

FOOD IS CULTURE

The Food is Culture project aims at making European citizens aware that food heritage is a way to express their belonging to Europe and to better understand the richness and uniqueness of its cultural diversity.

Sarteau Pear (France)

Sarteau Pear Tarte Bourdaloue

For the poached pears:

6 Sarteau pears, peeled
1 liter of water
500 grams of sugar
juice of 1 lemon
vanilla

For the pastry:

250 grams of flour
125 grams of butter, chilled
pinch of salt
pinch of sugar
1 egg yolk (optional)
a little water, if necessary

For the almond cream:

100 grams of sugar
100 grams of powdered almonds
100 grams of butter, room temperature
2 eggs
rum (optional)

Preparation and cooking time: 1 hour and 15 minutes

Preheat the oven to 180° C.

Poach the pears: Make a simple syrup with the sugar and water, poach the pears for about 10 minutes, and then drain them. Now simmer the pears in water until they are fork tender, then drain them and put them aside.

Make the pastry: Cut the chilled butter into slices. With your fingertips, mix the butter and a pinch of salt into the flour. Create a mound and make a crater in the middle. Mix the egg yolk with a little bit of water and pour it into the crater. Gently mix everything together and knead the dough just until it comes together and is smooth, with no chunks. Form the dough into a ball, wrap it in wax paper, and let it rest in the fridge for 30 minutes.