

Bai Mudan Tea Steamed Fish

2.2 lbs red mullet or similar whole fish
3 sticks lemongrass
1 orange
1 thumb ginger
4 tbsp Shanri La Bai Mudan tea
1 tbsp sea salt
1 lbs seasonal green vegetables
Drizzle of olive oil

1. Prepare the fish. Gut, scale and clean the inside cavity of the fish.
2. Mix 1 tbsp tea with 1 tbsp salt, rub inside the fish. Add roughly chopped ginger, orange and lemongrass.
3. Arrange the fish and vegetables in a bamboo steamer, season lightly with salt and drizzle with olive oil.
4. Bring 17 oz water to the boil, add tea and steam the fish gently for 10-15 minutes or until cooked through.
5. Serve with orange segments, vegetables and a drizzle of olive oil.

