

ENTRÉE NO. 6

CALM CULINARY: BALANCING ACT

BY EXECUTIVE CHEF CYRILLE PANNIER



TEALEAVES
ORGANIC CHAMOMILE BLOSSOMS

CREATED AT FOUR SEASONS LOS ANGELES AT BEVERLY HILLS

INGREDIENTS

BALANCING ACT PRAWNS

- 12 U10 Prawns | peeled and deveined
- 1 tsp. Olive Oil
- 1 Bamboo Skewers
- Salt & Pepper to Taste
- 3 Chamomile Jelly | diced | see below
- 4 cups Mango Salad | see below
- 1 pinch Fresh Chamomile Blossoms

CHAMOMILE JELLY

- 4 TEALEAVES Organic Chamomile Blossoms Whole Leaf Pyramid Teabags
- 20 cL Water
- 1 tbspc. Meyer Lemon Juice
- 1 tsp. Honey
- 0.25 tsp. Agar Powder
- 2 Gelatin Leaves | softened in cold water

MANGO SALAD

- 1 Mango | peeled and sliced
- 2 Oranges | in segments
- 4 Spring Onions | finely sliced
- 0.3 Cucumber | peeled, seeded and finely sliced
- 2 tbspc. Mint | roughly chopped
- 2 tbspc. Coriander | roughly chopped
- 2 tbspc. Thai Basil | roughly chopped
- 1 tsp. Sesame Seeds | toasted
- 0.25 cup Chamomile Vinaigrette

CHAMOMILE VINAIGRETTE

- 1 TEALEAVES Organic Chamomile Blossoms Whole Leaf Pyramid Teabags
- 1 cup Vegetable Stock
- 1 tbspc. Lime Juice
- 15 g Corn Flour
- 10 cL Grape Seed Oil
- Salt & Pepper to Taste

STEPS

BALANCING ACT PRAWNS

Thread 3 prawns onto each skewer. Season with salt & pepper. In large nonstick skillet, heat olive oil and add prawn skewers, cook for about 1 minute each side over moderate heat until opaque. Remove skewers and rest on paper towel. Place skewers in middle of each plate, drizzle some vinaigrette. Place the chamomile jelly and blossoms and the mango salad around the skewers. Enjoy!

CHAMOMILE JELLY

Infuse 4 TEALEAVES Organic Chamomile Blossoms Whole Leaf Pyramid Teabags in 20 cL of hot water. Strain and add lemon juice, softened gelatin leaves and agar. Pour into container and let set in refrigerator. Once set, dice into cubes. Will yield 12 diced cubes (3 needed for dish).

MANGO SALAD

Mix all ingredients together.

CHAMOMILE VINAIGRETTE

Infuse hot vegetable stock with one bag of TEALEAVES Organic Chamomile Blossoms Whole Leaf Pyramid Teabags. Mix the corn flour with 1 tbspc of cold water and add to hot stock. Transfer to small saucepan and boil for 1 minute, cool down. When cold, emulsify the vinaigrette with lime juice and grape seed oil.



FOUR SEASONS HOTEL
Los Angeles at Beverly Hills

TEALEAVES



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