

Poire Belle Hélène (poached pears, chocolate sauce, ice cream)

PREP: 5 minutes | COOK: 10 - 20 minutes | SERVES: 4

- 1-quart water
 - 2 cups granulated sugar
 - 2 vanilla beans cut in half lengthwise
 - 3 cardamom pods, crushed (optional)
 - 1 star anise (optional)
 - 1 cinnamon stick (optional)
 - 4 pears, peeled and cored through the bottom with a melon baller
 - 1/2 cup heavy cream
 - 3 ounces bittersweet chocolate chips
 - 4 scoops vanilla ice cream
1. **To poach the pears:** Bring water, sugar, and vanilla to a rapid boil in a non-reactive pan. Add the optional spices if you are using them. Add the pears to the syrup and cook over medium-low heat until they are easily pierced with a paring knife. Cool and store the pears in the syrup until ready to serve. The cooking time varies wildly on how ripe or unripe your pears are. Mine generally take about 10 to 20 minutes.
 2. **To make the chocolate sauce:** Bring cream to a boil and pour over chocolate. Whisk until smooth. Use immediately. If the sauce is too thick add a touch more cream.
 3. **To serve Pears Belle Helene:** Put a poached pear on a plate along with a scoop of vanilla ice cream. Pour the hot chocolate sauce over the pears at the table. Enjoy.

Notes: Save the leftover syrup to poach more pears; to make cocktails; to make a sorbet.

Recipe source: <https://www.simplefrenchcooking.com/recipe-entry/pears-helene>

