

Trio of Moutabel paired with Pear beauty by Dilmah (ICED TEA)



0 made it | 0 reviews



Chaminda Roziro



Patrick Njenga Mihiu

Flavourful and revitalising iced tea

- Sub Category Name
Combo
- Recipe Source Name
Afternoon tea for the 21st Century - UAE
- Glass Type
Cardinal Goblet

Used Teas



Elixir of Ceylon Tea
Black Tea with Pear

Ingredients

Trio of Moutabel paired with Pear beauty by Dilmah (ICED TEA)
Ingredients for the Trio of Moutabel



- 500gm large eggplant
- 75ml Tahini (sesame paste)
- 100gm plain yoghurt
- Salt to taste
- 10ml lemon juice
- 80gm beetroot
- 50gm fresh ZaAtar leaves
- 1 small butternut pumpkin
- 1 small cucumber

Ingredients for the Pear beauty by Dilmah (ICED TEA)

- 30ml Elixir of Ceylon tea (Black tea with pear flavour)
- 30ml freshly squeezed orange
- 15ml freshly squeezed lemon
- 180ml water
- A dash of homemade ginger juice

Methods and Directions

Trio of Moutabel paired with Pear beauty by Dilmah (ICED TEA)

- Stick the eggplants on a couple of skewers and grill over an open flame the skin will blacken and wither with the heat, keep turning them until the skin and the flesh is soft.
- Take them off the flame and keep them aside to cool.
- Peel the eggplants under cold running water so any blackened skin will wash away.
- Drain them overnight in the fridge to remove excess moisture.
- Chop the eggplant to form a rough pulp. Caution not to make it like a paste.
- In mixing bowl put the chopped eggplant, the tahini, yoghurt, salt and lemon juice one by one to mix well.
- This will be the basemoutabel Divide this into three parts and keep in the fridge.

Method for the Beetroot Moutabel

- Peel and cut the beetroot in small cubes and roast in the oven till cooked
- Make a pulp
- Now take one part of the moutabel and mix the beetroot pulp. Check salt and add if necessary

Method for the ZaAtar

- Chop the fresh zaatar leaves and mix with the 3rd part of the moutabel. This makes the zaatar moutabel.
- Now slice the pumpkin and cut this to a round shape about 3/4th of an inch diameter and 1/2 inch thick.



- Roast it in the oven at low heat taking care not to colour it but until just cooked. Scoop a little at the centre and fill with beetroot moutabel.
- Peel and cut cucumber into roundels about 3/4th inch height. Scoop the inner core half way through and fill with plain moutabel.
- Cut the small tomato to about 3/4th height and scoop the seeds.
- Fill the tomato cup with zaatarmoutabel.
- Garnish and present as shown.

Method for the Pear beauty by Dilmah (ICED TEA)

- Chill the high ball glass
- Add all the ingredients into a cocktail shaker
- Fill the shaker with ice cubes
- Shake vigorously
- Strain into the chilled high ball glass
- Garnish with a slice of pear and a sprayed orange zest

ALL RIGHTS RESERVED © 2025 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From teainspired.com/dilmah-recipes 03/04/2025