



Pear, blueberry and pecan crumble custard cups

Recipe by Angie Boyd

Serves: 4

Cooking: 1hr 20min

Difficulty: Easy

Ingredients :

Custard:

- 250ml Milk
- 3 Egg yolks
- 15g Flour
- 40g Selati Castor sugar
- 1 Cinnamon stick

Pear and blueberry compote:

- 4 Packham or Forelle Pears
- 100g Blueberries
- 60ml Butter
- 60ml Port
- 125ml Selati Plantation sugar
- 5ml Vanilla essence
- 1 Lemon, grated zest and juice

Pecan crumble:

- 125g Cake Flour
- 30ml Pecans, chopped

- 30ml Dessicated coconut
- 5ml Cinnamon
- Pinch Baking powder
- 60ml Selati Muscavado sugar
- 100g Butter

Methods :

Custard:

- Place the milk and cinnamon in a saucepan and bring to the boil (scald). Remove from the heat and allow to stand for 3 minutes and then remove cinnamon.
- In a bowl, whisk the yolks, sugar and then flour together until thick.
- Pour a little of the hot milk into the egg mix and whisk together.
- Return the mixture to the saucepan and cook over a medium to high heat, stirring gently with a whisk, until thickened.
- Remove from the heat.
- Cover with clingfilm while cooling to prevent a skin from forming.

Pear and blueberry compote:

- Peel, core and cut the pears into small pieces.
- In a large sauté pan, melt the butter. Add the chopped pears and stir to coat.
- Cook the pears over a medium heat for 10 minutes. Add the port and lemon juice and continue cooking for another 5-10 minutes or until the pears are starting to soften. If the mixture is a little dry, add a little water as necessary to allow the pears to soften. Add the blueberries and stir.
- Add the sugar and zest and cook until the pears are soft, and the liquid has reduced.
- Add the vanilla and set aside.

Pecan crumble:

- Place all the dry ingredients into a large bowl and stir to mix.
- Rub the butter into the dry ingredients until it resembles breadcrumbs. OR pulse in the food processor.
- Place the mixture onto a baking parchment- lined baking tray and bake at 160C until toasted and golden. Stir occasionally to toast evenly.

To assemble:

- In serving glasses: Place a spoonful of custard into the bottom of each glass.
- Spoon a quarter of the fruit compote into each glass on top of the custard.
- Sprinkle the toasted crumble over the compote and serve.