

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



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- Sub Category Name
Combo
Main Courses
- Recipe Source Name
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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.