

Poire Belle Helene

This is the traditional dessert, which I have veganized.

You will find a basic recipe from Rouxbe for poaching pears in wine and jasmine flowers and my variation for poaching in non-alcoholic liquid. These are templates ready for changing up.

The Dish

- Vanilla Ice Cream in the bottom of a glass
 - I'm using a vegan ice cream
- Poached Pear half on the ice cream
 - I poached my pears in non-alcoholic liquid
- Chocolate Sauce, drizzle or pour over.
 - I'm going to thin a previously made Ganache
- Cream topping: traditionally Chantilly, a lightly sweetened whipped cream
 - Choices: Aquafaba meringue, Coconut Whip, Tofu Cream,
- Sprinkle with Sliced Almonds or

To deconstruct this dessert

- Serve Poached Pears on their own with a bit of the poaching liquid. reduced
 - Simmer and reduce into a light sauce.
- Poached Pears with Chocolate Sauce only, ice cream only, any cream or on their own/
- Or do the full recipe, Ice Cream, Poached Pears, Chocolate Sauce and a Cream in a bowl.

Jasmine Poached Pears in Wine | Typical poaching liquids are 2:1 Water to Sugar

Variations to Poaching with wine

- Use a Fruit Juice instead of wine.
- Add a bit of acid – lemon, lime, orange juice or vinegar
- Use fresh or dried herbs and spices: lavender, rosemary, thyme....

Warm Chocolate Sauce

- Think thinned **Ganache**
- Use a **Cocoa Sauce**

Cream

- Aquafaba Meringue- link to recipe provided
- Coconut Whipped Cream
- Tofu Cream
- Sweetened Cashew Cream

The Pan must be large enough to accommodate all of the pears in a single layer, while also being fully submerged in the syrup. Your choice of a liquid plus spices a deep, wide saucepan.

Jasmine Poached Pears -

4 to 5 small semi-ripe pears, cored and peeled	1 vanilla bean, sliced down middle
3 tbsp dried jasmine flowers	1 star anise
2 1/2 cups water	1/2 cup agave
3 cups Muscat or Riesling wine	pinch of sea salt

Gather and prepare your mise en place.

1. Combine the jasmine flowers with 2 1/2 cups of hot water in a heat-proof container. Allow to steep for 10 minutes. Strain the liquid through a fine mesh sieve and discard the flowers. Transfer the tea to the pot in which you will poach the pears.
2. Place the pot with the jasmine tea over medium-high heat. Add the wine, vanilla bean, star anise, agave and salt and bring to a simmer. Gently place pears into the poaching liquid and poach them for 12 to 15 minutes or until they are fork tender. To test the pears, insert a paring knife into the thickest part. It should slide in fairly easily. Take care not to overcook them. Remove the pears from the liquid and allow them to cool.

Fran's Non-Alcoholic Valentine Poached Pears with thanks to Susan S

1/3 cup pomegranate molasses	Cardamom pods smashed
2/3 cup water	Birds of paradise
2-3 tsp Lambrusco red wine vinegar	Cinnamon stick, smashed
<u>Sweetener TT: I used 1/4 cup agave</u>	Sea Salt

Poach, test, remove from liquid.

Taste poaching liquid: Adjust flavor and save for another time.

Or reduce to syrup, flavor to taste, refrigerate.

Simple Chocolate Sauce: Ganache Based

4 oz dark chocolate (70 to 72%), finely chopped	pinch of fine sea salt
6 ounces plant milk, soy, oat, almond	optional 1 tsp mild tasting extra-virgin olive oil

1. Place the chocolate to a heatproof bowl and set aside while you heat the non-dairy milk.
2. Pour the non-dairy milk into a small saucepan over medium heat. Add the salt and bring to a low boil.
3. Immediately remove the saucepan from the heat. and pour all of the hot milk over the chopped chocolate. Rotate the bowl so the chocolate is completely submerged. Cover the bowl with a plate and let stand undisturbed for 2-3 minutes. Remove the plate and whisk the chocolate into the milk from the center out, whisking only until the mixture is smooth and glossy.

[Aquafaba Meringue](#)