



## Rolmops



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ROLMOPS mackerel cured with silver tips served with avocado and fresh herb salad

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

## Used Teas



TPR Imboolpittia  
Estate Silver tips

## Ingredients

### Rolmops

- 2 fresh mackerels

- 2 limes
- Dilmah Imboolpittia Estate Silver Tips from the Teamaker's Private Reserve by Dilmah
- 2 fresh chilli peppers
- 1 red onion
- 4 avocados
- 1 bunch cilantro/coriander
- 1 bunch fresh mint
- 1 bunch flat parsley
- 1 bunch basil
- Sea salt and black pepper

## Methods and Directions

### Rolmops

- Make an infusion of water and Dilmah Silver Tips and cool it.
- Mix 2 tablespoons of this tea with the juice and lime zest.
- Chop the chilli peppers, the red onions and a bit of cilantro.
- Season the mackerel with sea salt and pepper and sprinkle with the chopped chilli, onion and cilantro.
- Leave to marinate for 10 minutes and roll up to the shape of a Dutch 'rolmops'. Fasten the 'rolmops' with a wooden skewer.
- Make a salad of avocado and fresh herbs.