

# Soups to Soufflés

## WINNING ENTREE

### Sauté of Shrimp in Earl Grey Tea with Papaya Salsa and Tea Rice by Rose Arbogast



#### Papaya Salsa

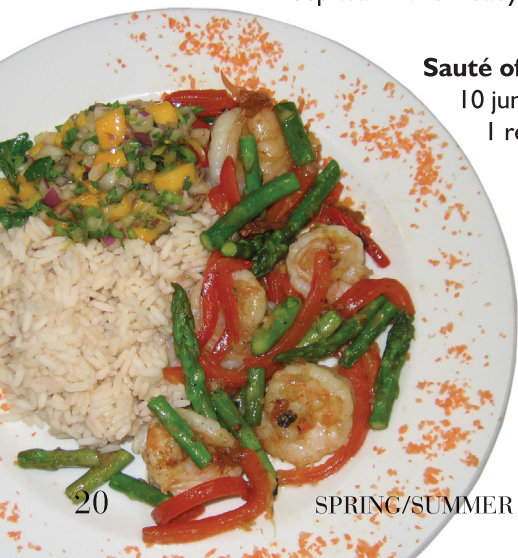
- 1/3 of a ripe papaya, peeled, and diced
- 1/2 of a large lemon, zested and juiced
- 1/4 of a red onion, minced
- 1/2 of a bunch of cilantro, chopped

Combine all ingredients in a small mixing bowl. Let marinate until ready to serve.

#### Tea Rice

- 1/2 cup long or short grain rice
- 1 cup water
- 1 1/2 tablespoons of Ceylon Treasures Batik-brand Earl Grey tea
- table salt & white pepper, ground

Bring rice and water to boil in a medium sauce pan. Reduce heat, and simmer for 11-15 minutes. Cover and let set 5-6 minutes. Cool for 5 minutes more and stir in liquid Earl Grey Tea. Season with salt and white pepper. Cover and keep warm until ready to serve.



#### Sauté of Shrimp

- 10 jumbo shrimp, peeled, de-veined, tail-off
- 1 red bell pepper, roasted and peeled, cut into 1 inch wide strips
- 1 oz olive oil
- 1 cup Ceylon Treasures Batik-brand Earl Grey tea
- 4 asparagus spears, cut into 2" lengths
- 1/2 of a large orange, zested and juiced
- 1/2 teaspoon ginger root, minced
- 1/2 teaspoon shallots, minced

Prior to the competition, Stroup created her soufflé six different times to come up with the award-winning recipe. Soon to graduate, she has high praise for Le Cordon Bleu. "The instructor chefs are great to work with and encouraged us to come in on our own time to create and test recipes."

The success of this competition was due to the efforts of many people. We thank Le Cordon Bleu for coordinating and supporting the contest. We applaud the students for their enthusiasm and dedication. Thanks go to our judges: Lisa Richardson, Chefs Doug Turbush, Gerald Cassidy, and April Cullen for their time and expertise. Thanks also go to Richard Boehm of Ceylon Treasures for providing the excellent teas. Lastly, thanks to Susan Yachiye McKeen and Tea Experience™ Digest for sponsoring the Tea Culinary Competition.



In medium sauté pan, heat olive oil. Sauté ginger, shallots and shrimp together. Sear shrimp 1 minute, then turn over. Add asparagus and roasted red pepper. De-glaze with Earl Grey tea. Add orange juice and zest. Heat for 1 minute to reduce sauce.

Dish large spoonfuls of all three items onto a large plate. Garnish with minced carrots. Serves 2.

*Lisa Richardson of Lisa Richardson, Inc. is a speaker, writer, consultant, and etiquette specialist on tea. She has spoken all over the country and is trained and certified by the prestigious Protocol School in Washington. Lisa is the Public Relations Director for The Southern Association of Tea Businesses and is a member of The Specialty Tea Institute. She can be reached by phone: (678) 867-2088 or email: treasuredtimetea@bellsouth.net.*

