

Seafood Consommé



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Jodie Marie Wallace



Peter Kuruvita

- 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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