

Tea Smoked Fish



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TEA SMOKED FISH served with a seared scallop, tea and ginger crumb, potato fondants and sauce vierge and Ran Watte beurre noisette

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



Used Teas



Ran Watte

Ingredients

Tea Smoked Fish

- 700g sea bass fillets, skin on



- 1 tsp Dilmah Ran Watte tea
- 1 ½tsp salt
- 1 tsp fresh ginger, finely chopped
- 1 tbsp olive oil
- 1/8 tsp white pepper
- 2 tsp lime zest
- 2 tbsp Dilmah Ran Watte tea
- 4 lime leaves
- 1 cup brown sugar
- 1/4 cup rice, uncooked

Tea and ginger crumb

- 5 ginger shortbread biscuits, crumbled
- 2 tsp Dilmah Ran Watte tea, brewed
- 1 tsp butter, melted
- 1/4 tsp ground fennel
- 1/4 tsp ground chilli
- 1/4 tsp salt
- 1/4 tsp pepper and cumin, ground
- 1 tsp mustard
- 1 small red chilli, deseeded and finely chopped
- Salt and pepper to taste

Potato fondants

- 100g butter
- 12 potatoes, peeled
- 1 sprig fresh rosemary
- Salt and pepper to taste

Sauce vierge

- 100g tomatoes, concasse and finely chopped
- 2 tsp small capers, finely chopped
- 1 small shallot, finely chopped
- 1/2 lemon, juiced
- 100ml extra virgin olive oil
- 100ml basil leaves, finely chopped
- 1 tbsp Dijon mustard
- 3 cloves garlic, finely chopped
- 1 tsp ground coriander
- Salt and pepper to taste

Ran Watte beurre noisette



- 1 tbsp Dilmah Ran Watte tea
- 100g butter
- 1 tbsp orange juice
- Microgreens

Methods and Directions

Tea Smoked Fish

Tea smoked fish

- Marinade the fish in a mixing bowl with the tea, salt, ginger, olive oil, and pepper.
- Preheat the oven to 200°C.
- Line the inside surface of a large wok, completely with heavy foil.
- Mix together the tea, lime leaves, brown sugar and rice.
- Place the mixture on the bottom of the wok.
- Place a metal rack over.
- Place the fish on the rack and cover the pan tightly.
- Place in the preheated oven for about 12 minutes, remove and allow to sit for 5 minutes before opening and serving.

Tea and ginger crumb

- Combine all the ingredients together in a small bowl.
- Allow the butter in the mixture to cool a little bit before serving.

Potato fondants

- Cut the top and bottom off each potato so they stand flat; from here you can shape and size the potato as you wish.
- Reserve all the potato cut-offs for a sauce.
- Par-cook the potatoes until just tender in a large saucepan with boiling water, a little salt and the rosemary sprig.
- Heat the butter in a wide non-stick frying pan and place the potatoes flat side down into the pan.
- Cook on medium heat until golden brown and turn to achieve the same colour.

Sauce vierge

- Mix all the ingredients together until well combined.
- Season with salt and pepper to taste.

Ran Watte beurre noisette

- Gently melt the butter, orange juice and tea over low heat.



- Allow the butter to separate and remove once it begins to change colour.
- Strain the mixture to remove any tea leaves.

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