



Kedgeree Re-Imagined With Hot Tea Smoked Salmon



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Robin Gary from Immunity inspired by tea challenge

- Sub Category Name
Food
Savory
- Recipe Source Name
Immunity Inspired by Tea Recipes
- Festivities Name
Autumn
Spring
Summer
Winter
- Activities Name
Immunity Inspired by Tea Recipes

Used Teas



t-Series Lapsang
Souchong

Ingredients

Kedgeree Re-Imagined With Hot Tea Smoked Salmon



NOTE: May also be served cold as a salad with coarsely flaked fish forked through and garnished as above and/or served with a tomato, onion, cucumber and coriander salad, dressed with lime juice, salt, pepper and sumac (Kachumber Salad).

LAPSANG SOUCHONG-SMOKED SALMON

- 4 portions of Sustainably Farmed Salmon, skin on and trimmed
- ½ cup Brown Sugar
- 3 heaped tbsp Dilmah's Lapsang Souchong Tea Leaves
- ½ cup Brown Basmati Rice

KEDGEREE

- 1/4 cups Brown Lentils 1/3 cups Brown Basmati Rice 3 tbsp Ghee
- 1 tsp each Cumin Seeds, Fennel Seeds and Black Mustard Seeds
- 3 large Garlic Cloves, crushed and finely chopped
- ½ Red Onion or 1 large Shallot, finely chopped
- 5 Coriander Roots, finely chopped
- 1 sprig/aprox. 10 Curry Leaves
- 1 long Green Chilli
- 1 tbsp (20g) Ginger, freshly grated
- 1 tbsp (20g) Turmeric, freshly grated
- 1 tsp ground Turmeric
- 1 level tsp each Ground Coriander and Cumin
- 1 level tbsp Curry Powder
- A pinch of Fenugreek
- 1 tsp Sea Salt
- 3 tsp Dilmah's Lapsang Souchong Tea Leaves, steeped in 2 cups of boiling water
- 1 cup Chicken, Vegetable or Fish Stock
- 150g each Broccoli and Cauliflower, grated
- Handful of fresh coriander, chopped
- 1 tbsp each Ghee and Freshly Ground Black Pepper
- Julienned Red and Green Chillies, Spring Onion, and Red Capsicum, for garnishing
- 4 Soft Boiled Eggs. halved
- 1 Lime, halved
- 4 portions Hot Tea Smoked Salmon

Methods and Directions

Kedgerree Re-Imagined With Hot Tea Smoked Salmon

LAPSANG SOUCHONG-SMOKED SALMON

1. Line a large baking tray with double sheets of aluminum foil



2. Mix sugar, tea leaves and rice together and place in a flattened mound in the middle of the foil-lined tray.
3. Place a metal rack over the mixture in the baking tray and oil the rack.
4. Pat the salmon with a paper towel and place skin side up, on the rack.
5. Cover the entire baking tray with foil.
6. Place baking tray on heat source: barbeque or hotplate.
7. Allow the fish to smoke for 10-15 minutes from when the tray begins to smoke.
8. Check that the fish is cooked to your liking, do not overcook.
9. Heat a pan and oil lightly with ghee.
10. Place the smoked fish, skin side down, for 2-3 minutes to make the skin crispy.

KEDGEREE

1. Cover lentils with boiling water and soak overnight. Then, drain well.
2. Heat ghee in a heavy bottom pot and fry dry whole spices. Next, add garlic, chillies, coriander roots and onion, stirring till lightly browned.
3. Add dry spices and curry powder, stirring until fragrant.
4. Add the drained lentils and rice, stirring to coat with the spicy ghee. Toast lightly.
5. Add strained, brewed tea, stock, and salt; stirring to mix any spices sticking to the base of the pan.
6. Bring to a gentle simmer and cover.
7. Cook, covered, for 35-40 minutes or until all the moisture is absorbed.
8. Take off heat, toss lightly with a fork and stir in grated raw cauliflower and broccoli and return lid to lock in warmth.
9. Toss through chopped coriander and squeeze over the juice of half a lime.
10. Season to taste with salt and pepper.
11. Place lid on pan to keep Kedgeree warm whilst preparing the fish.

Plating and Garnish

1. Place a portion each of prepared Kedgeree on four plates.
2. Place the salmon portions on top of the Kedgeree.
3. Place halved soft-boiled egg on each dish.
4. Top the salmon with julienned chilies, red capsicum and spring onion.
5. Sprinkle with coarsely chopped coriander.
6. Garnish with lime quarters and serve.