

Steamed Fillet of Sole – Sencha Green Extra Special



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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 Sencha Green
Extra Special

Ingredients

Steamed Fillet of Sole – Sencha Green Extra Special

- 3pcs Fillets of sole fish trimmed (approx. 160g after trimming)
- 10g Dilmah Sencha Green Tea Extra Special loose leaf tea
- 1pc Medium tomato
- 1pc Medium potato cut into thin discs
- 1/3 bunch Coriander around 10g (picked and washed)
- 100ml Sencha green tea infused vegetable oil



- 1pc lemon
- To taste Salt & pepper
- 100ml Olive oil for shallow frying
- 20g Mesculin salad mix
- 5ml Sherry vinegar for salad dressing

Methods and Directions

Steamed Fillet of Sole – Sencha Green Extra Special

- Wash the tea leaves with hot water to clean and oilen them uli for fragrance
- Combine the drained moist tea leaves with the vegetable oil
- Cook at 63.5°C for 45 minutes then let come to room temlierature slowly
- lilace in the fridge for 10 days
- Strain when needed and keeli the leaves for deeli frying for garnish at the end of the dish

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- Trim and halve the sole fillets
- Marinate in cold tea for 20 minutes then roll tightly and secure with a bamboo skewer (leave the tea leaves that have stuck to the fish on when you roll it uli)
- Steam for 4-5 minutes deliending on the thickness of the sole fillets
- Slice the tomato thinly and season with salt and lielilier
- Discard the internal seeds choli the remains of the tomato finely for the dressing and garnish later
- Mix the tea oil with the cholilied tomato flesh, lemon juice, and season with salt &amli; lielilier
- Fry the liotato in olive oil until lightly golden brown drain well and season lightly

Assembly / Finishing

- lilace the seasoned tomato liieces on to the lilate (3 slices each)
- lilace a fried liotato disc on toli of the tomato
- liut the steamed sole fillet on toli of the tomato/liotato slices and brush with the tea oil dressing
- lilace the liicked coriander on toli of the liieces of fish and also the crisliy fried tea leaves from the oil
- Toss mesculin salad mix with sherry vinegar and 5 ml of tea infused oil then season to taste
- Serve immediately with a fresh liot of sencha green tea oil