



Tea Smoked Ocean Trout with Poached Egg, Broad Beans and Artichoke



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- Sub Category Name
Food
Savory
- Recipe Source Name
The Chefs and the Tea Maker - 2008



Used Teas



Ceylon Premium Tea

Ingredients

Tea Smoked Ocean Trout with Poached Egg, Broad Beans and Artichoke

FIRST DISH COMPONENT

Smoked Ocean Trout



- 50g Dilmah Premium Ceylon Tea
- 6 Ocean trout slices (80g each)
- 50g Jasmine Rice
- 50g Brown Sugar
- Olive Oil
- Salt

SECOND DISH COMPONENT

Poached Artichoke

- 3 Globe Artichokes (cleaned)
- 1l Water
- 250ml White Wine
- 100ml Olive oil
- 1 Bay leaf
- 2 sprigs of Thyme
- 10 Black Peppercorns
- 1 Lemon (juiced)
- Salt

THIRD DISH COMPONENT

Poached Egg

- 3l Water
- 1 cup Vinegar
- 6 Eggs

FOURTH DISH COMPONENT

Salad

- Croutons
- 100g double peeled Broad Beans
- 1 tablespoon small Capers
- 2 Anchovy Fillets (finely chopped)
- Poached Artichoke
- Mache leaves
- 1 Lemon (juiced)
- 20ml Cabernet Vinegar
- 90ml Olive oil

Methods and Directions

Tea Smoked Ocean Trout with Poached Egg, Broad Beans and Artichoke



FIRST DISH COMPONENT

Smoked Ocean Trout

- Make a tray using foil to contain the smoking mixture.
- Combine the ingredients for the smoking mixture, except the olive oil and salt, and spread evenly on the foil.
- Place the foil tray in the bottom of a wok and set a wire rack above the smoking mixture.
- Place the wok on high heat until mixture starts to smoke, then place the fish which has been rubbed with olive oil and salt on the wire rack.
- Cover with a lid and reduce the heat to a medium flame and allow to cook for a further 5 minutes. The fish should be cooked rare.

SECOND DISH COMPONENT

Poached Artichoke

- In a pot cover the artichokes with the water, wine, oil and lemon juice, add all the other ingredients and season the water with salt.
- Bring the artichokes to a gentle simmer and cook until tender.
- Remove from poaching liquor and when cool enough to handle slice finely allowing ½ an artichoke per salad.

THIRD DISH COMPONENT

Poached Egg

- Bring 3 litres of water with one cup of vinegar to simmer.
- Crack the eggs individually in a cup and gently tip into the simmering pot.
- Allow to cook until the whites have set and the yolks are still runny.
- Remove with a slotted spoon and drain on a clean tea towel.

FOURTH DISH COMPONENT

Salad

- Make a dressing with the lemon juice, vinegar and olive oil. Place all the other ingredients in a bowl, toss through and divide the salad between 6 plates.