

## Grilled Lobster with Sauce Crème Ceylon Green Tea with Lychees and Ginger



0 made it | 0 reviews



Peter Kuruvita

- Sub Category Name  
Food  
Main Courses
- Recipe Source Name  
Dilmah t-Series Recipes
- Activities Name  
Tea Inspired Lunch Corner

### Used Teas



t-Series Ceylon Green  
Tea with Lychee and  
Ginger

### Ingredients

#### Sauce Crème

- 1L Fish Stock
- 250ml White Wine
- 250ml Noilly Pratt (dry vermouth)
- 1L Double Cream
- 5 Shallots, finely diced



- 1 Bay Leaf
- 5 White Peppercorns
- A Sprig of Thyme
- 2 tablespoons Dilmah Ceylon Green Tea with Lychees and Ginger
- Salt to taste

## Methods and Directions

### Sauce Crème

- Add all the ingredients into a heavy based pan and reduce by 75%
- Add the cream and bring to boil, season and turn off
- Add the tea and cover, set aside for 10 minutes stirring occasionally
- Strain and set aside
- When needed, warm up the sauce just before boiling and then use a stick blender to emulsify before using. This can be kept in the fridge for 1 week
- To serve, cook the lobster and slice the tail
- Serve with the Sauce Crème and garnish as you wish

ALL RIGHTS RESERVED © 2025 Dilmah Recipes| Dilmah Ceylon Tea Company PLC Printed From  
[teainspired.com/dilmah-recipes](https://teainspired.com/dilmah-recipes) 06/01/2025