

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



0 made it | 0 reviews



- Sub Category Name
Combo
Main Courses
- Recipe Source Name
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.

ALL RIGHTS RESERVED © 2024 Dilmah Recipes | Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 25/11/2024