

Coral Trout, Spring Onion and Ginger, Kohlrabi, Pickled Shallots, Dilmah Green Tea with Jasmine Bone Broth, Dilmah Green Tea Salt



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Simon Toohey

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Dilmah recipes
- Festivities Name
Autumn
Spring
Summer
Winter
Christmas
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Chinese New Year Festival

Used Teas



Pure Ceylon Green
Tea



Green Tea with
Jasmine



Ingredients

Coral Trout, Spring Onion and Ginger, Kohlrabi, Pickled Shallots, Dilmah Green Tea with Jasmine Bone Broth, Dilmah Green Tea Salt

- 2 Fillets of Snapper

For the Broth

- 1 Fish Carcass
- 2 L Water
- 4 Spring Onions - chopped
- 3 Cloves Garlic - crushed
- 1 Big Thumb of Ginger
- 1 tsp Fennel Seeds
- 1 tsp Coriander Seeds
- 1 tsp White Pepper
- 1 Star Anise
- 2 Ripe Red Tomatoes - chopped
- 1 tbsp Tomato Paste
- 2 Lemongrass Stalks - crushed
- 5 Dried Chillies
- 1 Stalk Celery
- 15 Button Mushrooms - chopped
- 3 Dilmah Jasmine and Green Tea Bags

For the Kohlrabi Salad

- 1 Kohlrabi
- 1 Lemongrass - chopped finely and bruised
- 2 Spring Onions - chopped finely
- 60 ml Oil
- Large Pinch of Salt

Finish

- 2 Dilmah Green Tea bags
- 1 tbsp Salt

Methods and Directions

Coral Trout, Spring Onion and Ginger, Kohlrabi, Pickled Shallots, Dilmah Green Tea with Jasmine Bone Broth, Dilmah Green Tea Salt



For the Broth

- In a pot with cold water add everything except the mushrooms and the Jasmine Tea. Bring it slowly to boil, then turn the heat down to a simmer, skimming off any impurities. Cook for 25 mins, strain off all the ingredients and pour the stock back into another, smaller pot and add the Dilmah Green Tea and the mushrooms. Then reduce to medium heat for another 30 mins or until the broth has become super flavourful and not too intense and strong.
- While the stock is reducing, make the salad. Place the diced lemongrass and spring onions in a heat proof bowl. Bring oil to the smoking point and pour over. The mixture will bubble like crazy so be sure to have a big enough bowl, then let it cool. Once the mixture is cool enough, blend it until a semi smooth.
- Mandoline the kohlrabi into strips or cut finely, pour the blended mixture in, and stir to combine.
- Finally cook the fish, skin side down in an extremely hot non-stick pan with 1 tbs of oil. 3 mins on the skin side, holding it down to be sure it is evenly cooked. Turn the heat off and place it flesh side down and cook it for 1 min like this. Take the fish out of the pan and leave it to the side to rest.
- Place a nice amount of Kohlrabi salad on a high walled plate, top it with the fish, skin facing up, gently pour the hot broth around the fish and salad, garnish with coriander.

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