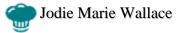


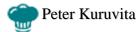
Seafood Consommé





0 made it | 0 reviews





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

Used Teas



Gourmet English Afternoon

Ingredients

Seafood Consommé FIRST DISH COMPONENT

- 500g Crustacean shells
- 50ml Brandy
- 50ml Pernod



- 1 tablespoon Tomato paste
- 2 Tomatoes (quartered)
- 1 Carrot (chopped)
- 1 Onion (chopped)
- 1 Celery stick
- 1 Fennel bulb (chopped)
- 1 Thyme stalk
- 1 Tarragon stalk
- Olive oil

SECOND DISH COMPONENT

- 200g Tuna trimmings
- 200g White Fish trimmings
- 1 Carrot
- 1 Celery stick
- 1 Tarragon stalk
- 5 Eggs (whites only)

THIRD DISH COMPONENT

- 12 Vongoles
- 2 Eshallots
- 2 Thyme stalks
- 1 clove of Garlic
- 50ml White Wine

FOURTH DISH COMPONENT

- 2 tea bags Dilmah English Afternoon Tea
- 500-600g Flathead fillets
- 1 teaspoon Salt
- 150g Daikon
- 12 Chervil leaves

Methods and Directions

Seafood Consommé FIRST DISH COMPONENT

- Caramelise all the vegetables in olive oil, add the crustacean shells and continue to colour.
- Add the brandy and pernod and flame to burn off the alcohol.
- Add the tomato paste and cook for a further 5 minutes.



- Add the white wine and reduce until evaporated.
- Add the herbs and cover with water, simmer for 2 hours. Strain and chill.

SECOND DISH COMPONENT

• Blend all the ingredients together and whisk into the chilled seafood stock. Gently bring up the temperature to a simmer ensuring the clarification does not burn at the bottom of the pan. When the solids form gently simmer for half an hour. Strain through muslin.

THIRD DISH COMPONENT

 Add all the ingredients to a smoking hot pan and cover with a lid for 3 minutes until the clams are cooked. Set aside.

FOURTH DISH COMPONENT

- Cut the fillets into 20 even pieces (5 per person). Remove the skin off eight fillets.
- Split open the tea bags and mix the tea and salt together.
- Season the fillets with the skin. Sear all the fish with olive oil. Cut into batons and blanch.

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