

Mirin Spiced Pears with Cardamom Cream

POACHED PEARS

5 pears halved

120ml of mirin

120ml of water

3 tbsp of dark brown sugar

1 star anise

1 cinnamon stick

4 cloves

1/2 tsp vanilla extract, optional

CARDAMOM CREAM

240ml of double cream

3 tbsp of icing sugar

1 tsp ground cardamom

edible flowers, dried, to garnish (optional)

Place the mirin, water and sugar in a pan. Add the star anise, cinnamon, cloves and vanilla extract then place over a high heat and bring to the boil

Reduce the heat to medium and add the pear halves. Allow to cook for 12–15 minutes, or until soft and cooked through

Scoop out the pears with a slotted spoon and reserve in a bowl. Place the poaching liquor back on the heat and cook down to reduce the mirin mixture to a syrup consistency

Once thick and syrupy turn off the heat and mix the pears back into the syrup. Set aside to cool completely before serving or chill until required

Before serving, whisk together the double cream and icing sugar until soft peaks form. Add the ground cardamom then continue to whisk to create stiff peaks in the whipped cream – be careful not to over- whip as the cream may split

Transfer the cream to a piping bag fitted with a large nozzle (plain or shaped) To serve, divide the pears between serving bowls and pipe in a mound of the whipped cream, if you do not have piping bag just spoon into bowl

Generously drizzle over the mirin syrup and garnish with dried edible flowers or petals