

## TEA STEAMED BAR FILLET, ASSIETTE OF CABBAGE AND CEYLON SOUCHONG MAYONNAISE.



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Thibaut Idenn



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

### Used Teas



t-Series The First  
Ceylon Souchong

### Ingredients



## **TEA STEAMED BAR FILLET, ASSIETTE OF CABBAGE AND CEYLON SOUCHONG MAYONNAISE.**

### **Bar Fillet**

- 1 sachet Ceylan souchong Tea
- 800g Cauliflower

### **Mashed broccoli**

- 800ml Broccoli
- 500ml Cream
- 100g Butter

### **Tea Mayonnaise**

- 10 nos. Egg
- 200g Mustard

### **Tea oil infused Sauce**

- 1 sachet Ceylon Souchong Tea
- 100g Butter
- 250g Cream

## **Methods and Directions**

## **TEA STEAMED BAR FILLET, ASSIETTE OF CABBAGE AND CEYLON SOUCHONG MAYONNAISE.**

### **Bar line**

- Fillet and debone the fish.

### **Mashed broccoli**

- Sautee the broccoli and cream them.
- Cook for 25 minutes over low heat.
- Strain and mix.

### **Cauliflower**

- Boil the cauliflower and cool it.

### **Cauliflower pickles**



- Turn the coarse salt in water, boil, let cool.
- Arrange the vegetables in a container, cover with salted water, leave to marinate at least 4 hours.
- Boil the vinegar with sugar, berries, thyme and bay leaf. Leave to cool.

### **Sauce**

- Infuse a tea bag of Ceylon Souchong. Reduce infusion.
- Emulsify butter and cream it.
- Reduce the sauce.

### **Mayonnaise**

- Clarify an egg and keep the yellow.
- Add a spoonful of mustard.
- Add the Ceylon Souchong infused oil.
- Add in the squid ink.

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