

SPICE POACHED FIRIKI APPLES, BAKED PASSIONFRUIT CUSTARD

EQUIPMENT

DEEP SAUCEPAN WITH LID, CHEF KNIFE, VEGETABLE PEELER, SCALES, RAMEKINS OR SOUFFLÉ MOULDS, MIXING BOWLS, WHISK, BAKING TRAY, FINE MESH SIEVE, POURING JUG

INGREDIENTS

4 FIRIKI APPLES, 400GM WATER, 300GM CASTER SUGAR, 3 BAY LEAVES, 20 CORIANDER SEEDS, ½ SPLIT VANILLA BEAN

INGREDIENTS - For the CUSTARD

3 WHOLE PASSIONFRUIT, 4 EGGS, 250GM MILK, 120GM CASTER SUGAR, 300GM THICKENED CREAM, ½ SPLIT VANILLA BEAN, 15 PISTACHIO NUTS

METHOD

BEGIN BY MAKING THE POACHING LIQUID. POUR SUGAR AND WATER INTO A DEEP SAUCEPAN AND ADD THE CORIANDER SEEDS, BAY LEAVES AND SCRAPED VANILLA BEAN. PLACE THE POT ON THE STOVETOP AND BRING TO THE BOIL.

WHILE THE POACHING LIQUID HEATS CUT THE BASE OFF THE APPLES SO THEY SIT FLAT AND PEEL THEM. ONCE THE POACHING LIQUID HAS BOILED REMOVE IT FROM THE STOVE AND ADD THE PEELED APPLES. PLACE THE LID ON THE POT AND PLACE THE POT INTO A PRE-HEATED OVEN STEAM SETTING 80°C FOR 45 MINUTES.

FOR THE CUSTARD CRACK THE EGGS INTO A LARGE MIXING BOWL AND ADD THE SUGAR AND SCRAPED VANILLA BEAN AND WHISK UNTIL WELL COMBINED. NEXT ADD THE MILK AND CREAM AND WHISK AGAIN. CUT OPEN THE PASSION FRUITS AND SCRAPE OUT THE PULP INTO THE CUSTARD. WHISK AGAIN AND SET ASIDE.

ONCE THE APPLES HAVE STEAMED REMOVE THE POT FROM THE OVEN. POUR THE CUSTARD THROUGH A FINE MESH SIEVE AND SET ASIDE.

SPOON THE WHOLE APPLES INTO THE RAMEKINS AND POUR OVER THE CUSTARD TO ALMOST FILL THE RAMEKIN. PLACE THE RAMEKINS ONTO A BAKING TRAY AND PLACE THE TRAY INTO A PRE-HEATED OVEN COMBI SETTING 165°C FOR 12-14 MINUTES UNTIL THE CUSTARD IS JUST SET.

ONCE BAKED REMOVE THE CUSTARDS FROM THE OVEN AND SPRINKLE OVER CHOPPED PISTACHIO NUTS AND SERVE.

HINTS & TIPS

- FIRIKI APPLES ARE MOSTLY USED IN GREEK CUISINE. THEIR SMALL SIZE MEANS THEY ARE GREAT FOR INDIVIDUAL DESSERTS.
- YOU CAN SUBSTITUTE THESE APPLES FOR CORELLA PEARS IF YOU CAN'T FIND THE APPLES, THE PEARS MAY NEED A LITTLE LONGER POACHING BUT THE RESULTS WILL BE JUST AS GOOD.