

Tea Foam With Buttermilk, Mint Ice Cream & Pismaniye



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Robert Piasecki from The Immunity inspired by tea challenge

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Food
Desserts
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Immunity Inspired by Tea Recipes
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Immunity Inspired by Tea Recipes

Used Teas



Apple, Cinnamon
And Vanilla

Ingredients

Tea Foam With Buttermilk, Mint Ice Cream & Pismaniye



Tea Foam

- 400g Cream (30%)
- 1l Buttermilk
- 80g Icing Sugar
- 30g Proespuma, cold
- 16g Dilmah's Apple Cinnamon and Vanilla Tea
- 5g Fresh Mint Leaves

Tea Infused Gel

- 1l Water
- 10g Dilmah's Mint Tea
- 30g Sugar
- 3cl fresh Lime Juice
- 15g Agar Agar

Tea Ice Cream

- 400g Condensed Milk
- 400g Cream (30%)
- 16g Dilmah's Mint Tea

Assembling And Garnishing

- Tea Ice Cream
- Tea Foam
- Pismaniye
- Pistachios
- Mint Leaves
- Tea-infused Gel
- Lime Powder

Methods and Directions

Tea Foam With Buttermilk, Mint Ice Cream & Pismaniye

Tea Foam

- Heat the tea with the cream until it releases aroma and, then, add the mint leaves.
- Take off heat, set aside for 10 minutes and strain.
- Next, combine the prepared tea and cream mixture with buttermilk, icing sugar and cold proespuma.
- Finally, pour the entire mixture into a siphon and fill it with three CO2 cartridges.



Tea Infused Gel

- Brew the tea in water and add sugar and lime juice.
- Strain, and cook with agar for approx. two minutes, stirring continuously.
- Pour the thickened liquid into a baking tray and let cool.
- Next, blend the jelly at full speed in order to achieve a homogenous consistency.

Tea Ice Cream

- Heat the tea with the cream until it releases aroma. Take off heat, strain and set aside to cool.
- Add the chilled mixture into a blender and blend until a thick mixture is formed.
- Pout into a freeze-proof container and freeze.

Assembling and Garnishing

- Plate the dish by placing the ice cream in circular molds and filling them with the tea foam.
- Next, remove the rings and garnish using the pismaniye, pistachios, mint leaves and tea-infused gel.
- Sprinkle with lime powder and serve.

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