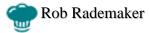


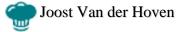
## SLOW COOKED-CODFISH AND GREEN SENCHA





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Slow-cooked codfish served with Green Tea granite, green apple, radishes, green tea marinated-cucumber slices, lime crème-fraiche.

- Sub Category Name Food Main Courses
- Recipe Source Name Dilmah Real High Tea Global Challenge 2015

#### **Used Teas**



Sencha

### **Ingredients**

SLOW COOKED-CODFISH AND GREEN SENCHA Green Tea Granite



- 400ml Water
- 8g Dilmah Green Sencha
- 2g Salt
- 100g Cucumber Juice
- ½ Piece Lime Juice

#### Green Tea Marinade

- 200ml Water
- 50g Sugar
- 50g Natural Vinegar
- 8g Sencha Green Tea

#### Lime Creme Fraiche

- 100g Crème Fraiche
- ½ piece of Lime Zest
- Salt

#### Green Tea Oil

- 400g Sunflower Seed Oil
- 20g Sencha Green tea

#### **Slow-Cooked Codfish**

- 200g Codfish
- 2g Salt
- 4g Sencha Green Tea

#### **Methods and Directions**

# **SLOW COOKED-CODFISH AND GREEN SENCHA Green Tea Granite**

• Bring the water and salt to a boil, infuse the Sencha Green tea for 5 minutes. Add the other ingredients and mix well. Freeze overnight.

#### **Green Tea Marinade**

• Bring all the liquids to a boil and infuse the Sencha Green Tea. Let it cool. Use this marinade to infuse the cucumber slices.



#### Lime Creme Fraiche

• Mix everything together

#### Green Tea Oil

• Mix everything together, vacuum and let it infuse for 24 hours at 50C. Use this oil to slow cook the codfish in.

#### **Slow-Cooked Codfish**

• Roll the fish through the salt, let it stand for 2 hours and wash the fish. Then roll it through the green tea and let it marinate overnight. Cook the fish at 52°C in green tea oil.

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