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Dessert
Tomato

Alastair McLeod

‘Ying Yang’ pears

2 pears, cored, halved
2 cups red wine
1 star anise
1 cinnamon stick
½ cup caster sugar
2 green cardamom pods
½ bottle white wine
1cm-thick strip of lemon rind
Mint sprigs, to serve

Sabayon

2 egg yolks
2 tbs caster sugar
½ cup white wine

1 Combine red wine, star anise, cinnamon stick, cardamom pods and ¼ cup caster sugar in a saucepan over medium heat and bring to a simmer, add two pear halves and poach for 10-12 minutes or until just tender.

2 Combine white wine, lemon rind and ¼ cup caster sugar in a saucepan over medium heat and bring to a simmer, add two pear halves and poach for 10-12 minutes or until just tender.

3 For the sabayon, whisk egg yolk and sugar in a heat-proof bowl, place bowl over a saucepan of simmering water and whisk continuously, gradually adding wine, whisk for 6-8 minutes or until thick and pale.

4 Arrange the pears on a plate using the red and white to create the ‘ying yang’ pattern, spoon over the sabayon and serve with mint.