



SALMON IN BLACK TEA WITH COCONUT SAUCE & RICE



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Christina Perre



Sara Egan

- Sub Category Name
Food
Main Courses
- Recipe Source Name
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Used Teas



Gourmet Ceylon
Supreme

Ingredients

SALMON IN BLACK TEA WITH COCONUT SAUCE & RICE



Curry Tea Spice

- 10 tbsp Dilmah Supreme Ceylon Single Origin Tea
- 1 tbsp turmeric
- 1 tsp ground ginger
- 4 tsp paprika
- 4 tsp ground coriander
- 1 tsp freshly ground black pepper

Coconut Rice

- 2 tbsp olive oil
- 1 medium onion, chopped
- 430g brown or white rice
- 960ml water
- 130g chopped, unsalted, roasted cashews
- 190g sweetened shredded coconut
- Pinch of fine sea salt

Salmon

- 6 salmon fillets
- 6 tbsp olive oil, divided
- 3 tbsp Curry Tea Spice

Black Tea-Coconut Sauce

- 2 medium onions, sliced
- 3 garlic cloves, finely chopped
- 1 piece ginger
- ¼ cup Curry Tea Spice
- 1 ½ tbsp tomato paste
- 400ml coconut milk
- 1½ cups water
- 1 tbsp white vinegar
- 2 tbsp fresh lemon juice
- 1 dried red chilli, deseeded or ½ tsp. ground chilli powder
- 5 tbsp granulated sugar
- 5 curry leaves (optional)
- 2 russet potatoes cut into 12mm cubes
- Fine sea salt, to taste
- 1 red and 1 green pepper, finely diced



Methods and Directions

SALMON IN BLACK TEA WITH COCONUT SAUCE & RICE

Curry Tea Spice

- Combine tea, turmeric, ginger, paprika, coriander and pepper in a spice grinder or mortar and pestle and grind to a fine power.
- Reserve 7 tablespoons for the salmon, and store any leftovers in an airtight container in a dark cupboard.

Coconut Rice

- In a large pot, heat oil over medium heat, add the onion, stir and cook until translucent, for about 5 to 7 minutes.
- Add the rice, stir and heat for 2 minutes, then add the water.
- Bring to a boil over high heat, stir and reduce the heat to low.
- Cover and cook for 40 minutes, until rice is almost tender yet still holding its shape well. Stir in the cashews, coconut and salt. Remove from the heat, cover and reserve.

Salmon

- Rub the fillet on all sides with 3 tablespoons oil, roll in the curry tea spice.
- Heat the remaining oil over medium-high heat until hot.
- Add the salmon and quickly sear on both sides; this should take less than a minute per side and centre should stay rare.
- Transfer the salmon to a plate and set aside.

Black Tea-Coconut Sauce

- Using the same pan as the salmon, add additional oil, if needed and cook the onions over medium – high heat until translucent, stirring constantly.
- Add garlic and ginger and mix well.
- Add the curry tea spice and cook for 3 more minutes.
- Add the tomato paste, coconut milk, water, vinegar, lemon juice, chilli, sugar and curry leaves.
- Increase heat to high and bring to a boil. Reduce to low – medium heat, cover and simmer, for 25 minutes, to meld flavours. The final sauce should be the thickness of heavy cream.
- Stir occasionally, adding additional water if mixture becomes too thick.
- When sauce thickens, add the potatoes and cook until partially cooked and still slightly firm, for about 10 -12 minutes.
- Add the salmon and cook for additional 5 to 7 minutes, depending on the thickness of the salmon, until salmon is cooked to your liking and the potatoes are tender when pierced with the tip of a knife. Taste and season with salt as needed.



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