

## Quail Breast Poached in Ceylon Tea



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

### Used Teas



t-Series Rose With  
French Vanilla

### Ingredients

#### Quail Breast Poached in Ceylon Tea

- 1 litre water



- 10 tea bags of Dilmah Ceylon tea
- 1 orange zest
- 6 quail breast

### **Rosewater jelly**

- 2 Dilmah t-Series Rose with French Vanilla tea bags
- 10ml rosewater
- 500ml water
- 4 1/2 tsp gelatin powder

## **Methods and Directions**

### **Quail Breast Poached in Ceylon Tea**

- Place water, tea bags and heat in a saucepan and bring to boil.
- Once water is boiling, poach quail breast in liquid for 80 seconds.
- Remove breast from liquid and place on a drip rack to rest and cool.

### **Rosewater jelly**

- Place tea bags, rosewater and water in a saucepan and bring to boil.
- Take out the tea bags and stir through the gelatin until it dissolves.
- Set, then cut accordingly to size.