

Pan-Fried Bass Served With Cauliflower Purée, Jasmine And Green Tea Infused Vegetables



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- Sub Category Name
Combo
Main Courses

- Recipe Source Name
The Chefs and the Tea Maker - 2014

Used Teas



t-Series Green Tea
with Jasmine Flowers

Ingredients

Pan-fried bass served with cauliflower purée, jasmine and green tea infused vegetables
Pan-fried seabass

- 100g sea bass steak
- 5g butter
- 2g salt
- 2ml olive oil

Cauliflower purée

- 200g cauliflower
- 200ml milk
- 1/2 tsp salt
- 1/4 tsp white pepper
- 1 tsp unsalted butter

Jasmine and green tea infused vegetables

- 1 no. baby carrot, peeled and slit into 2
- 1 no. turned beetroot
- 2 no. turned potato
- 2 no. asparagus spears
- 5g Dilmah Green Tea with Jasmine Flowers
- 300ml vegetable stock
- 10g butter

Warm potato chive salad

- 1 tbsp diced potato, boiled
- 1 tsp chopped shallots
- 1 tsp olive oil
- 1 tsp chopped chives
- 1 tsp soft butter
- 2g salt

Lobster foam

- 200ml lobster bisque
- 5ml saffron water
- 3g salt

Balsamic glazed Cipollini onions

- 1 no. baby white onion
- 20ml balsamic vinegar
- 3g sugar

Pickled baby onions pearls

- 1 no. baby white onion
- 20ml red wine vinegar
- 20ml water
- 20g sugar

Methods and Directions

Pan-fried bass served with cauliflower purée, jasmine and green tea infused vegetables

Pan-fried sea bass

- Heat a non stick pan, melt the butter, add olive oil and warm it up.
- Dab the fish dry with a kitchen towel, season, place skin side down and slow cook to achieve a crisp skin.

Cauliflower purée

- Place trimmed cauliflower and milk in a deep-bottomed pan boil until the cauliflower is tender and cooked through.
- Season with salt and white pepper, add the butter.
- Strain the cauliflower, and blend to form a smooth thick purée.
- Spoon onto the plate and serve along with the sea bass.

Jasmine and green tea infused vegetables

- In a pan bring the vegetable stock to a boil, remove from heat and add the tea leaves.
- Allow to steep for 5 minutes, strain.
- To the tea infused stock add the vegetables and butter.
- Vacuum pack the vegetables individually with the tea liquor.
- Cook sous-vide at 70C for 30 minutes.
- Serve with the cauliflower purée.

Warm potato chive salad

- In a pan, sauté the chopped shallots to a pale pink with the olive oil.
- Take the pan off the flame, add the boiled potatoes, chopped chives and soft butter.
- Season with salt and mould (take care as the potato salad is warm).

Lobster foam

- Bring the lobster bisque to a boil, add saffron water, season and froth using a hand blender.

Balsamic glazed Cipollini onions



- In a pan, reduce the balsamic vinegar with sugar and onion till it glazes the onion completely and is almost evaporated.
- Cool and serve with the tea steeped vegetables.

Pickled baby onions pearls

- In a pan, reduce the vinegar with sugar, water and onion, till the onion becomes soft and turns pink.
- Cool, remove the top two layers and serve along with the tea steeped vegetables.

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