

News Release

South Seattle Community College

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FOR IMMEDIATE RELEASE

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South Pastry Student Wins National Competition

Pears Anjou Poire Frite wins over judges in USA Pears contest.

(Seattle, WA) Sixth-quarter South Seattle Community College Pastry student Nicole Mau was the grand prize winner in the national USA Pears Student Culinary Competition held recently in Portland, Oregon. One of three finalists selected from hundreds of entrants from around the country, Nicole's *Red Anjou Poire Frite*, which utilized Red Anjou Pear Sorbet, Red Anjou Pear Compote, and a Red Anjou Pear Sauce, topped the creations of competitors from Texas Culinary Academy and Florida Culinary Institute. For her winning effort, Nicole earned a \$2500 award for herself and \$250 for the college.

The judging panel was composed of well-regarded culinary industry experts Kathy Hayden, editor of *Flavor and the Menu Magazine*, Ericka Carlson of *Edible Portland Magazine*, and Chef DJ Wendeborn, chef instructor at Western Culinary Institute. Their judging criteria included taste, texture, creativity, originality, appearance, and prominent use of pears.

After graduating at the end of July with an associate of applied science (AAS) degree in Pastry, Nicole will begin her "dream job" as a pastry chef at Kaspars. She credits her mentor, Pastry Chef Instructor Jean-Claude Berger, with helping her develop the competence and confidence to achieve success.

"I feel so ready to be out there now, and am excited to see where I can go with pastry," she said.



Nicole Mau



Red Anjou Poire Frite

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Red Anjou Poire Frite

*(faite de pouding au riz)
avec sorbet de poire, au sauce à la poire cardamome*



Nicole Mau
South Seattle Community College

Rice Pudding

¼ Cup long-grain rice
3 Tbsp sugar
Pinch of salt
1 ¼ Cups whole milk
¼ vanilla pod
4 tsp unsalted butter
2 egg yolks

Wash the rice, blanch, rewash, and drain. In an oven-safe pan or pot, add the drained rice to milk (boiled with scraped vanilla pod, salt, sugar and butter). Remove vanilla pod. Cover with lid and place in a preheated oven for 20–30 minutes at 300° F, without stirring. Remove from the oven and add yolks one at a time with a fork. Remove from pan and refrigerate until cool.

Red Anjou Pear Sorbet

6 Red Anjou pears (peeled, cored and diced)
Juice of ½ lemon
½ Cup sugar (to taste)
¼ Cup orange juice

Boil lemon, sugar, and orange juice. Poach Red Anjou pears in this syrup just until soft, or about 5 minutes. Blend in a food processor until smooth. Freeze. Remove from freezer once frozen solid and process again in the food processor.

Red Anjou Pear Compote

1 Red Anjou pear (peeled, cored and diced small)
½ Cup water
½ Cup sugar
½ tsp cardamom
Juice of ½ lemon

Place all ingredients except the pears in a pot, and boil. Add the Red Anjou pears, cover, simmer gently for 5 minutes, then turn off the heat to finish poaching. Drain when cool, and set liquid aside.

Red Anjou Pear Sauce

1 tsp cornstarch
1 tsp water
Remaining liquid from the compote

Take liquid left over from the Red Anjou Pear Compote, and bring to a boil. Add the slurry of water and cornstarch, boil for a minute, then set aside.

To fry:

1 Cup flour
2 eggs
2 Cups Japanese-style bread crumbs
Vegetable oil

Take ¼ Cup of chilled Rice Pudding, put 1 tsp of Red Anjou Pear Compote inside and encapsulate completely. Shape into a pear-like form. Dredge first in flour, then eggs, and then the bread crumbs. Set aside. Fry in 350° F oil until nicely browned on all sides. Carefully remove from oil with a spider.

Garnish

Whole cloves
Bay or sage leaves

Place a clove on top of the pear with a sage or bay leaf. Finish with a spoonful of Red Anjou Pear Sauce in an arched teardrop shape and a scoop of Red Anjou Pear Sorbet.

Serves 6 (pour 6 personnes)