness first and then wrap with cling film and freeze ready for use. Defrost frozen pastry for 1-2 hours at room temperature or overnight in the refrigerator.

Carême sour cream pastry is a suitable ready-made alternative available from many supermarkets.