

# Oregon Coast Sea Fare

by an East Coast cook

## **APPETIZERS**

**Dungeness Crab Cake**

*with Spiced Blood Orange*

**Crispy Calamari**

*with Lemon Soleil Dipping Sauce*

## **SOUP**

**Bay Scallop and Corn Chowder**

*with Genmai Cha*

**Cioppino**

*with Pu-erh Dante*

## **SALADS**

**Prawn and Mango Salad**

*with Mango Mélange Vinaigrette*

**Oregon Bay Shrimp and Quinoa Salad**

*with Green Rooibos Bonita*

## **ENTREES**

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*with Black Jasmine Song Infused Beurre Blanc*

**Moules Frites**

*with Chamomile and Honeybush Apricot Broth*

## **DESSERT**

**Chocolate Mousse**

*with Chocolate Chai*

# Dungeness Crab Cakes

## with Spiced Blood Orange tea

These Dungeness Crab Cakes are a delightful blend of fresh crab meat, seasoned with Old Bay and a hint of citrus from Spiced Blood Orange tea. Perfectly crispy on the outside and tender on the inside, they are sure to impress.

**PREP TIME:** 20 minutes

**COOK TIME:** 10 minutes

1 lb Dungeness crab meat  
1/4 C mayonnaise  
1 egg, beaten  
1 † Dijon mustard  
1 † Worcestershire sauce  
1/2 C panko breadcrumbs

1/4 C finely chopped green onions  
1 † Old Bay seasoning  
1/4 C Spiced Blood Orange tea, brewed and cooled  
Salt and pepper to taste

**COMBINE** mayonnaise, egg, Dijon mustard, Worcestershire sauce, panko breadcrumbs, green onions, Old Bay seasoning, brewed Spiced Blood Orange tea, salt, and pepper in a bowl.

**FOLD IN** the crab meat gently to avoid breaking it up. Form into patties using enough mixture to make 1/4 - 1/3 lb patties.

**HEAT** oil in a skillet over medium heat. Cook crab cakes until golden brown, about 3-4 minutes per side. Alternatively, you can broil them until golden brown.

**SUGGESTED PORTION:** 1 as an appetizer or 2 as an entrée.

# Bay Scallop and Corn Chowder

## with Genmai Cha tea

This creamy Bay Scallop and Corn Chowder is enriched with the nutty, umami flavors of Genmai Cha. Topped with crispy Nori, it offers a delightful contrast of textures and flavors.

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

1 lb bay scallops  
2 C corn kernels  
1 onion, chopped  
2 cloves garlic, minced  
4 C chicken broth

1 C heavy cream  
1 C Genmai Cha tea, brewed and cooled  
Salt and pepper to taste  
2 T butter  
Crispy Nori, for garnish

**MELT** butter in a pot and sauté onion and garlic until translucent.

**ADD** corn and cook for 5 minutes. Add chicken broth and bring to a boil.

**REDUCE** heat and add scallops, heavy cream, and brewed Genmai Cha tea. Simmer for 10 minutes. Season with salt and pepper.

**GARNISH** with crispy nori just before serving.

# Cioppino

## with Pu-erh Dante tea

This hearty Cioppino is a rich seafood stew featuring a variety of Oregon seafood, enhanced with the earthy depth of Pu-erh Dante Tea.

**PREP TIME:** 20 minutes

**COOK TIME:** 35 minutes

4 T unsalted butter	1 bay leaf
1 med sweet onion, diced	Salt and pepper to taste
1 sm fennel bulb, cored and diced	12 little neck clams, scrubbed
2 T tomato paste	1/2 lb mussels, scrubbed and debearded
3 cloves garlic, minced	1 lb cod or halibut filets, cut into 3/4-inch pieces
1/2 t dried oregano	1/2 lb med shrimp, peeled and deveined
1/4 t crushed red pepper flakes	8 lg sea scallops
3/4 C dry white wine	2 T chopped fresh parsley leaves
1 (28-ounce) can petite diced tomatoes	1/4 C Pu-erh Dante tea, brewed and cooled
2 C vegetable stock	
2 C clam juice	

**MELT** butter in a large stockpot or Dutch oven over medium-high heat. Add onion and fennel. Cook, stirring occasionally, until tender, about 8 minutes.

**STIR IN** tomato paste, garlic, oregano, and red pepper flakes until fragrant, about 1 minute. Stir in wine, diced tomatoes, vegetable stock, clam juice, bay leaf, and brewed Pu-erh Dante Tea. Bring to a boil; reduce heat and simmer until flavors have blended, about 15 minutes; season with salt and pepper to taste.

