



# Meringue Nests with Chocolate Mousse and Poached Pears

**2 hours**

Hands on

**6**

Portion(s)

**3**

Difficulty



## Method

### For the meringue nests

- Preheat oven to 100\* C (212\* F) Fan.
- Beat the egg whites and salt or citric acid in a mixer, using the whisk attachment.
- As soon as the mixture starts to froth, add the granulated sugar in 2 batches and beat until you create a shiny meringue with stiff peaks. Remove mixing bowl from stand.
- Sift the icing sugar and cocoa powder in a bowl and add to the meringue. Gently fold with a spatula.
- Transfer mixture to a pastry bag fitted with a star tip.
- Line 2 rimmed baking sheets with parchment paper. Draw 3 circles that are 10 cm in diameter on the back of each parchment paper.
- Starting from the center of each circle, use circular motions and pipe out the meringue mixture to fill the circles.
- When you reach the circumference of each circle, pipe out a "wall" that is 1 cm in height.
- You should have 6 round meringue nests. If you have any leftover filling, pipe out smaller meringue nests around them.
- Bake for 1 ½ - 2 hours, until they dry out.
- Turn off the oven and leave the oven door ajar without removing the meringues.
- You can prepare the meringue nests up to 10 days in advance and keep them stored in a sealed jar.

### For the poached pears

- Use a pot that can hold all of the pears in a single layer. Add all of the ingredients to the pot, apart from the pears and fill the pot halfway with water.
- Place over medium heat and bring to a boil. Cook for 10 minutes, until all of the flavors added blend nicely.
- In the meantime, peel the pears holding them from the stem.
- Use a core seed remover to remove the seeds, inserting it from the bottom of the pear only, to make a hole.
- After the mixture has been boiling for 10 minutes, add the pears to the pot. Cover pot and allow to boil for 30 minutes or until the pears have softened all the way through.
- When ready, remove from heat and allow the pears to cool in the liquid.
- Refrigerate until needed. (They can be stored for a few days.)

### For the chocolate mousse

- Melt the chocolate in a bain marie and set it aside to cool a little.
- Beat the heavy cream along with the icing sugar until it becomes a thick whipped cream.
- Add the melted chocolate and beat, making sure the chocolate is not too hot.
- Transfer mixture to a pastry bag and refrigerate until needed.

### To assemble

- Place each meringue nest on a serving plate.
- Fill each nest with chocolate mousse.
- Top with a poached pear.
- Decorate with melted chocolate and serve.

## Ingredients

### For the meringue nests

- 4 egg whites
- 1 pinch salt
- 100 g granulated sugar
- 100 g icing sugar
- 20 g cocoa powder

### For the poached pears

- 750 g granulated sugar
- lemon zest, of 1 lemon
- 1 star anise
- 1 teaspoon(s) [vanilla extract](#)
- 6 cloves
- 1 stick(s) cinnamon
- 10 peppercorns
- 6 pears, peeled

### For the chocolate mousse

- 100 g chocolate couverture, finely chopped
- 200 g heavy cream 35%, chilled
- 1 tablespoon(s) icing sugar

### To decorate

- 100 g chocolate couverture, melted

## Διατροφικός πίνακας

Nutrition information per 100 gr.

229 Calories (kcal)	3.6 Total Fat (g)	2.2 Saturated Fat (g)	47.0 Total Carbs (g)
11%	5%	11%	18%
47.0 Sugars (g)	1.5 Protein (g)	1.8 Fibre (g)	0.06 Sodium (g)
52%	3%	7%	1%