

Chef from the Hood Recipes



Chef:
Stephane Roy

Restaurant:
French Garden Restaurant & Brasserie

Recipe:
Pears Poached in Cinnamon Vanilla Caramel Sauce
with Roasted Honey Almonds!



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Making delicious use of local products, this decadent dessert has the panache of French cooking without the stress of pastry making. Chef Stephane Roy of the French Garden gets pears and honey from the trees on his bosses farm up the road. Simple, sublime creations like this are the result of their farmer/ chef alliance. Dan Smith says, "Stephane requests lots of variety from our farm; I love seeing what he does with the things we grow." Serves 6.

Ingredients:

- 6 firm pears, peeled, stems removed but pears left whole
- 3 cups of sugar
- 1 stick of cinnamon
- 1 whole vanilla bean
- (or 1/2 teas. vanilla extract)
- juice of 1/2 of a lemon
- 1 tablespoon butter (Clover)
- 1 cup heavy cream (Clover)
- 1/2 cup of local honey
- 1 cup sliced almonds

To prepare:

Mix sugar, cinnamon stick, vanilla bean (or extract) together in a wide sauce or sauté pan. Add pears, heat on high. Keep turning pears around in the pan, stirring and watching that nothing burns.

When sugar caramelizes (turns a golden color), add lemon juice and butter. Add cream and continue to stir. Reduce heat to simmer.

Leave pears in the pan and turn them often for about 20 minutes. Pears are done when when soft to the poke of a toothpick.

In a 2nd saucepan, heat honey and add the almonds. Stir and simmer on low about 3 minutes.

To plate:

Place a pear upright on each plate. Divide honey almonds over each pear and serve.

Bon appétit!