FRESH & COOL

Jasmine Tea Poached Pears

PREP	COOK	SERVES
10 min	30 min	4

Vegetarian

Firm pears simmered in jasmine tea, honey and ginger until soft and glossy.

Ingredients

- 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

Method

1. Slice a thin piece off the base of each pear so it stands upright.
2. In a pot just big enough to hold the pears snugly, bring the water, honey, ginger, lemon zest and star anise to a gentle simmer. Stir until the honey dissolves.
3. Take the pot off the heat, add the tea bags and let them steep for 4 minutes. Remove the tea bags.
4. Stand the pears in the liquid. They should be almost covered. Lay a disc of baking paper on top to keep them submerged.
5. Simmer very gently for 15 to 20 minutes, until the tip of a knife slides in easily. Riper pears need less time.
6. Lift the pears out. Boil the liquid for 8 to 10 minutes until reduced to a light syrup, then stir in the lemon juice.
7. Serve the pears warm or chilled with yoghurt and a spoonful of syrup.

Cook's tip

Poach the pears a day ahead and leave them in the syrup in the fridge. The jasmine flavour gets deeper overnight.