

Scallop With Blueberry And Pomegranate Tea



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

Used Teas



t-Series Blueberry &
Pomegranate

Ingredients

Scallop With Blueberry And Pomegranate Tea

Pan-fried scallops

- 2 scallops
- 1 tbsp butter
- 1 tsp olive oil
- 1 tsp sea salt

Green pea purée

- 25g green peas
- 1 sprig thyme
- 10g butter
- 10ml vegetable stock
- 2g mint leaves

Scallop escabeche

- 100ml vinegar
- 100g sugar
- 100ml water
- 100g chopped coriander leaves with stem
- 10g minced garlic
- 10g shallot rings
- 10ml mandarin juice
- 10ml lemon juice
- 10g Thai chilies

Dilmah Blueberry and Pomegranate Tea Jelly

- 5g Dilmah t-Series Blueberry and Pomegranate Tea
- 1g cinnamon powder by Ceylon Spice Company
- 500ml aerated water
- 3g basil leaves
- 1g salt
- 5ml lemon juice
- 7 nos. gelatine leaves
- 5g sugar

Methods and Directions

Scallop With Blueberry And Pomegranate Tea

Pan-fried scallops

- Pat dry the scallops on a paper towel.
- Heat a non stick pan and add the olive oil and butter.

- Allow it to heat up then place the scallops.
- Turn them once golden on the sides, allowing 1.5 minutes of cooking time per side.
- Season with sea salt, lemon and serve.

Green pea puree

- Sauté the peas in butter along with thyme and mint.
- Add vegetable stock. Simmer till the peas are cooked.
- Strain, season and blend to a smooth purée.

Scallop escabeche

- In a heavy stock pan, add all the ingredients other than the scallops and bring to a rolling boil.
- Simmer for 5 minutes, cool and transfer to a bowl.
- Add the two scallop to the marinade bowl and marinate overnight.
- Slice the scallops into two and assemble on the Blueberry & Pomegranate tea jelly, with baby basil leaves and pomegranate seeds.

Dilmah Blueberry and Pomegranate Tea Jelly

- Bring the water to a boil in a pan and add the tea leaves, cinnamon, basil, sugar, salt and lemon juice. Cover and steep for 10 minutes.
- Bloom gelatin leaves in iced water.
- Strain the tea decoction and add the gelatin leaves draining any water.
- Pour this mix over a cellophane-lined steel tray at 1 cm height and allow to set.
- Cut into rectangular strips.
- Arrange the sliced scallop escabeche on top.