

ENTRÉE NO. 1

## ENLIGHTENED CULINARY: GREEN MEDITATIONS

BY EXECUTIVE CHEF ALEX CHEN



TEALEAVES  
ORGANIC LONG LIFE GREEN

CREATED AT BOULEVARD KITCHEN AND OYSTER BAR

### INGREDIENTS

#### GREEN MEDITATIONS LOBSTER

- 2 Lobsters | claws removed
- 3 L Court Bouillon | see below
- Citrus Crème Fraîche | see below
- Parsley Coulis | see below
- 3 sprig Sea Grass
- 3 sprig Nasturtium Leaves
- 3 sprig Fennel Flower
- 3 sprig Wood Sorrel
- 3 sprig Chervil Stems
- 3 sprig Chervil

#### COURT BOUILLON SACHET

- 3 g Star Anise
- 5 g Fennel Seeds
- 2 g Thyme
- 3 Whole Bay Leaves

Wrap all ingredients in a cheesecloth and secure with butcher's twine

#### COURT BOUILLON

- 80 g Shallots | 1 cm slices
- 85 g Celery | 2 cm slices
- 50 g Leek | cut into half rounds, 2 cm slices
- 65 g Fennel Tops | fronds and stems, 2 cm slices
- 75 g White Button Mushrooms | 5 mm slices
- 5 g Celery Leaves
- 110 g Yellow Onion | cut in quarters, 2 cm slices
- 5 g Tarragon
- 13 g Parsley Stems
- 275 g White Wine
- 1 Lemon | sliced 2 cm rounds
- 1 Orange | sliced 2 cm rounds
- 3-75 L Water
- 40 g Kosher Salt
- 1 Lemon Juice | whole
- 3 TEALEAVES Organic Long Life Green Whole Leaf Pyramid Teabags

#### CITRUS CRÈME FRAÎCHE

- 100 g Crème Fraîche
- 100 g Whipping Cream
- 2 g Kosher Salt
- 1 g Lemon Zest
- 1 g Lime Zest
- 1 g Orange Zest

#### PARSLEY COULIS

- 200 g Flat Leaf Parsley | no stems
- 300 g 2% Milk
- 100 g Heavy Cream
- 130 g Shallots | cut into 2 cm
- 130 g Garlic Cloves | stems removed
- 3 g Kosher Salt

### STEPS

#### GREEN MEDITATIONS LOBSTER

Warm up court bouillon infused with TEALEAVES Organic Long Life Green Whole Leaf Pyramid Teabags. Tie lobsters (2 x 1.5lb) and remove claws. Cook lobster in court bouillon (body for 4 minutes, claws for 6 minutes) and cool. Remove lobster from shells. Place crème fraîche in squeeze bottle and lay out all of the microgreens. Cut lobster and plate parsley coulis. Pipe on crème fraîche and garnish lobster with herbs. Add a dash of sea salt to lobster. Enjoy!

#### COURT BOUILLON

Add all court bouillon ingredients into a stock pot and bring to a boil. Turn heat down, simmer 20 minutes. Strain ingredients through fine mesh strainer and let cool.

#### LONG LIFE GREEN TEA INFUSION

Steep 3 bags of TEALEAVES Organic Long Life Green Whole Leaf Pyramid Teabags in 3 cups of hot water for no more than one minute.

#### CITRUS CRÈME FRAÎCHE

Add whipping cream, kosher salt, black pepper and brandy into mixing bowl. Whip with whisk until soft (do not whip for too long to prevent the cream from splitting). Fold in tarragon, cover with plastic wrap and refrigerate.

#### PARSLEY COULIS

Remove stems from parsley. Bring a large pot of salted water to a rapid boil. Blanch parsley in salted water for 60 seconds (do not cool in ice, let parsley drain for 5 minutes, then squeeze it dry by hand). Bring cream, milk, shallots, garlic and salt to a boil. Let simmer for 20 minutes or until garlic cloves are soft. Add parsley to milk mixture and adjust seasoning. Purée on high in blender until smooth, and cool on ice to preserve color. Wrap with saran wrap directly on the purée to prevent skin from forming.



BOULEVARD  
KITCHEN & OYSTER BAR

TEALEAVES



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