

Sous-vide pear with saffron and cardamom

Cuisine: **Other**Food category: **Desserts**Author: **Ondrej Vlcek**Company: **Retigo**

Program steps

1	Steaming	Termination by time	00:50	hh:mm	85	°C	+ 80	%	
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Ingredients - number of portions - 10

Name	Value	Unit
ripe pears	10	pcs
caster sugar	150	g
water	500	ml
cardamom pods	14	pcs
crushed or ground saffron	1	g

Name	Value	Unit
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Nutrition and allergens

Allergens:
Minerals:
Vitamins:

Nutritional value of one portion	Value
Energy	60.9 kJ
Carbohydrate	15 g
Fat	0 g
Protein	0 g
Water	0 g

Directions

Remove the skin from the pears and put them in vacuum bags along with water and sugar. Lightly crush the cardamom pods with the flat side of a knife to give us a wonderful aroma. It is good to lightly grind the saffron between your fingers, this will give us more color than if it were left whole.

We vacuum pears and put it in the combi oven on the given program. Preparation time may vary depending on the type and size of pears used. After cooking, drain and reduce the resulting liquid into thick syrup, which we can use for decoration.