

DILMAH MINT TEA CAVIAR WITH BACALHAU PRAWN DUMPLING



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IFT offers degrees and professional programmes and a wide range of tourism related disciplines among which are hospitality and culinary arts. Represented by Billy Chang & Jeffery Lai.

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

Used Teas



Mint

Ingredients

DILMAH MINT TEA CAVIAR WITH BACALHAU PRAWN DUMPLING



Tea Caviar

- 1 tbsp Dilmah Mint, loose leaf tea
- 100ml water
- 1g agar-agar
- 300ml vegetable oil

Dumpling Dough

- 10g potato starch
- 80g wheat starch
- 140ml boiling water
- 30g potato starch
- 2g lard

Filling

- 3 pcs prawn
- 20g bacalhau
- 1/2 tsp garlic
- 8g white wine
- Salt
- Pepper
- 1 tsp parsley
- 1 tsp corn starch

Methods and Directions

DILMAH MINT TEA CAVIAR WITH BACALHAU PRAWN DUMPLING

Tea Caviar

- Rinse the agar-agar, combine with water and boil until the agar-agar is dissolved. Switch off the fire, add the tea leaves and infuse for 5 minutes
- Strain the mixture with a paper towel.
- Drop the mixture slowly into oil. Let it set for 2 minutes.

Dumpling Dough

- Combine 10g each of potato starch and wheat starch in a mixing bowl, pour in the boiling water and mix with spatula.
- Once warm, add in 30g of potato starch and lard. Knead until smooth.
- Roll into 1mm thickness and wrap up with prawn and bacalhau filling.
- Steam for 4 minutes.



Filling

- Soak bacalhau in water and keep in fridge for at least 3 days, changing the water constantly.
- Remove the shell from prawn and devein.
- Blend all the ingredients together. Then add in the chopped prawn

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