

CHOCOLATE AND PEAR CUSTARD



Prep: 5 mins



Cooking: 60 mins



Serves: 4

SUITABLE FOR IDDSI LEVELS 4, 5 & 6



 Vegetarian

 Halal

 Gluten-free



Small
saucepan



Roasting tray



Oven-proof
ramekins/dishes



Heat-proof bowl

INGREDIENTS



400g tinned pears, drained



40g granulated sugar



4 egg yolks



550ml double cream



1 Yorkie chocolate bar, without nuts or pieces



1 teaspoon vanilla essence/extract

Allergens: eggs and milk. Yorkie Bar may contain traces of cereals containing gluten.



Dairy recipe

METHOD



Preheat the oven to 120°C.



Dice the pears into 4mm or 15mm pieces, or blend for level 4, and spoon evenly into the ramekins.



Whisk the sugar with the egg yolks in a heat-proof bowl.



Heat the cream and vanilla in the saucepan over a low heat and place in the chocolate to melt.



Add the hot cream to the egg yolks and sugar a little at a time and stir.



Place the mix back into the saucepan and gently heat up, stirring continuously, for 5 minutes.



Pour the chocolate sauce over the pears.



Get a roasting tray or deep oven-proof dish and pour in water until around 1cm deep, add the ramekins so the water comes halfway up the outside of the ramekin.



Cook in the oven for 50 minutes or until nearly set. Leave to cool slightly, then place in fridge to set fully.

TOP TIPS:



Adding the hot cream to the egg yolks a little at a time off the heat is called 'tempering' and prevents them from scrambling.



Mix up your tinned fruits for variety; strawberries and black cherries work well.