

## Prime Rack with Earl Grey Tea, Mandarin Tea Scented Sticky Rice, Slow Roasted Beef Tenderloin



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The Dilmah Book of Tea inspired Cuisine & Beverage

### Ingredients

**Slow Roasted Beef Tenderloin with Dilmah Nuwara Eliya Pekoe Tea Béarnaise and Sautéed Mushrooms**

**Slow Roasted Beef Tenderloin with Dilmah Nuwara Eliya Pekoe Tea Béarnaise and Sautéed Mushrooms**

- 4 Beef tenderloin slices (60g each)
- 50g Sautéed Mushrooms
- 5g Dijon Mustard
- Salt and Pepper to taste

### Ingredients for Nuwara Eliya Pekoe Tea Béarnaise

- 2 Egg yolks
- 100ml Clarified Butter
- 20ml Tea Reduction (refer recipe)
- 4g Brewed Tea Leaves
- Seasoning



### **Ingredients for Tea Reduction**

- 30ml Dilmah t-Series Nuwara Eliya Pekoe
- 10ml White Wine Vinegar
- 2g Chopped Onions
- 1 no. Bay Leaf
- 3 nos. Pepper Corns

### **Dilmah Ceylon Ginger Tea Flavoured Chicken Confit and Mandarin Tea Scented Sticky Rice** **Dilmah Ceylon Ginger Tea Flavoured Chicken Confit and Mandarin Tea Scented Sticky Rice**

- 4 tea bags Dilmah Ginger & Honey Tea
- 4 Boneless Chicken thighs
- 150ml Chicken Fat
- 150ml Boiling Water for the tea
- 20g Braised Onions (refer recipe)
- Salt and Pepper to taste

### **Ingredients for Sticky Rice**

- 100ml Dilmah Mandarin Tea
- 60g Glutinous Rice
- 5g Sugar
- 3g Salt
- 3g Chicken Powder
- 1g Monosodium glutamate (Food additive)
- Seasoning
- Lotus Leaves for steaming

### **Ingredients for Braised Onions**

- 4g Dilmah Mandarin Tea
- 60g Sliced Onions
- 10ml Mandarin Juice
- 20ml Chicken Fat

### **Prime Rack Of Lamb with Earl Grey Tea Jus Drizzled with Dilmah Ceylon Gourmet Silver Tip Tea Oil**

### **Prime Rack Of Lamb with Earl Grey Tea Jus Drizzled with Dilmah Ceylon Gourmet Silver Tip Tea Oil**

- 4 teaspoons Dilmah White Tea Ceylon Silver Tips Oil
- Cleaned Whole Rack of Lamb
- 40g Tea Crust (refer recipe)
- 4g Mustard
- 4 tablespoons Green Pea Mash
- Salt & Pepper to taste



### **Ingredients for Tea Crust**

- 6g Dilmah t-Series The Original Earl Grey
- 5g Fresh Butter
- 35g Fresh Bread Crumbs

### **Ingredients for Earl Grey Jus**

- 10g Dilmah Earl Grey Tea
- 60ml Lamb juice
- 50ml Boiling Water
- 5g Fresh Butter

### **Methods and Directions**

#### **Slow Roasted Beef Tenderloin with Dilmah Nuwara Eliya Pekoe Tea Béarnaise and Sautéed Mushrooms**

#### **Slow Roasted Beef Tenderloin with Dilmah Nuwara Eliya Pekoe Tea Béarnaise and Sautéed Mushrooms**

- Season the tenderloin with salt, pepper and mustard.
- Slow roast in the oven until medium done.

#### **Method of Preparation for Nuwara Eliya Pekoe Tea Béarnaise**

- Prepare a Béarnaise sauce with the ingredients.

#### **Method of Preparation for Tea Reduction**

- Combine all the ingredients and prepare the reduction.

#### **Dilmah Ceylon Ginger Tea Flavoured Chicken Confit and Mandarin Tea Scented Sticky Rice** **Dilmah Ceylon Ginger Tea Flavoured Chicken Confit and Mandarin Tea Scented Sticky Rice**

- Brew the Dilmah Ginger & Honey Tea with boiling water.
- Season the chicken thighs with salt and pepper.
- Combine the chicken with the brewed tea, chicken fat and cook for 1 hour at 160°C.

#### **Method of Preparation of Sticky Rice**

- Combine all the ingredients.
- Wrap the rice in lotus leaves and cook.

#### **Method of Preparation for Braised Onions**



- Braise the sliced onions with Dilmah Mandarin tea and Chicken fat.
- When the onions are brown and aromatic, mix in the mandarin juice. **Season with salt and pepper.**

### **Prime Rack Of Lamb with Earl Grey Tea Jus Drizzled with Dilmah Ceylon Gourmet Silver Tip Tea Oil**

### **Prime Rack Of Lamb with Earl Grey Tea Jus Drizzled with Dilmah Ceylon Gourmet Silver Tip Tea Oil**

- Season the rack of lamb with mustard, salt & pepper.
- Seal and slow roast in an oven till medium done.
- Evenly apply the tea crust (refer recipe) on the lamb.
- Slightly colour under salamander.

#### **Method of Preparation for Tea Crust**

- Combine all the ingredients and prepare the crust.

#### **Method of Preparation for Earl Grey Juice**

- Mix the Earl Grey tea with the lamb juice and boil once.
- Mount with fresh butter until it reaches a good texture.

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