

Recipe Card



Chai Tea Poached Pears

Recipe by Joyce Moon

Yield: 4 servings

Ingredients:

4 medium pears (Bosc, Bartlett, or Anjou, slightly unripe preferable)

3-4 tea bags, black tea (Assam) or rooibos tea

4 cups water

½ - ¾ cup Honey

1 Cinnamon Stick

4 cloves

1 vanilla bean, split lengthwise

Directions:

1. In a large saucepan, bring water to a boil. Turn off heat, add tea bags and steep 5 minutes. Remove tea bags and heat water over med-high heat.
2. Half pears lengthwise and scoop out core with a spoon or melon baller.
3. Add honey, spices and vanilla bean to pot and combine. When boiling, add fruit.
4. Reduce heat to medium and cook gently 15-30 minutes, until tender and translucent. Fruit should yield easily when pierced with a fork or paring knife. Test at thickest part of the pear.
5. Remove from heat and cool.
6. Serve warm or chilled with whipped cream, crème fraiche, yogurt, or vanilla cashew cream.

Note: Pears can be poached and chilled up to 1 day ahead. Can be stored in the fridge in poaching liquid in an airtight container.

Nutrition Information:

Serving Size: 1/2 pear; Calories: 43; Total Fat: 0.02 g, Total Carbohydrate: 15 g, Protein: <1 g, Fiber: 1.2 g, Sodium: 4 mg