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THE NEW CUCINA ITALIANA

WHAT TO EAT, WHAT TO COOK
& WHO TO KNOW IN ITALIAN CUISINE TODAY

RIZZOLI
NEW YORK



Pera Coscia al Cioccolato di Carrube e Crema al Latte con Menta Selvatica

Poached Pears in Carob Chocolate with Minted Milk Cream

The Montaruli brothers make their carob molasses (which they call *li chocolate*) out of actual dried carob pods, but we replaced them with carob powder for your convenience. When making the Minted Milk Cream, use wild mint if available.

Pears

4 small pears, washed
4 ½ cups water
1 cup sugar
Minted milk sauce, for serving (recipe follows)

Carob Sauce

2/3 cup water
¼ cup sugar
1 cup carob powder
¼ cup heavy cream

For the pears

Cut a thin slice off the bottom of each pear so it can stand up on its own; do not peel pears. Combine water and sugar in a medium saucepan over medium-high heat and stir to combine. When sugar has dissolved and mixture begins to boil, gently lower the pears into saucepan, turning occasionally to make sure they are completely covered by the liquid. If they aren't submerged, transfer to a smaller pan. Cook at a gentle simmer for 10 minutes, remove from heat, and let pears cool completely in the syrup. When cool, gently transfer pears to a rack to dry.

For the carob sauce

Combine water and sugar in a small saucepan over medium heat. Stir occasionally until sugar dissolves and mixture begins to simmer. Lower heat to the minimum and slowly sift in the carob powder, a little at a time, whisking energetically until well combined. Cook for 5 minutes, whisking constantly, until the mixture is steaming, shiny, and thick. Very slowly stir in the heavy cream, a little at a time, whisking until shiny. Remove from heat. Set aside to cool slightly.

Carefully spoon the carob sauce over the pears on the cooling rack, making sure to completely coat the pears (place a plate or parchment paper underneath the grate to collect drips). Transfer pears to the refrigerator until ready to serve, for about an hour, or until carob coating appears glossy.

Spoon a generous helping of minted milk cream in the center of each of four plates and place a pear on top. Serve immediately.

Minted milk cream

2 cups whole milk
1 cup loosely packed mint leaves
¼ cup sugar
¼ cup potato starch

Combine milk and mint leaves in a small saucepan over medium heat. Bring to a boil and then remove immediately from heat. Cover with lid and set aside to cool for 30 minutes at room temperature. Transfer to refrigerator and chill for 6 to 12 hours.

Filter milk through a fine mesh sieve set over a saucepan, pressing and squeezing mint leaves to release all the liquid. Discard leaves. Add sugar and stir over low heat until dissolved. When mixture is hot and steaming, but not yet simmering, whisk in potato starch and cook, mixing constantly, until mixture has thickened, 7 to 10 minutes. Remove from heat and set aside to cool at room temperature. Refrigerate until ready to serve, up to 2 days.