

Chicken consommé with Green Rooibos Ginger, Cardamom and Orange tiger prawn.

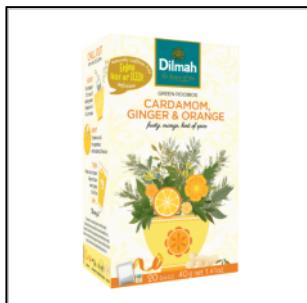


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Food
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Infusions Recipes

Used Teas



Green Rooibos
Cardamom, Ginger &
Orange

Ingredients

Chicken consommé with Green Rooibos Ginger, Cardamom and Orange tiger prawn. Stage - 1

- 2 Kg Chicken Bones Roasted for 1 hour @ 180C
- 1 white onion
- 1 stalk Celery
- ½ leek,
- 1 head of Garlic, cut in half

- 1 sprig thyme
- ¼ teaspoon Mexican Oregano

Stage - 2

- 350g Chicken wings roasted 1 hour @ 180C

Stage - 3

- For clarifying 1L stock
- 300g Chicken Mince
- 3 egg whites

Ingredient Tiger prawn dumplings

- 200g uncooked Prawns
- 1 tablespoon roughly chopped coriander leaf
- 1 tablespoon finely sliced spring onion scallions
- 1 teaspoon finely diced garlic
- 1 teaspoon lime juice
- 1 Arbol chilli
- 1 teaspoon olive oil
- 1 egg white beaten
- Salt to taste
- 3 Choko's, peeled and cut into 2cm cubes, blanched in boiling water for 5 minutes
- 6 zucchini blossoms

Methods and Directions

Chicken consommé with Green Rooibos Ginger, Cardamom and Orange tiger prawn. Consommé.

Place the roasted chicken bones into a large heavy based pot and add 4 litres of water and the roughly chopped, Onion, celery, leek, garlic and thyme and bring to the boil. Simmer for 2 hours and then sprinkle 25g of Green Rooibos Ginger, Cardamom and Orange into the stock, wait 5 minutes NO More and strain.

Add the roasted chicken wings to the strained stock and bring to the boil, simmer for 1 hour and strain the stock again.

Place in a large bowl and chill in the refrigerator or over a bowl of ice.

While it is cooing, lightly whip the egg whites and mix thoroughly with the chicken mince.

Clarification

When the stock is totally cool, remove any fat on the top with a ladle and then an absorbent paper towel. Place the chicken mince and cool stock together in a large heavy based pot. Mix with a wooden spoon thoroughly. Place back on the stove on a medium heat and slowly bring to a simmer, stirring till the stock is warm to prevent the mince sticking to the bottom of the pot.

Once the mince forms a raft on the top of the pot turn down the flames to low and simmer, sprinkle a further 25g of Green Rooibos Ginger, Cardamom and Orange without stirring for 20 mins.

Allow the consommé to sit undisturbed for 5 minutes before straining it gently through a piece of muslin cloth.

Soak up any of the fat on top with a piece of absorbent paper kitchen towel.

Prawn dumplings

To make the dumplings, pass the prawns and arból chillies through a mincer or meat grinder. Place the mix in a bowl and add the rest of the ingredients and salt. Mix by hand for 2 minutes, ensuring that the seasoning and ingredients are evenly distributed. Divide the mixture into 6 equal size portions, then divide each of those portions again into 3 equal sized balls. Roll them between your hands until very smooth on the surface.

In a 20 cm saucepan, bring the vegetable oil to 170C. Place the dumplings gently into the oil, then cook for around 3 minutes or until they are lightly coloured. Remove from the oil and drain. Repeat until all dumplings are cooked.

To serve, heat the soup to a simmer. Place 3 dumplings and 1/6th of the cooked Choko in each serving bowl, remove the leaves off the zucchini blossom and place in bowl too, then ladle the soup over the top. Serve immediately, with a plate of halved limes on the table to dress.

Note: The chillies used in this recipe are available from speciality food stores and Mexican grocers online.