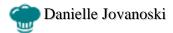


### Poached Ceylon Spice chai pear with honey milk pudding.





0 made it | 0 reviews



- 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

- 1litre 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
- 1/4 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.

ALL RIGHTS RESERVED © 2025 Dilmah Recipes | Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 03/04/2025

3/3