



RECIPE CARD



**NATIONAL EYE
HEALTH WEEK**
MONDAY 18 – SUNDAY 24 SEPTEMBER 2023
YOUR VISION MATTERS

Marcus Wareing's Pear and Star Anise Tarte Tatin with Buttermilk Ice Cream

Serves 4–6

Time 1hr 25 mins

For the tarte tatin

- 5–6 large or 8 small Conference pears
- 100g cold butter
- 1 x 320g sheet of ready-rolled all-butter puff pastry
- 100g caster sugar
- 2 star anise

For the buttermilk ice cream

- 280ml cultured buttermilk
- 50ml milk
- 280ml double cream
- 2 tbsp runny honey
- 200g condensed milk

Three days prior – Peel, quarter and core the pears and leave them in the fridge for 3 days, so they dry out a little.

For the buttermilk ice cream

Make the ice cream before baking the tarte tatin so it can freeze while you bake. Put the buttermilk, milk, double cream, honey and condensed milk in a large bowl. Blend using a stick blender until smooth. Strain the mix through a fine sieve into a metal or plastic freezeproof container. Cover and freeze for about 90 minutes, until the base and sides are starting to freeze. Remove from the freezer and vigorously stir with a balloon whisk or an electric whisk until smooth.

Refreeze, then repeat 3 or 4 more times at hourly intervals so that you end up with a

smooth, creamy ice cream. If you have an ice cream machine, follow the manufacturer's instructions and you should have softly frozen ice cream within about 20 minutes.

For the tarte tatin

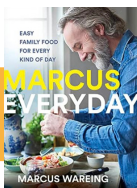
Preheat the oven to 190C/170C fan/gas 5. Remove the butter from the fridge to allow it to soften slightly. Unroll the puff pastry sheet and cut it into a 24cm diameter circle (the same size or a little larger than the top diameter of the frying pan you're going to use in the next step). Place back on its baking parchment and refrigerate.

Squash the slightly softened butter in a 20cm diameter (at the base) ovenproof pan. Ensure there is an even layer on the base then add the sugar and swirl the pan to distribute evenly.

Grate the star anise into the sugar. Place the first piece of pear into the sugared butter, with the base at the edge of the pan, tip pointing towards the middle, then lay the rest of the pear pieces in the pan, covering each other like fallen dominoes.

Place the pan over medium-high heat for about 10 minutes, until the butter and sugar begin to bubble and a golden caramel begins to form. Remove the pastry from the fridge and place it on top of the pears. Bake in the oven for about 45 minutes, until the pastry is cooked through and golden. Remove from the oven and allow to rest for 5–7 minutes.

Place a plate on top of the pan and flip the entire pan over, whereby the tarte tatin should slip gracefully onto the plate, ready to be sliced. Serve with the buttermilk ice cream.



Recipe from **Marcus Everyday: Easy Family Food for Every Kind of Day** (HarperCollins)