



Chai Poached Pears

With cinnamon and thyme

Source: *Love and Lemons, Donofrio*

ATK
AUTHENTIC
TEACHING KITCHEN



4 servings



45 minutes

INGREDIENTS

PEARS

- 6 cups water
- 8 chai tea bags
- 1/4 cup maple syrup
- 6 star anise
- 4 cinnamon sticks
- 1 tablespoon black peppercorns
- 4 unripe pears, peeled, halved, and seeded

GRANOLA

- 1/2 cup whole rolled oats
- 1 1/2 teaspoons coconut oil
- 1/2 teaspoon cinnamon
- 1/4 teaspoon sea salt
- 1/2 cup chopped walnuts
- 1 1/2 tablespoons maple syrup

YOGURT

- 1/2 cup whole milk Greek yogurt
- 1 1/2 teaspoons maple syrup
- 1 teaspoon fresh lemon juice
- 1/4 teaspoon ground cardamom

DIRECTIONS

1. Poach the pears: Bring the water to a boil in a medium saucepan. Turn off the heat and place the tea bags, maple syrup, star anise, cinnamon, and peppercorns into the pot. Let the tea steep for 5 minutes. Remove the tea bags and bring the water back to a boil. Add the pears, reduce the heat to low, and simmer for 20 to 28 minutes, or until tender. Stir occasionally to make sure the pears are equally submerged. Allow to cool slightly, then transfer the pears and their poaching liquid to an airtight container. Refrigerate for up to 2 days, or until ready to serve.
2. Make the quick granola topping: Place the oats in a medium skillet over low heat and let them toast for 2 minutes. Add the coconut oil, cinnamon, and salt and cook, stirring occasionally, for 3 minutes. Add the walnuts and maple syrup. Stir to coat and cook for 4 minutes, stirring often. Remove from the heat and set aside. Store at room temperature until ready to serve.
3. Make the yogurt: In a small bowl, stir together the yogurt, maple syrup, lemon juice, and cardamom. Store in an airtight container in the fridge until ready to serve.
4. Assemble the dessert on plates with a swoosh of the yogurt, 2 pear halves, and a sprinkle of the granola topping.

