

SOUS VIDE KUROBUTA PORK BELLY SERVED WITH BLUEBERRY AND POMEGRANATE TEA SAUCE



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Formerly a conservation shop-house, Tess Bar & Kitchen is a drink-centric but food-centred concept with a focus on a modern interpretation of cocktails and food situated at 38, Seah Street. Represented by Lee Zhang An & Martin Wong.

- Sub Category Name
Combo
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 1



Used Teas



t-Series Blueberry &
Pomegranate

Ingredients

SOUS VIDE KUROBUTA PORK BELLY SERVED WITH BLUEBERRY AND POMEGRANATE TEA SAUCE

- 600g Kurobuta pork belly
- 300ml extra virgin olive oil
- 1 teaspoon salt

Blueberry & Pomegranate glaze

- 2 teaspoons of Dilmah Blueberry and Pomegranate tea leaves
- 440ml water
- 60g sugar

Blueberry compote

- 400g fresh blueberries
- 120g sugar
- 1 cinnamon stick

Methods and Directions

SOUS VIDE KUROBUTA PORK BELLY SERVED WITH BLUEBERRY AND POMEGRANATE TEA SAUCE

- Sous vide cook pork belly at 65°C for 48 hours.
- Sprinkle coarse black pepper onto Kurobuta fat.
- Heat up pan, pan sear till brown.

Blueberry & Pomegranate glaze



- Bring 440ml water to boil at 95°C.
- Soak tea leaves in hot water for 4 minutes.
- Caramelize sugar
- Strain tea and combine with the caramelized tea to create glaze.
- Reduce mixture by half.

Blueberry compote

- Caramelize sugar.
- Pour in fresh berries and add cinnamon stick.
- Bring to simmer till reduction after 30 minutes.
- Leave to cool