

Asparagus Served with Tea-Infused Baobab Foam



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Joao Balzani 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



Pure Ceylon Green
Tea

Ingredients

Asparagus Served with Tea-Infused Baobab Foam



The Foam

- Dilmah's Handmade Green Tea
- Baobab Syrup
- Lemon Juice
- Fresh Cream
- Moringa Powder

The Smoked Asparagus

- Asparagus
- Chia Seeds
- Himalayan Salt and Pepper Corns
- Oak Chips
- Olive Oil

Methods and Directions

Asparagus Served with Tea-Infused Baobab Foam

1. To make the tea-infused foam, pour all the required ingredients into a siphon and close.
2. Place the gas capsule and chill the siphon for approx. 2 hours.
3. Meanwhile, prepare the grill and light up the charcoal.
4. After cleaning the asparagus and cutting their ends, mix the asparagus with salt, pepper and chia seeds, and grill for about a minute. Remember to grill the asparagus while rotating them often so as not to burn them too much.
5. Leave to rest on kitchen paper while you prepare the smoke chamber.
6. Lite the oak chips and cover the plate with a bell.
7. Place the asparagus under the bell and leave it to infuse.
8. Drizzle the asparagus with olive oil and spray three buttons of the prepared baobab syrup on the serving plate, using a foamer.
9. Sprinkle Moringa powder over the foam buttons and serve.