



Julie Zyromski

Chai Tea Poached Pears

Portions: 8 pears

Preparation: 45 minutes

Cooking time: 65 minutes

8

V

VEG

LF

GF



Ingredients

For the pears

7 cups (1,750 L) water
1 cup (250 ml) pure maple syrup
2 black tea bags
5 cloves
7 green cardamom pods
2 cinnamon sticks
½ nutmeg
6 black peppercorns
The juice of one lemon
8 firm Bosc pears, peeled

For the whipped cream

1 cup (250 ml) whipping cream (35 % m.f.)
3 teaspoons (15 ml) pears' poaching syrup, reduced and cooled

Steps

Pears

1. In a large bowl, combine 3 cups (750 ml) of water with lemon juice and pears. Let stand.
2. In a large saucepan, bring 4 cups (1 L) of water and maple syrup to a boil. Reduce heat. Add the tea bags, cloves, cardamom, cinnamon, nutmeg and peppercorns.
3. Transfer the pears with lemon water in the sugary water saucepan. Bring to a boil and let simmer for 15 minutes over low heat.
4. Remove from the heat and let the pears cool completely in their liquid. Then, refrigerate for a minimum of 4 hours, up to 12 hours.
5. Strain the pears and refrigerate.
6. Bring the poaching liquid to a boil and reduce by half or until syrupy. It may take up to 45 minutes. Allow to cool and reserve.

Whipped cream

1. Whip the cream with the reduced syrup until peaks form. Serve the pears on a bed of whipped cream with a drizzle of syrup, dark chocolate granola or simply chocolate shavings.