

Lobster and Parrot Fish Patties with Ceylon Green Tea Rice Crisps



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Peter Kuruvita

If you can't find banana leaves, you could also cook them wrapped in grease proof paper and then foil.

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Real High Tea at Home Recipes

Used Teas



Exceptional Ceylon
Green Tea

Ingredients

Lobster and Parrot Fish Patties with Ceylon Green Tea Rice Crisps Patties

- 2 large banana leaves
- 200g lobster or prawn meat



- 400g white fish fillets (such as snapper), bones removed
- 2 garlic cloves, finely chopped
- 2cm piece of ginger, finely grated
- 2 shallots, finely chopped
- 2 green chillies, finely chopped
- 1 whole egg

Salt

- 1 large carrot, peeled, cut into matchsticks
- 1 small green paw paw, peeled, seeded, cut into matchsticks
- 1 green chilli, seeded, thinly sliced lengthways
- Juice of 1 lime
- Salt and freshly ground black pepper

Dilmah Ceylon Green Tea Crisps

- 320g long grain rice
- 1l water
- 10g Dilmah Exceptional Ceylon Green Tea
- Vegetable oil, to deep fry
- Salt
- Silicone mat

Methods and Directions

Lobster and Parrot Fish Patties with Ceylon Green Tea Rice Crisps

Lobster and Parrot Fish Patties

- Cut the banana leaves into 30cm x 30cm squares and run under an open flame to soften it (you will need 12 pieces).
- Use a large sharp knife to finely chop the lobster or prawn meat and fish (do not use a food processor as this will make the mixture rubbery).
- Add garlic, ginger, shallot and chilli and use your hands to stir until just combined.
- Add egg and stir until well combined.
- Set aside for 5 minutes to rest.
- Preheat oven to 230°C.
- Place pizza stone or oven tray in oven to preheat.
- Place 100g of the fish mixture into the centre of 2 oiled banana leaves.
- Fold sides over to enclose filling and secure with kitchen string.
- Repeat with remaining fish mixture and banana leaves to make 6 parcels.
- Cook parcels on pizza stone for 5 minutes.
- Turn parcels and cook for a further 5 minutes or until cooked through.



- Meanwhile, combine the carrot, paw paw, chilli and lime juice in a medium bowl.
- Taste and season with salt and pepper.
- Place parcels on serving plates with carrot salad.
- Serve immediately with lime wedges, if desired.

Dilmah Ceylon Green Tea Crisps

- Wash the rice and place it in a large pot with the water and cook till it is overcooked or is a porridge like texture.
- Puree with a hand blender till nearly smooth but still contains small pieces throughout.
- Crush the Ceylon Green Tea leaves in your hand and mix the tea leaves into the still warm rice porridge.
- Spread the mix onto the silicone mat 1.5mm thick.
- Dehydrate in an oven with no fan at 50°C until dry but still pliable.
- Break into large fragments and keep dry.
- Heat oil to 190°C. Deep fry fragments until they are puffed and crisp, place on paper towel to drain, serve immediately.

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