

ENTRÉE NO. 9

PEACEFUL CULINARY: OCEAN BREEZE

BY EXECUTIVE CHEF TORY MARTINDALE



TEALEAVES
RELAX

CREATED AT FOUR SEASONS RESORT PALM BEACH

INGREDIENTS

SEAFOOD PREPARATION

- 3 TEALEAVES Relax Whole Leaf Pyramid Teabags
- 2 Scallops
- 2 oz Fresh Conch Meat
- 4 Rock Shrimp
- Tropical Seafood Salad
- Coconut Sherry Vinaigrette

FLORIDA TROPICAL SEAFOOD SALAD

- 1 tbsp. Red Onion | finely diced
- 0.25 cup Frisee Greens
- 4 tbsp. Diced Mango
- 1 Lime
- 1 oz Coconut Sherry Vinaigrette
- 2 tsp. Extra Virgin Olive Oil
- Salt & Pepper

COCONUT SHERRY VINAIGRETTE

- 1 tbsp. Sherry Vinegar
- 1 tsp. Dijon Mustard
- 1 oz Coconut Milk
- 0.25 oz Curaçao Liqueur
- 5 tbsp. Extra Virgin Olive Oil
- Salt & Pepper to taste

STEPS

SEAFOOD PREPARATION

Boil 3 TEALEAVES Relax Whole Leaf Pyramid Teabags in 2 quarts of water for 15 minutes. Let cool and place scallops and conch meat inside to set overnight. Remove the next day and pat dry with paper towel. In a hot pan, sear the 2 scallops until golden brown and put aside to cool. Slice the scallops in half to make two round pieces. Drizzle 1 oz of the Coconut Sherry Vinaigrette on plate and lightly pile the tropical seafood salad ingredients in the middle. Drizzle remaining olive oil over the plate. Enjoy!

FLORIDA TROPICAL SEAFOOD SALAD

Lightly poach the rock shrimp for 30 seconds and remove. In a metal bowl, place fine diced red onion, frisee, poached rock shrimp, scallop, diced mango, thin cut wax apple and thin sliced conch. Add juice from 1 lime, salt and pepper to taste and 1 tsp of extra virgin olive oil. Mix lightly.

COCONUT SHERRY VINAIGRETTE

Combine all ingredients in and whisk together.



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