



In the Kitchen

with Barb Agee ~ March 2017

Tea Temptations

Tea is good for more than sipping. Darjeeling, Chai, Jasmine, Lapsong Souchong, Macha, Rooibos, – all teas. Use them in cooking and discover the floral, smoky, aromatic, magical tastes of teas.

Rooibos Tea Butternut Squash

3 tablespoons unsalted butter	1 teaspoon fine sea salt
1 tablespoon + 1½ teaspoon rooibos tea leaves	Freshly ground pepper
2 medium large butternut squashes	4 tablespoons fresh chives, chopped
Olive oil for baking sheets	

Preheat oven to 425°F. Heat a small frying pan over medium heat and add butter and 1 tablespoon tea leaves. When butter foams, remove from heat, cover and let infuse for 10 minutes. Strain butter through fine sieve; discard tea leaves.

Meanwhile, cut off “necks” of squash and save the seeded part for another use. Slice neck into ½-inch rounds and peel skin. Lightly oil 2 baking sheets and place squash on sheets. Pulverize remaining tea leaves and mix with salt.

Brush infused butter onto top of squash rounds, then season with rooibos salt and pepper. Bake until soft, about 20 to 25 minutes. Transfer to a platter and sprinkle with chives. *Makes about 18 slices.*

Instructors Hint: for an appetizer, top baked squash rounds with a dab of goat cheese and a sautéed mixture of garlic, thin onion slices and black olives.

Lemon Tea Rice

2 cups water	1 tablespoon olive oil
4 Meyer lemon tea bags	½ cup red sweet pepper, finely chopped
1 cup long grain rice	2 scallions, white and green parts, thinly sliced
1 teaspoon salt	1 tablespoon fresh mint, thinly sliced

In a large saucepan bring the water to a boil and remove from the heat. Add the tea bags and steep for 1 hour. After steeping, remove tea bags and add rice and salt. Bring the water to a boil, reduce heat and simmer rice for 15 minutes or until rice is done and water is absorbed. Add the olive oil, red pepper, scallions and mint. Season with salt and pepper to taste. *Makes 4 to 6 servings*

Indian Spiced Tea Baked Chicken Breasts

2 tablespoons Indian Spice or other cinnamon spice scented tea leaves, finely ground
1 small onion, chopped
4 large garlic cloves
4 tablespoons fresh lemon juice
4 teaspoon sweet paprika
1 cup regular plain yogurt
2 teaspoons salt
Freshly ground pepper, to taste
4 medium boneless chicken breasts
2 tablespoons butter
Several sprigs of watercress, for garnish
Lemon wedges, for garnish - *optional*

Combine the onion, garlic, lemon juice, tea, paprika, yogurt, salt and pepper in a food processor and puree until smooth. Scrape the $\frac{1}{2}$ of the mixture into a large re-sealable plastic bag; add the chicken, turning to coat evenly. Seal and refrigerate overnight or for at least 8 hours, turning once or twice. Place the remainder of the mixture in a bowl, cover and place in the refrigerator.

Preheat the oven to 350°F.

Remove the breasts from the plastic bag, scraping off most of the marinade. Discard the scraped off marinade. Melt the butter in a nonstick skillet large enough to hold all the chicken breasts in one layer. Melt the butter over medium high; add the chicken breasts and cook until rich golden brown. Turn the chicken breasts; spoon a thin layer of reserved yogurt mixture over breasts and transfer to the oven.

Bake until breasts are just cooked through 12 to 15 minutes depending on the size. Remove to a warm platter; garnish with watercress and lemon wedges. *Serves 4*

Darjeeling Tea Cream with Orange Sauce

1 cup heavy cream, divided
3 tablespoons Darjeeling tea leaves
4 crushed cardamom pods, lightly crushed
 $\frac{1}{3}$ cup granulated sugar
Pinch of salt
1½ teaspoons unflavored gelatin
1½ cups sour cream
Orange Sauce
1 cup fresh orange juice
 $\frac{1}{2}$ cup honey
2 teaspoons grated orange rind
Orange zest, for garnish - *optional*

In a heavy bottomed saucepan, combine $\frac{3}{4}$ cup heavy cream, tea, cardamom pods, sugar and salt. Over medium-low heat, whisk the ingredients until blended. Stirring often, heat until mixture just begins to boil. Remove from heat and allow cream to cool for 15 minutes until it reaches room temperature.

In a small bowl, combine the remaining $\frac{1}{4}$ cup heavy cream and gelatin. Let stand 10 minutes, then in a small saucepan heat over medium-low until gelatin dissolves and the mixture is hot but not boiling. Set aside.

In a large bowl, whisk the sour cream until smooth. Pour the tea mixture and the gelatin mixture through a sieve into the sour cream. Stir until smooth and well blended. Pour into small dessert cups, and chill for several hours.

To make the Orange Sauce, combine the orange juice and honey in a saucepan. Cook over medium low heat, stirring constantly with a wooden spoon until mixture is reduced by half, about 15 minutes. Remove from heat. Strain mixture, and stir in orange rind. Cool and chill until ready to use.

To serve, pour a small amount of orange sauce over the top of each dessert cup, and garnish with orange zest. *Makes 6 servings*