



Poire Belle Helene

 Gluten Free

READY IN



150 min.

SERVINGS



4

CALORIES



1990 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.5 ounces bittersweet chocolate chopped
- 4 bosc pears ripe
- 8 egg yolks
- 0.5 cup heavy cream
- 2 cups heavy cream
- 1 juice of lemon juiced
- 0.3 cup sugar
- 1.5 cups sugar

- 2 tablespoons butter unsalted
- 7 ounces chocolate unsweetened chopped
- 1 quart water
- 1 cup milk whole
- 4 cups milk whole

Equipment

- bowl
- frying pan
- sauce pan
- baking paper
- knife
- whisk
- plastic wrap
- toothpicks
- spatula
- skewers
- ice cream machine

Directions

- To assemble the Poire Belle Helene, place a scoop of chocolate ice cream at the bottom use a sundae glass.
- Drizzle the chocolate sauce over the ice cream then place a pear on top.
- Drizzle more chocolate sauce on top of the pear, and top it with whipped cream and another drizzle of sauce.
- Pour the water, sugar, lemon zest, and lemon juice into a non-reactive 4-quart heavy-bottomed saucepan and place over medium-high heat. Using a sharp knife, slice the vanilla beans in half lengthwise. Separate the seeds from the skins by scraping the blade of the knife along the inside.
- Add the seeds and skins to the mixture and continue heating.

- Peel and core the pears but do not halve them. Coring the pears from the bottom will encourage the poaching liquid to seep inside the pear and help it cook evenly inside and out.
- Add the pears to the lemon mixture and bring to a boil. When it reaches a boil, reduce the heat to a simmer and let cook for about 1 hour. Do not overcook the pears; they should be soft enough to pierce easily with a wooden skewer or toothpick.
- In order to keep the pears immersed in the liquid and help them to poach evenly, you must make a parchment paper lid to cover them. To make the lid, cut a round disk from a sheet of parchment paper that is slightly smaller than the diameter of your pan.
- Place the paper lid directly on top of the pears and poaching liquid. When the pears are fully poached, pour them and the poaching liquid into a clean container. You will need 1 whole pear for each serving.
- Heat the milk and chopped chocolate together in a 2-quart heavy-bottomed saucepan (this will keep the milk from burning) over medium-high heat until bubbles form around the edge of the pan. While the milk is heating, combine the sugar and egg yolks and whisk until thoroughly incorporated and thick. Temper the egg mixture by pouring about half of the hot milk into it and whisk well. Now pour the tempered egg mixture into the remaining hot milk and chocolate. Cook over medium-high heat until slightly thickened, stirring constantly with a rubber spatula. The mixture has finished cooking when it is thick enough to coat the back of the spatula, about 3 to 5 minutes. If you want to reduce the cooling time, you can cool the chocolate ice cream base over an ice bath. When the mixture is cool, spin it according to the type of ice cream machine you are using. The ice cream is ready when it is creamy and smooth, like the consistency of soft-serve ice cream.
- Place the ice cream in an airtight container and store in the freezer until ready to use.
- Pour the milk into a 2-quart heavy-bottomed saucepan, place over medium-high heat, and bring to a boil. When it boils, remove the milk from the heat and make a ganache by adding the chopped chocolate.
- Whisk well, stirring into the edge of the saucepan to combine. The ganache should be homogenous and smooth. Set the ganache aside. In a 1-quart heavy-bottomed saucepan, combine the heavy cream, butter, and sugar.
- Place the saucepan over medium-high heat and bring to a boil, stirring occasionally. The butter should be completely melted and the sugar completely dissolved. Once the mixture has come to a boil, pour the cream into the warm ganache.
- Place the sauce over medium-high heat and bring to a boil, stirring constantly with a whisk. As the chocolate sauce cooks, it will begin to thicken slightly. When it reaches a boil, remove it from the heat and pour it into a clean, dry bowl. Cover by placing plastic wrap directly on top

of the sauce to prevent a skin from forming.

- Let the chocolate sauce cool to room temperature before storing in the refrigerator. When cold, the chocolate sauce will become thick enough to be scooped with a spoon.

Nutrition Facts

PROTEIN 6.03% **FAT 57.31%** **CARBS 36.66%**

Properties

Glycemic Index:63.23, Glycemic Load:77.32, Inflammation Score:-10, Nutrition Score:51.252608299255%

Flavonoids

Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg, Cyanidin: 3.67mg Catechin: 32.4mg, Catechin: 32.4mg, Catechin: 32.4mg, Catechin: 32.4mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 77.06mg, Epicatechin: 77.06mg, Epicatechin: 77.06mg, Epicatechin: 77.06mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg, Isorhamnetin: 0.53mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 1990.32kcal (99.52%), Fat: 133.7g (205.69%), Saturated Fat: 79.41g (496.29%), Carbohydrates: 192.45g (64.15%), Net Carbohydrates: 172.72g (62.81%), Sugar: 156.02g (173.35%), Cholesterol: 613mg (204.33%), Sodium: 208.06mg (9.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 103.69mg (34.56%), Protein: 31.63g (63.27%), Manganese: 3.18mg (158.86%), Copper: 2.77mg (138.62%), Phosphorus: 950.3mg (95.03%), Magnesium: 357.43mg (89.36%), Iron: 14.84mg (82.45%), Fiber: 19.73g (78.92%), Vitamin A: 3456.93IU (69.14%), Calcium: 642.18mg (64.22%), Zinc: 9.41mg (62.71%), Vitamin B2: 1.04mg (61.41%), Selenium: 41.49µg (59.28%), Vitamin D: 7.78µg (51.89%), Potassium: 1689.49mg (48.27%), Vitamin B12: 2.73µg (45.55%), Vitamin B5: 3mg (30.05%), Vitamin B1: 0.38mg (25.61%), Vitamin K: 24.42µg (23.26%), Vitamin E: 3.47mg (23.16%), Vitamin B6: 0.46mg (22.9%), Folate: 86.57µg (21.64%), Vitamin C: 11.45mg (13.88%), Vitamin B3: 2.02mg (10.08%)