

# Sous-vide pear with saffron and cardamom

Cuisine: **Other**  
Food category: **Desserts**





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Program steps

1

 Steaming

 Termination by time

 00:50    hh:mm

 85    °C

 80    %



| Ingredients - number of portions - 10 |       |      |
|---------------------------------------|-------|------|
| Name                                  | Value | Unit |
| ripe pears                            | 10    | pcs  |
| caster sugar                          | 150   | g    |
| water                                 | 500   | ml   |
| cardamom pods                         | 14    | pcs  |
| crushed or ground saffron             | 1     | g    |

| Name | Value | Unit |
|------|-------|------|
|------|-------|------|

| Nutrition and allergens              |         |
|--------------------------------------|---------|
| Allergens:<br>Minerals:<br>Vitamins: |         |
| Nutritional value of one portion     | Value   |
| Energy                               | 60.9 kJ |
| Carbohydrate                         | 15 g    |
| Fat                                  | 0 g     |
| Protein                              | 0 g     |
| Water                                | 0 g     |

## Directions

Remove the skin from the pears and put them in vacuum bags along with water and sugar. Lightly crush the cardamom pods with the flat side of a knife to give us a wonderful aroma. It is good to lightly grind the saffron between your fingers, this will give us more color than if it were left whole.

We vacuum pears and put it in the combi oven on the given program. Preparation time may vary depending on the type and size of pears used. After cooking, drain and reduce the resulting liquid into thick syrup, which we can use for decoration.