

Yata Watte And Sweet Corn Custard



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YATA WATTE AND SWEET CORN CUSTARD Served with spiced “frikkadels”, croutons, tea and sherry soaked sultanas and a microleaf salad

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

Used Teas



Yata Watte

Ingredients

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- 1 tbsp Dilmah Yata Watte Tea
- 5 ears fresh sweet corn
- 1 tbsp olive oil
- 3 tbsp unsalted butter, divided
- 1/2 onion, finely chopped
- 3 eggs
- 3/4 cup fresh cream
- 1/2 cup milk
- 1/8 tsp nutmeg from Ceylon Spice Company, freshly grated
- 1/8 tsp mustard powder
- Pinch of cinnamon
- Salt and pepper to taste

Croutons

- 4 slices of day old olive ciabatta bread, cubed
- 1/4 cup butter, melted
- 2 tsp fresh tarragon, minced
- 2 tsp fresh thyme, minced
- 1 tsp fresh basil, minced
- 1/4 tsp onion powder
- 1/4 tsp garlic salt
- Salt and pepper to taste

Frikadels

- 2 slices white bread
- 1 onion, chopped
- 25g butter
- 2 cloves garlic, crushed
- 700g lamb mince
- 2 tbsp Madras curry paste
- 1 tsp dried mixed herbs
- 3 cloves by Ceylon Spice Company
- 3 all-spice berries
- 1 1/2 tsp Dilmah Yata Watte tea
- 2 tbsp fruit chutney
- 3 tbsp sultanas
- 2 fresh bay leaves, finely copped
- Tea and sherry soaked sultanas
- 70g sultanas
- 40ml sherry
- 1 stick of cinnamon by Ceylon Spice Company
- 3 pods of cardamom by Ceylon Spice Company
- 2 tsp Dilmah Yata Watte tea

- 1 cup boiling water

Chutney

- Tea and sherry soaked sultanas
- 40ml red onion, finely chopped
- 40ml soaking liquid
- 2 tsp brown sugar
- 100ml cider vinegar
- 1 tsp mixed spice
- Pinch chilli flakes

Microgreen salad

- 1 punnet mixed microgreen salad

Methods and Directions

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- Coat the sweet corn ears in the olive oil and tea and grill for about 15 minutes or until cooked through.
- Strip the kernels off the corn and set aside to cool.
- Preheat the oven to 170 °C. Melt 1 tablespoon of butter and brush the inside of 4 rectangular moulds or ramekins.
- Melt the remaining butter in a large frying pan over medium heat.
- Add the onions and cook until soft and translucent (about 8 minutes). Set aside.
- Lightly beat the eggs in a large mixing bowl, stir in the cream, milk, nutmeg and pepper to taste.
- Stir in the corn.
- Blend and pass.
- Divide the mixture amongst the moulds or ramekins and top each with a little onion.
- Bake the custards until set, for about 25 to 30 minutes.
- Allow to cool before removing.

Frikkadel

- Heat the oven to 180 °C.
- Pour water over the bread and set aside to soak.
- Fry the onions in the butter stirring regularly for 10 minutes until they are soft and starting to colour.
- Add the garlic and lamb mince, stir well.
- Crush the mince into fine grains until it changes colour.

- Stir in the curry paste, herbs, spices, chutney, sultanas and bay leaves.
- Season to taste with salt and freshly ground black pepper.
- Cover and simmer for about 10 minutes.
- Squeeze the water out of the bread and beat into the mince mixture.
- Divide the mince mixture into frikkadel balls.
- Heat olive oil with a little butter in a large non-stick frying pan and gently cook the frikkadels until cooked all the way through (about 12 minutes).
- Be sure to move them around so they don't stick or burn.

Croutons

- Pre-heat the oven to 165 °C.
- Place the bread in a mixing bowl, drizzle with butter.
- Sprinkle with the herbs and seasonings.
- Arrange in a single layer on a baking tray and bake in the oven for about 15-18 minutes, occasionally turning until golden brown.

Tea and sherry soaked sultanas

- Combine all the ingredients together in a large mixing bowl.
- Cover and allow the sultanas to sit in the liquid overnight.

Chutney

- In a small saucepan, sauté the red onion for about 5 minutes until soft.
- Add the mixed spice and chilli flakes.
- Add the sultanas, cider vinegar, sugar and soaking liquid. Stir everything together well.
- Bring the mixture to a simmer and allow to cook for about 1 hour, or until the chutney has thickened to the correct consistency.