



Tea-Poached Pears with Tapioca Pearls and Satsumas



Vegetarian



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



8

CALORIES



260 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ginger tea bags black
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 0.3 cup honey
- ☐ 2 inch lemon zest
- ☐ 2 pounds pears
- ☐ 0.7 cup sugar
- ☐ 1 cup .3 oz. of pearl tapioca white ()

- ☐ 5 cups water
- ☐ 2 star anise whole
- ☐ 4 3 large clementines firm divided

Equipment

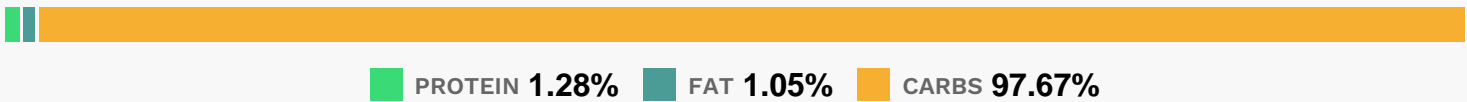
- ☐ bowl
- ☐ baking paper
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ slotted spoon
- ☐ colander
- ☐ peeler

Directions

- ☐ Bring water to a vigorous boil in a large heavy pot, then add tapioca pearls and return to a boil. Reduce heat to medium-low and gently boil, covered, stirring occasionally, until tapioca pearls are almost transparent, 1 1/2 to 2 hours.
- ☐ Remove from heat and stir mixture, then let stand, covered, until liquid is thick and pearls are transparent, about 45 minutes.
- ☐ Drain in a colander and rinse with cold water, then drain well and transfer to a large bowl.
- ☐ Cut a round of parchment paper slightly larger than the inside of a 4- to 5-quart heavy pot.
- ☐ Peel 2 (3- by 1-inch) strips zest from 1 satsuma with a vegetable peeler.
- ☐ Remove any white pith with a sharp knife.
- ☐ Bring water, sugar, honey, cinnamon, zests, and star anise to a boil in 4- to 5-quart pot over high heat, stirring until sugar has dissolved.
- ☐ Remove from heat.
- ☐ Add tea bag and steep, dunking bag a few times, 3 minutes. Squeeze bag and discard.
- ☐ Meanwhile, peel pears, then quarter lengthwise and core.

- ☐ Return liquid to a boil over high heat, then add pears in 1 layer and cover surface directly with round of parchment, folding up side against side of pot to seal surface completely. Return to a boil, then cook pears at a bare simmer, turning occasionally, until just tender when pierced with a sharp knife, about 15 minutes.
- ☐ Remove from heat and let pears steep in liquid, still covered, turning occasionally, until cooled completely, about 1 1/2 hours.
- ☐ Carefully transfer pears with a slotted spoon to a shallow dish, then strain liquid through a paper-towel-lined sieve into measuring cup. Discard solids, reserving star anise and cinnamon sticks for garnish if desired.
- ☐ Pour 1 cup poaching liquid over tapioca, then pour remaining liquid over pears.
- ☐ Cut off peel, including all white pith, from satsumas with a sharp knife.
- ☐ Cut segments free from membranes, letting them fall into a bowl.
- ☐ Serve pears with tapioca pearls and poaching liquid spooned around them. Top with satsumas.
- ☐ · Pears can be poached 2 days ahead and chilled in liquid, covered. Bring to room temperature before serving.· Tapioca pearls can be cooked and drained 1 day ahead, then kept in 1 cup pear-poaching liquid in an airtight container at room temperature.· Satsuma segments can be cut 3 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:39.6, Glycemic Load:38.39, Inflammation Score:-2, Nutrition Score:5.0960869504058%

Flavonoids

Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg, Cyanidin: 2.34mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 260.46kcal (13.02%), Fat: 0.32g (0.5%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 67.71g (22.57%), Net Carbohydrates: 62.79g (22.83%), Sugar: 43.36g (48.18%), Cholesterol: 0mg (0%), Sodium: 9.98mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.89g (1.78%), Vitamin C: 23.91mg (28.98%), Fiber: 4.91g (19.65%), Manganese: 0.25mg (12.72%), Copper: 0.15mg (7.42%), Potassium: 215.19mg (6.15%), Vitamin K: 5.26µg (5.01%), Folate: 18.02µg (4.51%), Iron: 0.79mg (4.41%), Calcium: 41.79mg (4.18%), Magnesium: 14.63mg (3.66%), Vitamin B6: 0.07mg (3.48%), Vitamin B1: 0.05mg (3.17%), Vitamin B2: 0.05mg (2.98%), Phosphorus: 25.01mg (2.5%), Vitamin B3: 0.46mg (2.28%), Zinc: 0.24mg (1.58%), Vitamin E: 0.23mg (1.55%), Vitamin B5: 0.15mg (1.54%)