

GAI SI FENPI



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Ho Wing Hong

Almond tea infused chicken served with bean jelly noodles and julienne of cucumber, tossed in Chinese pear sour-sauce and ginger oolong honey.

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

Used Teas



Exceptional Italian
Almond Tea

Ingredients

GAI SI FENPI

- 2 Chicken Legs
- 8g Almond Tea



- 9g Oolong Ginger Tea
- 2 Chinese Pears
- 20ml White Balsamic Vinegar
- 1g Dried Chilli
- 100ml Organic Bee Honey
- 3g Cucumber, julienned
- 56g Bean Jelly Noodle

Methods and Directions

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- Make a strong brew of almond tea and leave to cool.
- Place the chicken in the tea, bring to a boil and simmer for 4 minutes.
- Leave to cool and soak in the tea for 24 hours. Slice and then soak again for another 12 hours.
- Soak the Bean noodle in hot water for 5 minutes, slice into thin strips.
- Blend the Chinese pear. Add the chilli and white balsamic to taste.
- To assemble – toss the bean noodles in the dressing and place in the bottom of a teacup, then place the julienne of cucumber.
- Toss the thinly sliced chicken in the oolong honey and sit on top of the cucumber, drizzle with extra honey and serve.