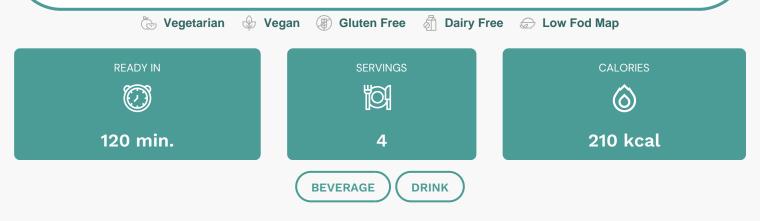


Vanilla-Ginger & Black Tea Scented Asian Pears



Ingredients

	1 cup brown sugar light packed
Г	0.5 teaspoon vanilla extract

4 cup water

Equipment

bowl
sauce pan
sieve

	plastic wrap	
Directions		
	Bring ginger slices, vanilla extract, sugar, black tea bag and water to a boil in a small sauce pan. Lower the mixture to a simmer and let it reduce by about 15%. About 30 minutes. You want it to thicken some but not become syrupy.	
	Remove the liquid from the heat and allow it to cool about 30 minutes.	
	Cut each pear quarter lengthwise into 4 slices, and place them in a large bowl.	
	Pour the cooled vanilla-ginger mixture through a strainer and over the pears. Cover the pears with a piece of plastic wrap laid right on top of the surface of the liquid, pressing along the edges of the bowl to attain a tight seal. Move the bowl to the refrigerator to "cold-poach" at least one hour, or up to three days. To serve divide the pears among four bowls, spooning a bit of the liquid on top. serve with wafer style cookies or shortbread.	
Nutrition Facts		
	PROTEIN 0.12% FAT 0% CARBS 99.88%	

Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:1, Nutrition Score:0.87782610167304%

Nutrients (% of daily need)

Calories: 210.44kcal (10.52%), Fat: Og (0%), Saturated Fat: Og (0%), Carbohydrates: 54.02g (18.01%), Net Carbohydrates: 54.02g (19.64%), Sugar: 53.41g (59.35%), Cholesterol: Omg (0%), Sodium: 27.27mg (1.19%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 0.07g (0.13%), Calcium: 52.8mg (5.28%), Copper: 0.06mg (3.2%), Iron: 0.39mg (2.17%), Potassium: 73.89mg (2.11%), Magnesium: 7.38mg (1.84%), Manganese: 0.04mg (1.82%), Vitamin B6: 0.02mg (1.13%)