



Confit of Petuna Ocean Trout and Moreton Bay Bug with Ceylon Green Tea Dressing



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David Pugh

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

Used Teas



Pure Ceylon Green
Tea

Ingredients

Confit of Petuna Ocean Trout and Moreton Bay Bug with Ceylon Green Tea Dressing

- 10 tea bags Dilmah Pure Ceylon Green Tea
- 500ml Olive oil
- 500ml Grape Seed oil



- 6 Petuna Ocean trout (50g each)
- 6 Moreton Bay bug (50g each, shelled)
- 1 Lemon (zest)
- 2 sprigs of Thyme
- 12 pitted Black Olives (diced)
- 6 pitted Green Olives (diced)
- 3 Tomatoes blanched (diced)
- 3 Basil leaves (thinly sliced)
- 6 Parsley leaves (thinly sliced)
- 6 teaspoons Goat's curd
- 1 Baby fennel head (thinly sliced)
- 6 teaspoons Ocean Trout Roe
- 1 cup Frisée (pickled)
- 75ml Spring Water
- 1 tablespoon Lemon juice

Methods and Directions

Confit of Petuna Ocean Trout and Moreton Bay Bug with Ceylon Green Tea Dressing

- Place the olive oil, grape seed oil, lemon zest, thyme and 8 Ceylon Green Tea bags in a saucepan, over the lowest heat possible. Using a candy thermometer bring the infused oil to 50°C.
- Strain oil and place ocean trout in oil for 8 minutes. Meanwhile, bring the spring water to the boil in a small saucepan.
- Infuse 2 Ceylon green tea bags for 3 minutes and then strain.
- Heat 2 tablespoons of the infused oil in a frying pan over medium-high heat. Cook the bugs for 1-2 minutes each side until almost cooked through. Set aside.
- Mix olives, tomatoes, basil and parsley and spoon onto 6 plates.
- Arrange ocean trout and bug meat onto plates and garnish with goat's curd, ocean trout roe, shaved fennel and frisée. In a small bowl, mix spring water infusion, lemon juice and 100ml olive oil and grape seed oil mixture. Drizzle over ocean trout, bug meat, fennel and frisée.