

Salad of Toffee Tea-Smoked Trout, Coconut, Orange and Mint



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Damian Heads

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

Used Teas



Exceptional
Peppermint and
English Toffee

Ingredients

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Ingredients for the Smoking Mixture

- 30g Dilmah Exceptional Peppermint and English Toffee Tea
- 100g Jasmine rice
- 100g Brown sugar

- 500g Ocean trout fillet

Ingredients for Salad

- 2 Oranges (segmented)
- 1/4 cup Mint leaves
- 1/4 cup Coriander sprigs
- 1 tablespoon Eschallots (fried)
- 2 Green Shallots (thinly sliced)
- 1 tablespoon Cashews (roasted)
- 1 long Red Chilli (julienne)
- 2 tablespoons Shredded Coconut (roasted)

Ingredients for Dressing

- 1 teaspoon Fish Sauce
- 1 Lime (juiced)
- 3 tablespoons Coconut Cream
- 1 tablespoon Sweet Chilli Sauce

Methods and Directions

Salad of Toffee Tea-Smoked Trout, Coconut, Orange and Mint

- Place the smoking mixture on a sheet of foil and scrunch the edges to stop it falling out. Place the foil parcel in a wok and position a small rack over it. Place wok over high heat. When mixture starts to smoke, put trout fillet on the rack and cover wok with a lid or more foil. Allow the fish to smoke for 10 minutes, then remove fish and refrigerate. To make the salad, flake the cooled trout into a medium-sized bowl and add all the salad ingredients. To make the dressing, mix the dressing ingredients together in a small bowl then toss gently through the salad. Serve on a platter or divide.