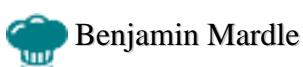


SENCHA WITH LEMONGRASS AND PEPPERMINT TOASTED TUNA SANDWICH



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2



Used Teas



t-Series Sencha with
Lemongrass &
Peppermint

Ingredients

SENCHA WITH LEMONGRASS AND PEPPERMINT TOASTED TUNA SANDWICH

Metil Base

- 100ml water
- 3g metil (texturas)

Puffed rice

- 1/4 cup red rice
- 1 cup water
- Canola oil

Master Tea Brewed for the Bread Mix

- 350ml mineral water 80°C
- 5 tbsp Dilmah Sencha Lemongrass and Peppermint Tea

Tea Mix 1:

- 100ml Dilmah Sencha Lemongrass and Peppermint Tea (from the Master Tea Brew)
- 15g sugar
- 15g trisol
- 40g metil base (refer recipe above)
- 0.8g Xantana (texturas)
- 0.5g salt

Tea Mix 2:

- 200ml Dilmah t-Series Sencha Lemongrass and Peppermint tea (from the Master Tea Brew)
- 15g dehydrated egg white powder

Lemon Verbena Cucumbers

- 125ml mineral water
- 2 Dilmah Exceptional Natural Lemon Verbena luxury bags
- 1 ½ tsp sushi vinegar
- 1 ½ tsp sugar
- 1 sheet gelatin
- ½ telegraph cucumber, sliced and cut into 1cm flat squares

Dilmah Sencha Lemongrass and Peppermint Seared Tuna

- 200g yellow fin tuna, cut into a long 3cm wide strip
- 1 tbsp ground Dilmah Sencha Lemongrass and Peppermint Tea
- 1 Dilmah Exceptional Natural Lemon Verbena leaf bags

- 1 tsp freeze-dried soy sauce flakes
- 1 tsp freeze-dried yuzu flakes
- Flaky salt

Pickled Ginger Mayonnaise

- 1 Dilmah Exceptional Natural Lemon Verbena leaf bag
- 4 tbsp pickled ginger juice
- 25g pickled ginger
- ½ tbsp Japanese mustard
- 1 tbsp sushi vinegar
- 1 tbsp light soy sauce
- 3 egg yolks
- 500ml canola oil
- 1 tbsp yuzu juice

Methods and Directions

SENCHA WITH LEMONGRASS AND PEPPERMINT TOASTED TUNA SANDWICH

Metil Base

- With a stick blender, blend the metil powder into the water.
- Blend till all dissolves and then place in the fridge for at least 4 hours.

Puffed rice

- Bring water to the boil and simmer till the rice is well cooked. It should crack open and be starchy.
- Drain any excess liquid off and place on a clean cloth on a tray and leave to dry completely in a warm dry place, (on top of the oven works well, or in a dehydrator).
- Once completely dry (this will take about 24 hours) heat a pot of canola oil to 240°C.
- Place the dried rice into the hot oil. You need to have a sieve ready to scoop it out, as it will only take about 5 seconds to cook. Remove instantly, and place on a paper towel.
- Store in an airtight container once cold.

Master Tea Brewed for the Bread Mix

- Add the tea leaves to the 80°C water and leave to brew for 3 minutes.
- Place brewed tea in a blender and blend for 2 minutes. Pour through a fine sieve. You should have 300ml strong tea.
- Divide the tea into 2 lots, 100ml and 200ml.

Tea Mix 1:

- Place all ingredients into a bowl together and stir.
- Set aside for a minute

Tea Mix 2:

- Place the tea and egg white powder into mixer bowl.
- Whip for 2 minutes till soft peaks form.

Disappearing Sencha Lemongrass and Peppermint with Puffed Red Rice Bread

- Add the Tea Mix 1 to the whipped egg white mix. Whip for a further 10 minutes on high till it forms a firm cloud of fluff.
- Mix puffed red rice gently through whipped mix and scoop into a piping bag.
- Cut a 1cm hole at the tip of the piping bag and pipe into a wet 3cm square cutter, onto silicon dehydrator sheets.
- Lift cutter off the tray and dip into water, then pipe the next square. Place full dehydrator trays into a dehydrator. Dehydrate at 50°C for at least 12 hours. Gently remove squares from trays and store in an airtight container. They are very fragile.
- Place “bread” onto a medium hot, flat toasted sandwich press or pan and cook till starting to colour. This doesn’t take long, usually only 15-20 seconds. Turn press off and quickly flip each piece of bread.
- Remove from pan onto a board and assemble sandwich. These need to be made as near to the time you require them as possible as they will disintegrate.

Lemon Verbena Cucumbers

- Arrange cucumbers squares into a rectangle 1 litre container, in a grid formation. Soak the sheet of gelatin in cold water to soften.
- Place water into a pot and bring to a boil. Remove from heat and add the tea bags, sushi vinegar and sugar. Leave to brew for 4 minutes, then remove tea bags.
- Squeeze the water out of the sheet of gelatin and add to the warm tea mixture. Stir till well dissolved and gently pour over the cucumber arrangement, to only just cover. Make sure you don’t add too much liquid jelly as you will mess up the cucumber arrangement if they float.
- Place in the fridge for at least 2 hours to set.
- Gently turn cucumber jelly out of container, onto a board and cut into squares a little bigger than the size of the bread.
- Place each sheet onto individual baking paper sheets. Place in fridge till needed.

Dilmah Sencha Lemongrass and Peppermint Seared Tuna

- On a tray mix together the ground tea, soy sauce flakes and yuzu flakes. Sprinkle the loin of tuna with the flaky salt. Heat a large pan with a little canola oil.
- Once hot, place tuna into pan and sear for around 20 seconds on each edge, or until lightly browned and caramelised.
- Remove seared tuna from pan and roll in the tea, soy and yuzu powder. Place it onto a large sheet

- of cling film and wrap tightly. Chill immediately till cold, at least an hour.
- Cut into ½cm thick slices.

Pickled Ginger Mayonnaise

- Place pickled ginger, juice, mustard, vinegar, soy and yolks into food processor. Blend for 1 minute till light and airy.
- Very slowly add the oil, little by little to the yolk mix. As you add more you can speed up a little.
- Once all the oil has been added, pour in the yuzu juice and check the seasoning.
- This will need to be chilled for about an hour to infuse with the flavours fully.