





Pear tart Tatin with five spice custard

This is a French classic with a touch of Asian influence in the five spice custard. As with many classic dishes, the idea is brilliantly simple - an upside down tart with caramelised fruit. It's extremely versatile and can easily take on a savoury role, as in the recipe for loin of pork on page 33.

Ingredients

Serves two

Pears 4 (Comice)

Caster sugar - 100g

Unsalted butter - 100g

Puff pastry - 300g

Custard

Full fat milk - 125ml

Double cream - 375ml

Egg yolks - 6

Caster sugar - 100g

Five spice - 1 tsp

Caramelise sugar and butter in a pan until golden.

Heat gently to avoid burning. Finally pour the caramel into a rösti pan or small tart case.

Peel the pears, slice and fan them out on the base of the tart case or rösti pan. Remember to put the nicest looking slices on the base, which ends up on top. Apples are a good alternative.

Roll out puff pastry to a thickness of about 1/8in / 3mm and cut out a circle slightly larger than the tart case. Tuck inside the case and round the edge of the pears. This creates a 'nest' of pastry.

Bake in a hot oven at about 200C (Mark 6) until the pastry is golden brown and crispy. Remove, allow to cool and carefully turn out upside down onto a plate.

The custard is made in the same way as the ice cream on page 55. The only difference is that you infuse the milk with five spice, not vanilla. And, of course, you don't need to freeze it.

Recommended wine: Château d'Yquem, 1999, 1er Cru, Sauternes