



SUPREME CEYLON SINGLE ORIGIN TEA SMOKED RAINBOW TROUT



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Brent Hughes



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- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 2

Used Teas



Gourmet Ceylon Supreme

Ingredients



SUPREME CEYLON SINGLE ORIGIN TEA SMOKED RAINBOW TROUT

Smoked Trout

- Whole rainbow trout
- Dilmah Supreme Ceylon Single Region Tea
- 50g salmon pearls

Irish Soda Bread

- 4 cups flour
- 2 tsp bicarb soda
- 1 tsp salt
- 60g butter
- 2 ¼ cup butter milk

Chive Crème Fraiche

- 1 bunch Chives, sliced
- 300ml crème fraiche
- Salt
- Pepper

Methods and Directions

SUPREME CEYLON SINGLE ORIGIN TEA SMOKED RAINBOW TROUT

Smoked Trout

- Place Dilmah Supreme Ceylon tea in the bottom of a foiled tray and then place the trout on a wire rack above it.
- Place the tray over a flame on a low heat.
- When it starts to smoke place a lid over the top and then place in the oven at 160C for 10 – 15 minutes.

Irish Soda Bread

- Preheat oven to 190°C. Line a tray with baking paper.
- Sift 4 cups flour, 2 teaspoons bicarbonate of soda and 1 teaspoon salt into a large bowl.
- Rub in 60g butter, cubed. Mix in 2-2 ¼ cups buttermilk to form dough. Bring together on a floured surface to form a ball.
- Shape dough into a 20cm round. Place on the tray. Cut a cross in the top. Bake for 35-45 minutes.

Chive Crème Fraiche



- Mix the crème fraiche and chives together and season

To Serve

- Cut the bread and top with crème fraiche.
- Flake the trout on top of the bread.
- Place some salmon pearls on top with picked baby chervil.

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