



Salty sticks with pear chutney - Bâton salé

40'
Hands on

60'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

For the pear chutney

- Cut the onions into large pieces and add them into a pot.
- Peel the pears, cut them into cubes, and add them to the pot.
- Add the raisins, the figs finely chopped, the sugar, the apple cider vinegar, the balsamic cream, the cinnamon, the cloves, the star anise, salt, and transfer over medium heat. Simmer for about 1 hour until the mixture thickens.
- Remove and set it aside to cool.

For the salty sticks

- Preheat the oven to 180° C (350° F) set to fan.
- In a mixer's bowl add the butter, the olive oil, the mustard, and beat with the whisk attachment at high speed, for 1-2 minutes, until fluffy.
- Add the egg and beat at medium speed until it is incorporated. Add the milk in batches and, as soon as the ingredients are homogenized, remove the bowl from the mixer.
- In a bowl add the flour, the parmesan, the pepper, the baking powder, the salt, and mix. Transfer the mixture to the mixer's bowl and mix with a spoon. As soon as the dough starts shaping, keep kneading with your hands until you get a thick dough.
- Shape the sticks and add them into a bowl with parmesan or gruyere cheese.
- Bake for 15 to 20 minutes. Remove and let them cool.

To serve

- On a serving board add the chutney, the salty sticks, and serve with breadsticks, nuts, dried fruits, and cheese.

Ingredients

For the pear chutney

- 2 onions
- 1 kilo pears
- 100 g black raisins
- 150 g figs, dry
- 200 g brown sugar
- 400 ml apple cider vinegar
- 50 g balsamic cream, with fig
- 2 stick(s) cinnamon
- 5 cloves
- 2 star anises
- 1 pinch salt

For the salty sticks

- 80 g butter, at room temperature
- 50 g olive oil
- 1 teaspoon(s) mustard
- 1 egg, medium
- 50 g milk
- 210 g all-purpose flour
- 100 g parmesan cheese
- pepper
- 1/2 teaspoon(s) baking powder
- salt

To assemble

- 50 g parmesan cheese, or gruyere cheese

Διατροφικός πίνακας

Nutrition information per portion

483 Calories (kcal)	17.0 Total Fat (g)	8.1 Saturated Fat (g)	67.0 Total Carbs (g)
24%	24%	41%	26%
50.0 Sugars (g)	10.0 Protein (g)	5.2 Fibre (g)	0.7 Sodium (g)
56%	20%	21%	12%