

Poached pears with dried fruits and nuts

COOKING
LOVERS TESA



Consejo del chef

You can substitute part of the water with lemon juice and other choices for sugar, like brown sugar, agave syrup or similar, making unique this recipe.

Raciones para 4

4 Conference pears or another firm variety

1200 ml Water

50 gr Sugar

2 Peeled ginger pieces

2 Lemon slices

1 Teaspoon vanilla paste

1 Green tea bag

30 gr Walnuts

30 gr Shelled pistachios

1 Tablespoon of coconut syrup

- 1 Place the water, sugar, ginger, lemon, and vanilla in a saucepan and bring to a boil.
- 2 When the sugar has dissolved, remove the saucepan from the heat and infuse the green tea bag for three minutes.
- 3 While the water is boiling, peel the pears and cut them in half. Remove the heart and any hard parts.
- 4 Squeeze the tea bag well to get all its flavour and discard it. Bring the liquid to the hob again, this time at a medium heat - there should be a light bubbling, but not too much.
- 5 Add the pears and cook them for about 20 minutes, or until they are soft but retain their shape. This will depend on the variety that you have chosen.
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- 7 Remove the pears from the liquid and let them cool well. If you have time and patience, let the pears cool in the liquid as they will get more flavour.
- 8 Do not throw away the cooking liquid. Let it cool down well too and store it in the fridge. If you add lemon juice and water, you will have a very refreshing flavoured drink.
- 9 Finally, chop the nuts and toast them lightly in a pan. Add the tablespoon of coconut syrup, and stir in so that they caramelize without burning.
- 10 Serve with the fresh pears. You can also accompany it with vegan yogurt or vanilla sauce.
- 11 Add the spices you like to get different combinations. Cardamom, cinnamon, and star anise are great for these types of desserts.
- 12

Chef's Notes

<https://cookinglovers.teka.com/es/receta/peras-pochadas-con-frutos-secos/>

