

White fish with rice cooked in black pepper & tea and seasonal vegetables

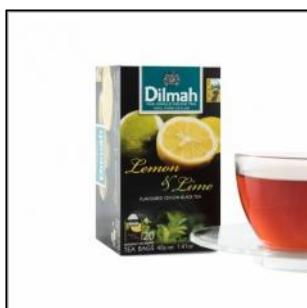


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- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2014

Used Teas



Lemon & Lime

Ingredients

White fish with rice cooked in black pepper & tea and seasonal vegetables

- 800g of white fish
- 200g Swiss chard

- 200g rice
- Black pepper by Ceylon Spice Company
- Dilmah Lemon & Lime Tea (5 bags for 1 cup of water)
- Baby carrots
- Baby beetroot
- Celery
- Lime, for zest

(Baby vegetables to be portioned as 2 per person)

Methods and Directions

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- Cut the fish and season it with salt, pepper and lime zest.
- Cook the Swiss chard leaves in water, drain it and dry it with a paper towel.
- Wrap the fish with the chard and steam it for 10 minutes.
- Infuse water with pepper and tea – use this to cook the rice.
- In a sauté pan cook the baby veggies with butter, fish stock and black tea powder.
- Garnish with baby greens.