

Sencha Green Tea Poached Prawns With Vegetables, Avocado And Unusual Herbs



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I work a lot with Dilmah's specialty teas like Ceylon Silver Tips and the Sencha green tea.



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

Used Teas



Sencha

Ingredients

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- 1 avocado
- 200g watermelon
- 8 carrots
- 4 baby leeks
- 50ml raspberry juice
- Olive oil
- Salt
- Garden herbs

Methods and Directions

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- Infuse water with the Sencha tea.
- Add salt.
- Mix the avocado with the oil until it becomes a very thin purée.
- Boil the carrots and the leeks in the Sencha green tea infused water.
- Boil the prawns for few second in the tea, and chill them in chilled Sencha green tea water.
- Cut watermelon into small cubes.
- Compose the dish as shown in the picture.
- Roughly mix the olive oil and the raspberry juice and pour over the prawns and vegetables already assembled in the plate.
- Decorate with wild herbs.