

Dilmah Ceylon Breakfast Tea Poached Prunes



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- Sub Category Name
Food
Sweets
- Recipe Source Name
Gastronomy Recipes

Ingredients

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Time: 15 minutes, plus cooling time

Makes 3 cups compote

- 3 Dilmah Ceylon Breakfast Tea Bags - 1 whole, 2 opened and emptied.
- 1 ½ cups water
- ¾ cup sugar
- 2 cloves
- 3 allspice berries
- 1 (3-inch) stick cinnamon
- ½ tsp. grated orange zest
- 500g pitted prunes

Methods and Directions

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- Bring both opened and teabags, water, sugar, cloves, allspice, cinnamon to a boil in a large saucepan.



- Add the orange zest and prunes, then remove from the heat and let stand until cool. Discard the whole tea bag and refrigerate until ready to use.
- Serve with granola, berries, palm treacle and mint.

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