

Grilled Chicken Fillet Marinated with Dilmah English Afternoon Tea



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Tomas Rimydis

- Sub Category Name
Food
Main Courses
- Recipe Source Name
The Chefs and the Tea Maker - 2010

Used Teas



Gourmet English
Afternoon



Cinnamon

Ingredients

Grilled Chicken Fillet, Chicken Roll with Ricotta Cheese Served with Cauliflower Cream Green Peas and Cedar Nuts Cream, Sweet Pepper Dressing and Black Bread Croutons
Grilled chicken fillet

- 200g Brewed, cold Dilmah English Afternoon Tea
- 120g Chicken fillet
- 20g Olive oil
- 30g Fresh tarragon
- Salt and pepper to taste



Slow roasted broiler

- 200g Brewed, cold Dilmah Cinnamon Tea
- 120g Chicken broiler
- 30g Ricotta cheese
- 5g Cinnamon chips
- 50g Fresh beetroot
- Salt and pepper to taste

Cauliflower Cream

- 200g Fresh cauliflower
- 500g Water
- 250g Cream
- 100g Fresh carrot
- Salt and pepper to taste

Green Peas and Cedar Nuts Cream

- 100g Green peas
- 30g White wine
- Salt and pepper to taste
- 15g Cedar nuts

Sauce

- 200g Brewed Dilmah Cinnamon Tea
- 150g Yellow sweet pepper
- 50g White wine
- 50g Cream
- Salt and pepper to taste

For decoration

- 50g Black bread
- 10g Oil
- 2g Cinnamon chips
- Salt to taste

Methods and Directions

Grilled Chicken Fillet, Chicken Roll with Ricotta Cheese Served with Cauliflower Cream Green Peas and Cedar Nuts Cream, Sweet Pepper Dressing and Black Bread Croutons



Grilled chicken fillet

- Cut the chicken breasts into 5x5 cm pieces and marinate with the tea. Add the fresh tarragon and olive oil to the marinade and leave it for 12 hours. Drain the marinated chicken and grill it. When ready, flavour with salt and pepper.

Slow roasted broiler

- Put the deboned chicken on food wrapping film and spread with ricotta cheese, lemon skin and cinnamon tea. Put the fresh beetroots inside and roll it. Bake the roll at 65 degree temperature until temperature inside the chicken reaches 65 degrees.

Cauliflower Cream

- Boil the cauliflower for 10 minutes in salted water. Then drain and stew it in cream for 30 minutes until cauliflowers get soft. When ready strain the cauliflower and mix with carrot cubes, flavoured with salt and pepper.

Green Peas and Cedar Nuts Cream

- Blanche and strain the green peas and add the crushed cedar nuts. Flavour it with salt and pepper.

Sauce

- Peel the yellow paprika and remove the seeds. Stew the Paprika in white wine for 10 minutes, then add the tea and the creamer. Stew everything for another 20 minutes. When ready strain everything and flavour with pepper and salt.

For decoration

- Remove the crust from the dark bread, cut the bread into strips and fry it. When ready crush the bread with cinnamon chips and spices.