

Blue Eye Cod chips with Chamomile Flowers Tea and avocado foam



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- Sub Category Name
Food
Savory
- Recipe Source Name
Real High Tea Australia Volume 2

Used Teas



Natural Infusion Pure
Camomile

Ingredients



Blue Eye Cod chips with Chamomile Flowers Tea and avocado foam Chips

- 100g cod
- 1 cup potato starch
- Sesame seeds
- Poppy seeds
- Sea salt flakes
- Vegetable oil (for frying)

Foam

- juice of half a lemon
- 150ml Dilmah Pure Camomile Flowers tea
- 1 pinch xanthan gum
- 1 pinch ultratex 4 (blended to obtain foam)
- Salt and sugar to taste
- 1 avocado

Methods and Directions

Blue Eye Cod chips with Chamomile Flowers Tea and avocado foam Chips

- Cut cod into thin slices, dust with a little bit of potato starch and place one slice at a time between two sheets of plastic wrap. Pound the slices as thin as possible without tearing them. Sprinkle with seeds and salt, add more starch if needed.
- Shallow fry slices till crisp.

Foam

- Brew the Pure Chamomile Flowers tea and cool. Add lemon juice, xanthan gum, ultratex 4, salt and sugar, avocado together. Use a stick blender till smooth emulsion.