

Fish - Catch of The Day, Couscous with Papaya, Green Vegetables, Spiced Fish Cookies, Sauce of Vongole



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Frank Van Der Zande

- Sub Category Name
Food
Main Courses

- Recipe Source Name
The Chefs and the Tea Maker - 2010

Used Teas



t-Series Galle District
OP1



Moroccan Mint Green
Tea



Ran Watte

Ingredients

Fish - Catch of The Day, Couscous with Papaya, Green Vegetables, Spiced Fish Cookies, Sauce of Vongole

- 500ml Dilmah Ran Watte tea
- 4 tea bags Dilmah t-Series Galle District OP 1
- Dilmah Moroccan Mint Green Tea
- 1.5kg fresh fish fillets
- 100g flour
- 200g potatoes
- 4 tomatoes



- 2 teaspoons curry paste
- 2 eggs
- 1 orange
- 500g couscous
- Parsley, Lemon leaf (finely chopped)
- Lime
- Coriander
- Olive oil
- Clams
- Butter
- Prosecco wine to afloat

Methods and Directions

Fish - Catch of The Day, Couscous with Papaya, Green Vegetables, Spiced Fish Cookies, Sauce of Vongole

Fish Cakes

- Cook the potatoes in water with salt and dry and finely mash.
- Steam the fillets of fish in water for 4 minutes, add the Galle tea and drain in a sieve and mash.
- Add the mashed fish to the mashed potatoes with curry paste, finely shredded lemon leaf,

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