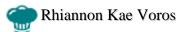


Tea Smoked Ocean Trout with Poached Egg, Broad Beans and Artichoke





0 made it | 0 reviews



- Sub Category Name Food Savory
- Recipe Source Name
 The Chefs and the Tea Maker 2008

Used Teas



Ceylon Premium Tea

Ingredients

Tea Smoked Ocean Trout with Poached Egg, Broad Beans and Artichoke FIRST DISH COMPONENT Smoked Ocean Trout



- 50g Dilmah Premium Ceylon Tea
- 6 Ocean trout slices (80g each)
- 50g Jasmine Rice
- 50g Brown Sugar
- Olive Oil
- Salt

SECOND DISH COMPONENT

Poached Artichoke

- 3 Globe Artichokes (cleaned)
- 11 Water
- 250ml White Wine
- 100ml Olive oil
- 1 Bay leaf
- 2 sprigs of Thyme
- 10 Black Peppercorns
- 1 Lemon (juiced)
- Salt

THIRD DISH COMPONENT

Poached Egg

- 31 Water
- 1 cup Vinegar
- 6 Eggs

FOURTH DISH COMPONENT

Salad

- Croutons
- 100g double peeled Broad Beans
- 1 tablespoon small Capers
- 2 Anchovy Fillets (finely chopped)
- Poached Artichoke
- Mache leaves
- 1 Lemon (juiced)
- 20ml Cabernet Vinegar
- 90ml Olive oil

Methods and Directions

Tea Smoked Ocean Trout with Poached Egg, Broad Beans and Artichoke



FIRST DISH COMPONENT

Smoked Ocean Trout

- Make a tray using foil to contain the smoking mixture.
- Combine the ingredients for the smoking mixture, except the olive oil and salt, and spread evenly
 on the foil.
- Place the foil tray in the bottom of a wok and set a wire rack above the smoking mixture.
- Place the wok on high heat until mixture starts to smoke, then place the fish which has been rubbed with olive oil and salt on the wire rack.
- Cover with a lid and reduce the heat to a medium flame and allow to cook for a further 5 minutes. The fish should be cooked rare.

SECOND DISH COMPONENT

Poached Artichoke

- In a pot cover the artichokes with the water, wine, oil and lemon juice, add all the other ingredients and season the water with salt.
- Bring the artichokes to a gentle simmer and cook until tender.
- Remove from poaching liquor and when cool enough to handle slice finely allowing ½ an artichoke per salad.

THIRD DISH COMPONENT

Poached Egg

- Bring 3 litres of water with one cup of vinegar to simmer.
- Crack the eggs individually in a cup and gently tip into the simmering pot.
- Allow to cook until the whites have set and the yolks are still runny.
- Remove with a slotted spoon and drain on a clean tea towel.

FOURTH DISH COMPONENT

Salad

• Make a dressing with the lemon juice, vinegar and olive oil. Place all the other ingredients in a bowl, toss through and divide the salad between 6 plates.

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