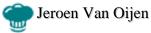


# **Rolmops**



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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.

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2/2