

## Seafood Platter



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- Sub Category Name  
Food  
Main Courses

### Used Teas



Lemon

### Ingredients

#### Seafood Platter

- Dilmah Lemon Tea flavoured fish stock
- 1 small baby lobster
- 1 scallion
- 1 mussel
- 1 small salmon
- 1 egg white
- Risotto rice



- Lemon juice
- White wine
- Parmesan cheese
- Onion
- Garlic
- Seasonal vegetables
- Olive oil
- Fresh Cream
- Salt & Pepper

### **Ingredients for the Saffron Beurre Blanc**

- Saffron
- Fish reduction
- Cream
- White wine
- Onion
- Garlic
- Thyme
- Hard butter

### **Methods and Directions**

#### **Seafood Platter**

- Sauté the onion and garlic.
- Add the lobster meat and cook for a few minutes.
- Add a dash of white wine and fish stock and leave it to reduce.
- Add the cream.
- Remove the meat from the pan and fill into a shell.
- Beat the egg white and pour over the lobster meat.
- Sprinkle some Parmesan cheese and place in oven and leave until it colours.
- Poach the salmon with the lemon tea flavoured fish stock. Add roughly cut vegetables and white wine and season.
- Pan sear the scallions and grill the mussel separately.

#### **Method of Preparation of the Saffron Beurre Blanc**

- Sauté the onion and garlic.
- Add the saffron, fish stock, wine and thyme and leave the mixture to reduce.
- Heat the cream and add the butter.
- Strain the reduced mixture and stir into the cream and butter blend.



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