

World Gourmet Summit 2003

Culinary Masterclasses

The Cuisine of
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Martell Cognac and California Raisin Ice Cream with Spiced Poached Pear and Sugar Biscuit



Ingredients

200ml	Martell Cognac
100g	California raisins
1	vanilla bean
1 ltr	milk
9	egg yolks
375g	caster sugar

garnish

poached pears
sugar biscuit

Method

For the ice cream: In a shallow pan gently warm raisins in Martell Cognac until the liquid is half of its original volume. Set this aside in warm place. (next to or on top of stove is usually good). Split the vanilla bean lengthwise and place in a small pot with the milk. Gently bring to a simmer.

In a large bowl whisk egg yolks and sugar until white and creamy. Add Martell Cognac and raisins to egg mix and then add the boiled milk, whisking continuously as you do. Scrape vanilla beans from pod and add to milk and egg mixture. (Keep the pod dry in a low heat oven. Once completely dry add to your sugar bowl to flavour and perfume the sugar.)

Rinse pot and return to stove over very low heat. Through a very fine sauce strainer pour milk and egg mix back into pot. Over the lowest flame continuously stir with a wooden spoon until mixture thickens slightly and coats the back of the spoon.

Strain again through fine strainer into a chilled container and stir until cool, then transfer into an ice cream machine.

Serving

Serve a scoop of ice cream with poached pears and a sugar biscuit.