

Black Tea Poached Peaches with Coffee Mascarpone

Type: Dessert Servings: 4 Complexity: Standard

Selected Ingredients

coffee peach black tea



Figure 1: Black Tea Poached Peaches with Coffee Mascarpone

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Ingredients

1. 4 large Yellow peaches, halved and pitted
2. 500 ml Water
3. 200 g Granulated sugar
4. 15 g Loose leaf black tea (Assam or Earl Grey)
5. 1 strip Lemon peel
6. 250 g Mascarpone cheese
7. 30 ml Strong espresso, chilled
8. 30 g Icing sugar
9. 5 g Roasted coffee beans, finely crushed

Instructions

1. Combine water, sugar, and lemon peel in a saucepan.
2. Bring to a boil over medium heat.
3. Add black tea leaves.
4. Remove from heat and steep for 5 minutes.
5. Strain liquid into a clean pot.
6. Place peach halves in the tea liquid.
7. Simmer gently for 10 minutes until tender.
8. Remove peaches and set aside.
9. Boil the poaching liquid until reduced to a thick syrup.
10. Whisk mascarpone, espresso, and icing sugar until smooth.
11. Place two peach halves on each plate.
12. Drizzle with warm tea syrup.
13. Top with a spoonful of coffee mascarpone.
14. Garnish with crushed coffee beans.

Food Safety Notice: The cooking methods are AI-generated. Make sure you follow your local Food Safety Authority requirements, including but not limited to cooking temperatures and processes to ensure food safety.

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Chef's Notes

- Ensure the espresso is completely cold before mixing with mascarpone to prevent curdling.
- Use firm but ripe peaches to maintain shape during poaching.

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Nutrition Information

Nutrition Facts		
Servings per recipe: 4		
Serving size: 235g		
Amount per serving		
Calories 402.5		
% Daily Value*		
Total Fat	29.1g	37.3%
Saturated Fat	17.5g	87.5%
Trans Fat	0g	
Cholesterol	78.1mg	26%
Sodium	31.3mg	1.4%
Total Carbohydrate	31.5g	11.5%
Dietary Fiber	2.3g	8.2%
Total Sugars	29.9g	
Includes 15g Added Sugars		−%
Protein	3.6g	7.2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		

Nutrition Facts	
Per 100g	
Amount per 100g	
Calories 171.3	
Total Fat	12.4g
Saturated Fat	7.4g
Trans Fat	0g
Cholesterol	33.2mg
Sodium	13.3mg
Total Carbohydrate	13.4g
Dietary Fiber	1g
Total Sugars	12.7g
Includes 6.4g Added Sugars	
Protein	1.5g
* Reference values per 100g for international comparison.	

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