

Charred Cos Lettuce, Orange, Hazelnuts & Hazelnut Oil



0 made it | 0 reviews



Simon Toohey

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Tea infused
- Festivities Name
Autumn
Spring
Summer
Winter

Used Teas



Detox Natural Herbal
Infusion

Ingredients

Charred Cos Lettuce, Orange, Hazelnuts & Hazelnut Oil

- 2 Baby cos lettuce
- 1 Orange
- 20g of Roasted hazelnut



- 1tbls Hazelnut oil
- 1 Detox tea bag
- ½ Lemon juice
- 1tbls Maple syrup

Methods and Directions

Charred Cos Lettuce, Orange, Hazelnuts & Hazelnut Oil

- Cut the baby cos down the middle.
- Place a cooling rack over the flame on the stove and place on high heat. Pour the vegetable oil over your hands and rub them together.
- Rub the cos with oil then place cut side down on the flame and cook for a couple of minutes.
- You are aiming for wonderful char and wilt marks on the cos and for the un-cut sides to be raw still.
- Take off the heat and place cut side up on the serving plate.
- Take the top and bottom off the orange. Then with a sharp knife cut the skin and pith off. Finally cut out the segments of the orange. Place these segments into the sections of the cos lettuce
- Place the hazelnut oil, lemon juice, tea leaves from the bag and maple syrup in a bowl.
- Whisk until combined and pour over the cos. Finally crush the roasted hazelnuts and sprinkle over. Serve.