

## SLOW COOKED-CODFISH AND GREEN SENCHA



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Rob Rademaker



Joost Van der Hoven

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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