

Chai Poached Pears

These pears are delicious on their own, but would also pair well with toasted walnuts, a crunchy granola, a tangy blue cheese, or even as a delicious topping for frozen yogurt!

YIELD 12 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

5 cups	Water
3 bags	Chai Tea
2 each	Oranges, juiced
½ cup	Brown Sugar
1 Tbsp	Ginger, sliced
1 tsp	Cinnamon, ground
6 each	Pears (Bosc or Concorde), firm, peeled, halved and cored

CHEF'S NOTES

Poaching is a classic cooking technique that involves submerging food in a hot liquid and cooking at a low heat. This method is a great way to cook delicate items, such as fruit or fish and allows you to add flavor in the poaching liquid.

Experiment with other tea or spice combinations such as:

- Earl Grey & Vanilla
- Orange Spice & Star Anise

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large saucepot, bring the water to a boil, remove from heat, add tea bags, and steep for 3-5 minutes. Remove bags, squeeze excess liquid back into the pot, and discard tea bags.
3. Add the orange juice, brown sugar, sliced ginger, and cinnamon to the tea mixture and bring back to a boil.
4. Add the pear halves to the tea mixture and reduce the heat to low. Using tongs or a slotted spoon, arrange the halves to they are mostly submerged in the liquid.
5. Simmer pears until fork-tender, turning the pears as necessary to ensure even cooking, about 15-20 minutes.
6. Using tongs or a slotted spoon, remove pears from the poaching liquid and transfer to a quarter sheet-pan to cool.
7. Return the pot to the stove and increase the heat to medium and reduce the poaching liquid by half, about 5 minutes. Strain the syrup through a fine mesh strainer into a small serving bowl.
8. To serve, slice pears, drizzle with syrup, and enjoy!

Nutrition Facts

12 servings per container

Serving size 1/2 pear (202g)

Amount Per Serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 20g 7%

Dietary Fiber 3g 11%

Total Sugars 15g

Includes 6g Added Sugars 12%

Protein 0g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.2mg 2%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

