

Grilled Lobster with Sauce Crème Ceylon Green Tea with Lychees and Ginger



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Peter Kuruvita

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah t-Series Recipes
- Activities Name
Tea Inspired Lunch Corners

Used Teas



t-Series Ceylon Green
Tea with Lychee and
Ginger

Ingredients

Sauce Crème

- 1L Fish Stock
- 250ml White Wine
- 250ml Noilly Pratt (dry vermouth)
- 1L Double Cream
- 5 Shallots, finely diced



- 1 Bay Leaf
- 5 White Peppercorns
- A Sprig of Thyme
- 2 tablespoons Dilmah Ceylon Green Tea with Lychees and Ginger
- Salt to taste

Methods and Directions

Sauce Crème

- Add all the ingredients into a heavy based pan and reduce by 75%
- Add the cream and bring to boil, season and turn off
- Add the tea and cover, set aside for 10 minutes stirring occasionally
- Strain and set aside
- When needed, warm up the sauce just before boiling and then use a stick blender to emulsify before using. This can be kept in the fridge for 1 week
- To serve, cook the lobster and slice the tail
- Serve with the Sauce Crème and garnish as you wish

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