Hot Smoked Earl Grey Rainbow Trout with roasted beetroot, orange mayonnaise and tea marbled quail egg

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- Sub Category Name
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  Real High Tea Australia Volume 2

Used Teas

t-Series The Original Earl Grey

Ingredients

Hot Smoked Earl Grey Rainbow Trout with roasted beet root, orange mayonnaise and tea

marbled quail egg
Earl Grey smoked rainbow trout

- 75g white rice
- 75g brown sugar
- 18g Dilmah t-series The Original Earl Grey
- 4 strips of orange peel cut into pieces
- 10 points star anise
- 2 rainbow trout fillets
- Salt and pepper

Roasted beetroot

- 1 1/2 tbsp red wine vinegar
- 80ml orange juice
- 1 tbsp brown sugar
- 1 1/2 tbsp olive oil
- 6 small beetroot
- Salt and pepper

Tea marbled quail egg

- 12 quail eggs
- 1/2 cinnamon stick
- 5 points star anise
- 1 slice ginger
- 1 strip orange peel
- 3 Szechuan peppercorns
- 1 tbsp Dilmah t-series The Original Earl Grey
- 1 tbsp Shao Hsing
- 1 tbsp dark soy
- 1 tbsp honey

Earl Grey infused orange mayonnaise

- 1 egg yolk
- 1 tbsp Dijon mustard
- 1/2 tbsp lemon juice
- 100ml olive oil
- 1/2 orange, juiced
- 1/2 tbsp Dilmah t-series The Original Earl Grey
- Sour dough (3 x 4cm)
- Beetroot leaves and micro herbs for garnishing
- 1 tbsp honey

Methods and Directions

Hot Smoked Earl Grey Rainbow Trout with roasted beet root, orange mayonnaise and tea marbled quail egg
Earl Grey smoked rainbow trout

- Combine the rice, brown sugar, tea, orange peel and star anise in a bowl.
- Line a large wok or pan with aluminium foil and place over a high heat.
- Add the tea smoking mix to the pan.
- Season the rainbow trout fillets and place skin side down on a greased rack to fit inside the pan.
- Once the mixture starts to smoke, place the rack of fish inside the pan and cover tightly with aluminium foil.
- Turn off the heat and allow to cool, the trout should be cooked within 1/2 hour.

Roasted beetroot

- Clean the beetroot but do not peel.
- Mix with the remaining ingredients and pour into a roasting tray.
- Cover with foil and roast at 200°C for approx 1/2 hour or until tender.
- Peel the skins whilst warm.

Tea marbled quail egg

- Place the quail eggs in a pan of cold water and bring to boil.
- Take off the heat and cover for 1 1/2 minutes.
- Cool under running cold water.
- Gently tap the shells with a spoon to create a crazed effect all over the surface.
- Place the eggs back in the pan with the remaining ingredients and top up with just enough water to cover the eggs.
- Simmer for 2 minutes.
- Cool the eggs in the liquid and store in the fridge for 2 days before peeling.

Earl Grey infused orange mayonnaise

- In a pan bring the orange juice to boil and remove from the heat. Infuse with the tea for 3 minutes.
- Strain the juice back on the pan and reduce to 20ml.
- Make a mayonnaise with the remaining ingredients and add the tea infused juice and seasoning to taste.

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