SHOPPING LIST

Jasmine Tea Poached Pears

Serves 4

- [ ] 4 firm pears, peeled (stalks left on)
- [ ] 1 litre water
- [ ] 3 jasmine tea bags (or 3 tbsp loose leaf tea in a strainer)
- [ ] 80 g honey
- [ ] 1 lemon: zest in wide strips, plus 2 tbsp juice
- [ ] 2 cm fresh ginger, sliced
- [ ] 1 star anise (optional)
- [ ] To serve: thick Greek yoghurt or mascarpone

Tick off what you already have at home.