



DILMAH CEYLON YOUNG HYSON GREEN TEA FERMENTED LEAF SALAD



0 made it | 0 reviews



Perri Saunderson



Kate Sekulla.

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



Used Teas



t-Series Ceylon
Young Hyson Green
Tea

Ingredients

DILMAH CEYLON YOUNG HYSON GREEN TEA FERMENTED LEAF SALAD

- ½ cup Dilmah Ceylon Young Hyson Green Tea
- Juice of 1 lemon
- 1 green chilli, chopped
- 1 tbsp finely chopped fresh New Zealand garlic
- 1 tbsp finely chopped fresh ginger
- 1 tbsp finely chopped fresh galangal
- 1 tbsp sesame oil
- 3 tbsp peanut oil
- Pea shoots
- Shredded iceberg lettuce
- Roasted Dilmah Ceylon Young Hyson Green Tea and garlic peanuts, chopped
- Salt
- Fried shallots

Roasted Dilmah Ceylon Young Hyson Green Tea and Garlic Peanuts

- 1l brewed Dilmah Ceylon Young Hyson Green Tea
- 2 cups raw peanuts, skin on
- 2 cloves garlic, chopped
- Peanut Oil
- Salt

Methods and Directions

DILMAH CEYLON YOUNG HYSON GREEN TEA FERMENTED LEAF SALAD

- Sort through tea leaves and pick out any twigs. Steep in 80C hot water for 10 minutes.
- Drain and rinse. Soak leaves in cold water for 1 hour, then drain and rinse again.
- Squeeze out any excess liquid.
- Add lemon juice, garlic, green chilli, ginger, galangal and a generous pinch of salt along with sesame oil and peanut oil.
- Chop until you have a consistency of a coarse pesto. Store in an airtight glass container at room temperature out of direct sunlight for 2 days. Once fermented store in refrigerator.
- Lay shredded iceberg in an Asian spoon. Top with fermented tea salad. Drizzle with a little sesame oil and peanut oil. Season with a pinch of salt. Garnish with fried shallots and pea shoots.

Roasted Dilmah Ceylon Young Hyson Green Tea and Garlic Peanuts

- Mix chopped garlic with peanuts in a glass bowl.
- Pour the freshly brewed hot Dilmah Ceylon Young Hyson Green Tea over it.
- Cover with cling wrap and allow to soak overnight at room temperature.
- The next day preheat oven to 150C.
- Drain peanuts well and toss through a little peanut oil.



- Roast until golden brown and then season with salt whilst still hot.
- Allow to cool and then chop.

ALL RIGHTS RESERVED © 2026 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 18/02/2026