

***Recipe: Seafood Consume with a Ginger Lemon Grass Tea***  
***Yields: 2 Quarts***

<b><u>Ingredients</u></b>	<b><u>Amount</u></b>
<i>Cod</i>	<i>1 ½ Pounds</i>
<i>Egg whites</i>	<i>4</i>
<i>Leeks, rough julienne</i>	<i>2 oz.</i>
<i>Celery</i>	<i>2 oz.</i>
<i>Parsley stems</i>	<i>1 cup</i>
<i>Dry white wine</i>	<i>1 cup</i>
<i>Lemon juice</i>	<i>1 lemon</i>
<i>Lobster stock</i>	<i>3 quarts</i>
<i>Sachet d'epices</i>	<i>1</i>
<i>Cooked baby shrimp</i>	<i>1 #</i>
<i>Salt</i>	<i>to taste</i>
<i>White pepper</i>	<i>to taste</i>

***Method:***

- 1. Mix the fish and the egg whites together.*
- 2. Add the leeks, celery, parsley stems, wine, lemon juice and stock. Mix well.*
- 3. Bring mixture to a slow simmer, stirring frequently until raft forms.*
- 4. Add the sachet d'epices and simmer for 45 minutes or until the appropriate flavor and clarity is achieved.*
- 5. Strain; adjust the seasoning with salt and white pepper to taste.*
- 6. Garnish the bottom of soup cups with three baby shrimp, ladle consume over shrimp, drizzle a few droplets of the lemon grass tea and sprinkle with fresh chopped chives.*

***Recipe: Ginger Lemon Grass Tea***

***Yields: 4 oz.***

<b><i><u>Ingredients</u></i></b>	<b><i><u>Amount</u></i></b>
<i>Canola oil</i>	<i>4 oz.</i>
<i>Fresh ginger, chopped</i>	<i>½ tsp.</i>
<i>Lemon grass, sliced</i>	<i>2 oz.</i>

***Method:***

- 1. Clean and peel lemon grass and slice thin. Peel and chop the ginger.*
- 2. Pour 4 oz. of canola oil in sauce pot and add the lemon grass and the ginger.*
- 3. Place pot on a warm spot on the stove, you do not want to boil or simmer. You just want enough heat so that the flavors of the lemon grass and the ginger steep into the oil. Let the mixture remain in a warm environment for two hours. Then place in a squeeze bottle.*