

EARL GREY TEA INSPIRED COD WITH FENNEL



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- Sub Category Name
Combo
Desserts
- Recipe Source Name
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Ingredients

EARL GREY TEA INSPIRED COD WITH FENNEL

Earl Grey Oil

- 500g Dilmah Earl Grey Tea
- 50ml grape oil

Earl Grey Marinated Cod

- 300g cod fillet
- 70g Dilmah Earl Grey oil
- 3g salt

Fennel Purée

- 750g fennel



Fennel Cream

- 200g cream
- 40g fennel seeds

Fennel Flan

- 350g fennel purée
- 150g fennel cream
- 3g iota (texturas)
- 5g sugar
- 2.5g salt
- 1g white pepper

Earl Grey Vinegar

- 100ml natural vinegar
- 10g Dilmah Earl Grey Tea

Earl Grey Mayonnaise

- 160g Earl Grey oil
- 3g mustard
- 15g egg yolk
- 27ml Earl Grey vinegar
- 3g salt

Earl Grey Milk

- 100ml milk
- 5g Dilmah Earl Grey Tea

Earl Grey Water

- 100ml water
- 5g Dilmah Earl Grey Tea

Earl Grey Biscuit

- 250g flour
- 30g butter
- 5g Earl Grey milk
- 55g Earl Grey water
- 7.5g sea salt
- 5g sugar



Methods and Directions

EARL GREY TEA INSPIRED COD WITH FENNEL

Earl Grey Oil

- Vacuum the ingredients together. Then, infuse them in an oven at 60C for 2 hours.
- When it has cooled down, put it through a sieve.
- Note: Grape oil is used because it has a neutral flavour.

Earl Grey Marinated Cod

- Clean and cut the cod into pieces 2cm thick pieces.
- Salt the cod and place in a vacuum bag with the Earl Grey oil. Marinate this for a day in the fridge.
- Prepare a piece of cling foil on the bench and place the cod on top.
- Make a tight roll and put a knot at both ends. Put in an oven at 50C. Then, pierce a core temperature meter into one of the rolls. The core temperature needs to be 47C.
- Let it cool down, then cut it into slices of 0.5cm

Fennel Purée

- Cut the fennel into small pieces and cook in boiling water, al dente.
- Put this in the thermo blender and puree at 60C.
- Put the purée through a sieve to get a smooth fennel purée.

Fennel Cream

- Vacuum the ingredients together. Then, infuse this in an oven at 60C for 2 hours.
- When it has cooled down, put it through a sieve.

Fennel Flan

- Put all the ingredients together into the thermo blender and cook to 80C.
- Prepare a tray with foil. Pour the flan into the tray at 1cm thickness.
- Put this into the blast chiller and cut them to 7.5cm X 2.5 cm.
- It is important that the fennel flan has a nice colour.
- Cook it for a short period and keep it at 60C. This way, it keeps a light green colour.
- Note: Iota is made of red algae. With it, you can produce a soft, elastic gel. It can also make hot gelatin.

Earl Grey Vinegar

- Vacuum the ingredients together.
- Infuse this in an oven at 60C for 2 hours.



Earl Grey Mayonnaise

- It is important that you use natural vinegar. Other types of vinegar will make your mayonnaise too acidic.
- Add the mustard, egg, vinegar and salt into a mixing bowl.
- Then, mix them together using a hand blender. Pour the oil gradually into the rest of the mixture. It will then start to thicken up like a normal mayonnaise. Put the mayonnaise into a piping bag.

Earl Grey Milk

- Vacuum the ingredients together.
- Then, infuse this in an oven at 60C for 2 hours.

Earl Grey Water

- Vacuum the ingredients together.
- Then, infuse this in an oven at 60C for 2 hours.
- When it has cooled down, put it through a sieve.

Earl Grey Biscuit

- With the Hobart or by hand, make elastic dough.
- Place this in cling foil and let it rest in the fridge for at least 2 hours.
- Roll the dough thinly on your bench using a rolling-pin.
- Cut the dough to 8cm by 3cm pieces, and place it on a baking tray with a silicone mat.
- Bake the biscuits in an oven at 180C for approximately 15 minutes.