

A TENDER REVERIE



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Mulwarra Lamb braised in Dilmah Aromatic Earl Grey Tea. Bergamot in the tea has therapeutic properties and adds a touch of floral hints to the savoury lamb and filo pastry.



- Sub Category Name

Food

Savory

- Recipe Source Name

Dilmah Real High Tea Global Challenge 2015

Ingredients

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Lamb Filling

- 100g Lamb
- 25g Onion
- 10g Garlic
- 200ml Lamb Stock
- 200ml Earl Grey Tea Brewed
- 10ml Brewed Earl Grey Tea, reduce to essence
- 08 Filo Pastry Sheets

Mashed Potato

- 100g Potato
- 50g Butter

- 1 Bay Leaf
- 25ml Milk
- 25ml Cream
- Salt to taste
- Pepper to taste

Green Pea Bubble

- 50g Green Peas
- Salt to taste
- White Pepper to taste
- 125g Gluconolactat
- 5g Alginate
- 1L Water

Methods and Directions

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Lamb Filling

- Season the lamb with salt and pepper, and seal it.
- Add onion and garlic to a pan with oil and sauté for a while. Add brewed Earl Grey Tea and essence. Reduce to half.
- Add lamb stock. Marinade the lamb in this mix and bake in the oven at 160°C for 45 minutes.
- Cut the filo in to squares and fill in to a mould filled with lamb ragout and baked in the oven.

Mashed Potato

- Boil potatoes and mash it by using a potato masher and pass through a sieve. Boil cream and milk together, add mash potatoes and mix to a smooth pulp, finally mount with butter and season.

Green Pea Bubble

- Boil Green Peas and Puree it, and pass it through. Return to pot and add Gluconolactat, mix well and fill into a Silicone mould. Blast freeze. Mix the alginate and water. Dip the frozen Green Peas into the solution. Leave for a few minutes and return to a flavoured stock.