

TEA BEEF CARPACCIO



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Shaun Thompson



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Earl Grey-seared Australian beef served with mushrooms, Horseradish Pannacotta, lemon zest, Earl Grey dressing and Australian native succulents.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah Real High Tea Global Challenge 2015

Used Teas



Vivid Aromatic Earl
Grey Tea

Ingredients

TEA BEEF CARPACCIO

- 300g Beef Tenderloin



- 250g Dilmah Vivid Aromatic Earl Grey Tea
- 1pnt. Mixed Mushrooms
- 2pnt. Assorted Australian Native Succulents
- 1 Lemon, Zest (Fresh)
- 1 Lemon, Juice

Horseradish Pannacotta

- 90g Horseradish
- 200ml Cream
- 100ml Milk
- 2 Sheets of Gelatin
- 50g Crème Fraiche
- 50g Sour Cream

Methods and Directions

TEA BEEF CARPACCIO

Cold Tea Drip

- Using a cold drip apparatus, fill your top chamber with 500ml mineral water and cover with lid.
- Add 15g of tea leaves* to the middle chamber and wet them ever so slightly.
- Cover with a pre moistened paper filter – this will assist with spreading the water drops evenly.
- Turn your drip lever under the top chamber until you obtain a 1-2 drip per second speed onto your tea leaves.
- Leave to drip for approximately 6 hours, or until the top chamber is empty.

*We recommend that you use leaves that are graded as Dust or Fannings as their surface area will get more exposure to the dripped water. Dilmah's Vivid Aromatic Earl Grey is perfect for cold dripping.

Tea-Seared Beef

- Clean beef tenderloin and cut in half. Shape Beef by rolling into a round shape with cling wrap and set in fridge or freezer overnight.
- Make Earl Grey tea marinade with the tea and water making a strong brew (5 to 7 minutes) to marinate the beef.
- When using the brew, make sure the marinade is at 40°C then marinate the beef for 30 to 45 minutes.
- Remove beef from marinade then place beef into Earl Grey Syrup for 30 minutes to continue marinating.

Earl Grey Dressing



- Using remaining liquid from the beef marinade, put all liquids in a pot and reduce with 150g sugar on medium to high heat until it takes on a thick consistency. Now add lemon juice. The syrup will become the dressing for the beef.

Cold Tea Drip

- Bring all ingredients to a simmer, soak gelatin, take mixture off heat, add gelatin and season. Place into tray. Cut or scoop out of tray to serve.

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