

# Poached Chicken Supreme & Spicy Berry Tea, Lamb Chops with Cashew & Coconut Crust, Brown Sugar Rubbed Smoked Beef Tenderloin



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- Sub Category Name  
Combo  
Main Courses
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The Dilmah Book of Tea inspired Cuisine & Beverage

## Used Teas



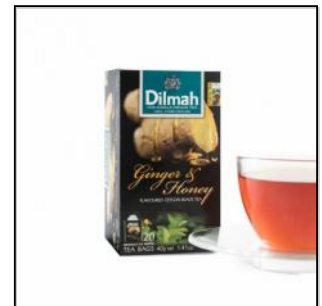
t-Series Lapsang Souchong



t-Series Ceylon Silver Tips White Tea



Natural Infusion Natural Spicy Berry



Ginger & Honey

## Ingredients

**Brown Sugar Rubbed Smoked Beef Tenderloin & Mint Tea Apple Mop**  
**Ingredients for the Smoked Beef Tenderloin**



- 30g Mint tea and apple 'Mop' one serve
- 2.2kg trimmed Beef tenderloin
- 900g Brown sugar rub

### **Ingredients for Brown Sugar Rub**

- 20g Dilmah t-Series Lapsang Souchong
- 150g Brown sugar
- 100g Palm sugar
- 100g Sea salt
- 30g Cumin (ground)
- 60g Garlic powder
- 60g Onion powder
- 30g Paprika
- 30g Chilli powder
- 20g Fresh oregano

### **Ingredients for Mint Tea Apple Mop**

- 15g Dilmah Mint Tea
- 300g Smoked bacon – diced
- 225g Yellow Onion (diced into small pieces)
- 100g Yellow bell pepper
- 3 Granny Smith apples (peeled and diced)
- 30g Cumin (ground)
- 15g All spice (ground)
- 30ml Tabasco
- 225ml Cider vinegar
- 450ml Apple juice
- 70g Dijon mustard
- 112ml Honey
- 225g Brown sugar
- 675g Ketchup
- Salt and pepper to taste

### **Star Anise and Cinnamon Juice**

#### **Ingredients for the 5 Spice Broth**

- 2 spoons Dilmah Cinnamon Tea
- 8 cups chicken stock
- Roast chicken carcass, broken into pieces
- cup scallion - green and white parts
- cup Shitake mushroom
- Star anise
- 4 cloves garlic
- teaspoon fennel seeds



- teaspoon coriander seeds
- 1 inch piece of ginger (crushed)
- Salt and pepper to taste

### **Ingredients for the Star Anise Sauce**

- 1 cups 5 spice broth
- 2 star anise
- 2 tablespoons flour
- 1tablespoons mushroom soy sauce
- 3cups lamb juice
- 4 tablespoons butter (chilled)
- Salt and pepper to taste

### **Ingredients for Coconut Crust**

- 2 tablespoons Dilmah t-Series Ceylon Silver Tips White Tea
- cup coconut flakes
- cup honey
- 2 tablespoons Dijon mustard
- tablespoon fresh parsley (minced)
- cup cashew nuts (finely chopped)
- 300g rack of lamb
- 1 cup beans cassoulet

### **Ingredients for Lamb Juice**

- Lamb Trimmings
- Bacon ends
- Diced Carrot
- Diced Celery
- Diced Onion
- Coriander seeds
- Lemon zest
- Lemon Thyme
- Merlot
- Red wine vinegar
- Mire poire

### **Lamb Chops with Cashew & Coconut Crust, Star Anise, Cinnamon Tea Jus and Bean Cassoulet** **Ingredients for the Cream**

- Pinch of Dilmah Ginger & Honey Tea
- ¼ cup Coconut cream
- 1 can Unsweetened coconut milk
- 1 tablespoon sugar



## **Poached Chicken Supreme & Spicy Berry Tea, Basil & Garlic Mojo**

### **Ingredients for Basil & Garlic Mojo**

- 2 teaspoons Dilmah Naturally Spicy Berry
- 2 tablespoons Olive oil
- 1 tablespoon Minced garlic
- 1 tablespoon chopped fresh basil leaves
- 1 tablespoon sugar
- 2 tablespoons fresh lime
- Salt and pepper to taste

### **Ingredients for Stuffing (for The Chicken)**

- ½ teaspoon Dilmah Naturally Spicy Berry
- 1 chicken breast (remove skin)
- 1 teaspoon Cream cheese
- ½ teaspoon Fetta cheese
- 40g Leeks
- Salt and pepper to taste

