

Steamed Egg White – Chamomile Flowers



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- Sub Category Name
Food
Savory
- Recipe Source Name
Shangri-la Tea Cuisine
- Activities Name
Real High Tea

Used Teas



t-Series Pure
Chamomile Flowers

Ingredients

Steamed Egg White – Chamomile Flowers

- 20g (Dilmah) Pure Chamomile Tea for freshly brewed tea
- 20g (Dilmah) Pure Chamomile Tea for oil
- 200ml Water boiling for tea
- 150g Egg white
- 3g Edamame (baby soybeans)
- 20ml Soy sauce



- 200ml Vegetable oil
- Salt and pepper to taste

Methods and Directions

Steamed Egg White – Chamomile Flowers

- Brew the tea leaves with the 200ml of boiling water and soak until cool (room temperature) then strain

For the chamomile soy sauce

- Mix the soy sauce and equal quantity of brewed tea
- Add a few drops of the strained chamomile oil

For the chamomile tea oil

- Brew the tea leaves with some hot water to obtain them fully for fragrance
- Combine the drained but moist tea leaves with the vegetable oil
- Cook at 63.5°C for 45 minutes then let come to room temperature slowly
- Place into the fridge for 10 days to infuse
- Strain when needed

For the steamed egg white

- Beat the egg white lightly and pour the cool brewed chamomile tea in season with salt and pepper to taste
- Skim the light foam off the top
- Portion 160g of the egg mixture into a bowl
- Wrap the bowl with cling film and steam for approximately 25 minutes at 100°C
- Blanch the edamame and set aside

Assembly / Finishing

- Place the steamed chamomile egg white on to a serving under plate
- Put the blanched edamame on top as garnish
- Dress with a thin layer of the chamomile soy sauce and serve