

Fruity Minty Delicious Sea Bass



0 made it | 0 reviews



Lula Martin del Campo

The rest of the weekend featured lunches and dinner at both resorts. Most memorable was a dazzling lunch prepared by Lula Martin del Campo, Mexico's Female Chef of the Year

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



Ingredients

Fruity Minty Delicious Sea Bass

- 4 portions of sea bass fillets (180g each)
- 12 pieces of asparagus, blanched
- 4 mint leaves for decoration

Tea sauce

- 2 cups of Dilmah Organic Fruit & Mint Tea, brewed with 4 tea bags
- 1 tbsp minced eschalot or small red onions
- 3 tbsp butter
- 2 tbsp sugar
- 1 tbsp white wine vinegar
- Salt
- 1 cup fresh peaches cut into medium-size cubes (without skin)



Methods and Directions

Fruity Minty Delicious Sea Bass

Tea sauce

- Melt butter in a saucepan, add the eschalot and cook until transparent.
- Add the fresh peaches, cook for 1 minute, and then add the brewed tea, sugar and vinegar.
- Simmer for 10 minutes.
- Add the corn starch (previously dissolved in water).
- Let cook until desired consistency is achieved.

Sea bass

- Fold the sea bass fillets and cook in the oven for 10 minutes.
- Serve the asparagus in a plate, put the fish on top and cover with the sauce.
- Decorate with mint leaves.

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