

Miele

Toasted porridge with pear and clotted cream

By Miele

20 minutes plus refrigeration time

Preparation time

30 minutes

Cooking time

4 servings

Serves



INGREDIENTS

Clotted cream

600 ml cream
1 tbsp water mixed with ½ tsp citric acid
(or 1 tbsp lemon juice)

Poached pear

2 pears, peeled and cut in half
80 g (? cup) maple syrup or honey
60 ml (¼ cup) water
2 pieces citrus peel (orange or lemon)
1 vanilla bean, split

Vanilla oats

1 vanilla bean
40 g butter
75 g (½ cup) mixed seeds or nuts
(pepitas, sunflower, chia, almonds, cocoa nibs)
90 g (1 cup) rolled oats
375 ml (1 ½ cups) water
375 ml (1 ½ cups) milk
Maple syrup or honey to taste

METHOD

Clotted cream

1. Mix the cream and diluted acid in a unperforated steam container and Steam at 85°C for 15 minutes.
2. Cover with a clean tea towel and cool to room temperature before transferring to a clean container or jar with a lid.
3. Refrigerate for at least 4 hours or overnight. A thicker consistency can be achieved by hanging the cream in a muslin lined sieve over a bowl to release excess whey.

Poached pear

1. Place the ingredients into a vacuum sealing bag and Vacuum on setting 3 and Seal on setting 3.
2. Place the bag onto a wire rack in the steam oven and Steam at 100°C for 20-25 minutes, depending on size of pears.
3. Refrigerate in the bag until needed.

Vanilla oats

1. Cut the vanilla bean in half lengthways, lay cut side up on a flame proof tray, (a Solid steam tray works well). Using a kitchen blow torch, toast the vanilla beans until lightly charred, 5-10 seconds at most.
2. Melt the butter in a saucepan over medium heat, Induction setting 6, until foaming and golden brown. Add the seeds and half of the oats, toast for 2-3 minutes until golden brown.
3. Add the remaining oats along with the water, milk and vanilla beans.
4. Transfer to an unperforated steam container and Steam at 100°C for 8 minutes.
5. Remove from the steam oven and stir with a spoon, adding maple syrup or honey to taste. Divide between bowls and serve with poached pear and clotted cream.

Alternative appliance methods:

Clotted cream (Induction)

- Heat the cream to a light simmer, 85°C on medium heat, Induction setting 6. Whisk in the diluted acid or lemon juice and cook, while stirring until the cream thickens, coating the back of a spoon.

Vanilla oats (Induction)

- After toasting the oats, place a lid onto the saucepan and bring to a simmer on medium heat, Induction setting 6. Reduce the heat, Induction setting 4 and simmer for 8-10 minutes until the oats are tender and the liquid has thickened.

Poached pear (Induction)

- Place the ingredients into a medium saucepan with a lid. Bring to a simmer on high heat, Induction setting 9.
- Once simmering, reduce the heat to low, Induction setting 3. Continue to cook until the pear is tender and translucent, approximately 5-10 minutes.

Hints and tips

- The consistency of the oats can be adjusted by adding more or less milk and water before cooking. If the porridge is too dry adjust with a little hot water.
- Pear can be replaced by apple. Depending on the sweetness of the pears, adjust sweetness with honey or maple syrup.