## **Methods and Directions**

### **Brown Sugar Rubbed Smoked Beef Tenderloin & Mint Tea Apple Mop**

#### **Method of Preparation for the Smoked Beef Tenderloin**

- Pre-set smoker temperature to 100-110°C.
- Pierce the tenderloin with a cook's fork and feed the dry rub into the meat.
- Allow to cure in the rub for no longer than 4-5 minutes.
- Shake off excess dry rub, transfer to smoker.
- Cold smoke for 45 minutes till medium rare.
- Remove from the smoker.
- Serve the tenderloin cut into 75g noisettes.

#### **Method of Preparation for Brown Sugar Rub**

- Using a stainless steel bowl add all the ingredients and combine till well mixed.
- Store the rub in an airtight container for upto 2 weeks.

#### **Method of Preparation for Mint Tea Apple Mop**

- Heat a large sauté pan over medium heat and add the diced bacon and allow it to render until crisp.
- Add the onion, mint tea, pepper and apples to the rendering bacon and raise the heat to a higher



temperature.

- Allow the vegetables to cook for 5 to 7 minutes while stirring frequently.
- Season the mixture with a small amount of salt and pepper.
- Add the remaining ingredients and let it simmer for about 10 minutes or until the mop is soaked.
- Adjust the seasoning and place it in the refrigerator for later use.

### **Star Anise and Cinnamon Juice**

#### **Method of Preparation for 5 Spice Broth**

- Combine the stock, chicken carcass, scallions, mushrooms, Dilmah Cinnamon Tea, ginger, garlic, star anise, fennel, coriander and cloves over a slow fire.
- Simmer for 2 hours, remove from the heat and strain.
- Season with salt and pepper.

#### **Method of Preparation for the Star Anise Sauce**

- To prepare the star anise sauce, bring the broth and star anise to boil in a saucepan. Cook for about 8 to 10 minutes to halve the quantity.
- Add the mushroom soy sauce and simmer for 2 minutes.
- Add the lamb jus and simmer for 30 minutes.
- Season with salt and pepper and swirl in the butter.

#### **Method of Preparation for Coconut Crust**

- To prepare the crust, spread the coconut flakes on a cookie sheet and place in the oven for 5 minutes.
- Combine the honey and mustard and add the garlic, tea, parsley, toasted coconut and cashew nuts and cook over a slow fire.
- Reheat the oven to 250°C. Sauté the lamb rack on both sides until medium rare or to the desired level.
- Top with coconut crust. Leave in the oven for 2 to 3 minutes.

#### **Method of Preparation for Lamb Jus**

- Heat oil in pan. Brown the trimmings and bacon ends.
- Remove the trimmings and drain off the fat.
- Deglaze the pan with red wine vinegar.
- Add the Merlot and reduce the quantity by half.
- Add Mire poire and bring to a boil. Reduce the quantity. Strain through a fine sieve.
- Bring to boil for a few minutes and remove from heat.

#### **Lamb Chops with Cashew & Coconut Crust, Star Anise, Cinnamon Tea Jus and Bean Cassoulet**

- Bring the coconut milk, cream, sugar and Dilmah Ginger & Honey Tea to boil in a saucepan over medium heat.
- Reduce the heat to a low temperature and simmer for about 3 to 4 minutes. Stir frequently until the sauce thickens slightly.
- Continue to simmer for another 10 minutes to let the flavours infuse.



## **Poached Chicken Supreme & Spicy Berry Tea, Basil & Garlic Mojo**

### **Method of Preparation for Basil & Garlic Mojo**

- Heat the olive oil in a pan and sauté the garlic over medium heat for 3 minutes.
- Add the tea leaves, basil, sugar, salt and pepper and remove from the heat. Leave to cool.
- Transfer to a mixing bowl and chill in the refrigerator before serving.

### **Method of Preparation for Stuffing (for The Chicken)**

- Blanch the leeks and set aside.
- Combine the feta, cream cheese and tea and season. Pipe the filling into the leeks.
- Lightly pat out the breasts, season and place the leek tube down the centre of the breast.
- With a cling film tightly secure the breast whilst shaping into a roulade.
- Poach the breast for 6-8 minutes in well flavoured chicken stock.
- Remove from stock and cool off rapidly.

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