

Poached Ceylon Spice chai pear with honey milk pudding.



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- Sub Category Name
Food
Desserts
- Recipe Source Name
Tea infused

Used Teas



Exceptional Ceylon
Spice Chai

Ingredients

Poached Ceylon Spice chai pear with honey milk pudding.

POACHED PEARS

- 1 litre Water
- 1½ cups Caster (Superfine) Sugar
- 6 Dilmah Ceylon Spice Chai Tea Bags
- 1 Cinnamon Stick
- 6 Cardamom Pods, crushed

- 2 tsp Vanilla Bean
- 1 tsp Sea Salt
- 6 medium Beurre Bosc Pears, peeled

HONEY MILK PUDDING

- 1½ tbsp Powdered Gelatin
- 3 tbsp Water
- 2¾ cups Full Creams Milk
- ¼ cup Caster (Superfine) Sugar
- 3 tbsp Honey
- 1 tsp Vanilla Bean
- 1 tsp Sea Salt

Methods and Directions

Poached Ceylon Spice chai pear with honey milk pudding.

POACHED PEARS

1. Place the water, sugar, tea bags, cinnamon and cardamom in a medium saucepan over high heat and bring to the boil.
2. Remove the tea bags and add the pears, vanilla and sea salt. Cover with a small plate or lid to weigh down the pears.
3. Reduce the heat to medium and simmer for 60 minutes or until the pears are soft.
4. Carefully remove the pears from the syrup, increase the heat to high and cook for 20–25 minutes, or until thickened slightly.

HONEY MILK PUDDING

1. Place the gelatin and water in a saucepan over low heat and stir until dissolved.
2. Add the milk, sugar, honey, vanilla and salt, and heat, stirring until the sugar is dissolved, for 5 minutes or so.
3. Pour into ½ cup-capacity (125ml) cups/moulds and refrigerate for a minimum of four hours or overnight.

ASSEMBLY & SERVING

Garnish

- Honey
- Mint Leaves
- Pistachios

Method

1. To serve, unmould puddings onto preferred plates with the poached pears.
2. Spoon the syrup over the pears and drizzle the dish with honey.
3. Garnish with pistachios and mint leaves.
4. For that extra special occasion, sprinkle edible silver lustre and silver or gold leaf onto the pears.

Serves 6.

Chef's Note: I also experimented with Dilmah's Moroccan Mint Tea and Strawberry And Mango Tea. I infused the teas separately with the left-over syrup from the pears and gave everyone the option to have a fruity poached chai pear or a mint poached chai pear. I personally preferred the Ceylon Spice Chai poached pear syrup.