**STIR IN** clams and mussels. Reduce heat to low; cover, with a tight-fitting lid, and cook until the clams and mussels are just beginning to open, about 3-4 minutes. Stir in cod or halibut, shrimp, and scallops. Reduce heat and simmer until cod or halibut, shrimp, and scallops are just cooked through, and clams and mussels have opened completely, about 3-4 minutes. Discard any unopened clams.

**STIR IN** parsley, season with salt and pepper to taste. Serve immediately.

# Prawn and Mango Salad

## with Mango Mélange tea Vinaigrette

This vibrant Prawn and Mango Salad is a refreshing and colorful dish, featuring succulent prawns and a tangy Mango Mélange Tea vinaigrette.

**PREP TIME:** 15 minutes

**COOK TIME:** 10 minutes

1 lb prawns, peeled and deveined

2 mangoes, peeled and diced

1 red bell pepper, diced

1 avocado, diced

1/4 red onion, thinly sliced

2 C mixed greens

1/4 C Mango Mélange tea, brewed and cooled

2 T olive oil

1 T white wine vinegar

1 t honey

Salt and pepper to taste

**COOK** prawns in a skillet over medium heat until pink and opaque, about 2-3 minutes per side. Set aside to cool.

**COMBINE** mixed greens, mangoes, red bell pepper, avocado, and red onion in a large bowl.

**WHISK** together brewed Mango Mélange tea, olive oil, white wine vinegar, honey, salt, and pepper to make the vinaigrette.

**TOSS** the salad with the vinaigrette and top with cooked prawns. Serve immediately.

# Oregon Bay Shrimp and Quinoa Salad

## with Green Rooibos Bonita tea

This refreshing salad features Oregon Bay shrimp and quinoa, complemented by a light and fruity Green Rooibos Bonita Tea vinaigrette.

**PREP TIME:** 15 minutes

**COOK TIME:** 20 minutes

1 C quinoa, rinsed

2 C water

1 lb Oregon Bay shrimp, cooked and chilled

1 cucumber, diced

1/4 red onion, thinly sliced

1/4 C chopped fresh parsley

1/4 C chopped pistachios

1/4 C crumbled feta cheese

1/4 C Green Rooibos Bonita tea, brewed and cooled

2 T olive oil

1 T white wine vinegar

1 t honey

salt and pepper to taste

**COOK** quinoa in water according to package instructions. Let cool.

**COMBINE** cooked quinoa, shrimp, cucumber, red onion, parsley, pistachios, and feta in a large bowl.

**WHISK** together brewed Green Rooibos Bonita tea, olive oil, white wine vinegar, honey, salt, and pepper to make the vinaigrette.

**TOSS** the salad with the vinaigrette and serve immediately.

# Halibut

## with Black Jasmine Song tea Infused Beurre Blanc

This elegant Halibut dish features a Beurre Blanc sauce infused with Black Jasmine Song tea, adding a delicate floral aroma that perfectly complements the mild, flaky fish.

**PREP TIME:** 15 minutes

**COOK TIME:** 20 minutes

4 halibut fillets

Salt and pepper to taste

1/2 C white wine

1/2 C Black Jasmine Song tea, brewed

and cooled

1 shallot, finely chopped

1/2 C heavy cream

1/2 C unsalted butter, cubed

**SEASON** halibut with salt and pepper. Sear in a hot pan until cooked through.

**COMBINE** white wine, Black Jasmine Song tea, and shallot in a saucepan. Reduce by half.

**ADD** heavy cream and reduce it again. Whisk in butter until sauce is smooth. Serve over halibut.

# Moules Frites

## with Chamomile and Honeybush Apricot tea Broth

This classic Moules Frites is elevated with a broth infused with Chamomile and Honeybush Apricot teas, adding soothing floral and fruity notes to the tender mussels.

**PREP TIME:** 20 minutes

**COOK TIME:** 15 minutes

2 lbs mussels, cleaned and de-bearded  
1 C white wine  
1 C Chamomile tea, brewed and cooled  
1/2 C Honeybush Apricot tea, brewed and cooled

2 shallots, finely chopped  
4 cloves garlic, minced  
1/2 C heavy cream  
2 T butter  
French fries for serving

**MELT** butter in a large pot and sauté shallots and garlic until fragrant.

**PLACE** both teas into tea bags and add to the pot with white wine. Bring to a boil and remove tea bags after 5 minutes.

**ADD** mussels, cover, and cook until mussels open, about 5 minutes. Stir in heavy cream.

**SERVE** mussels with broth and French fries.

# Crispy Calamari

## with Lemon Soleil Tea Dipping Sauce

This Crispy Calamari is perfectly fried to a golden brown and served with a tangy and refreshing Lemon Soleil Tea dipping sauce, making it an irresistible appetizer.

**PREP TIME:** 20 minutes

**COOK TIME:** 10 minutes

1 lb calamari, cleaned and cut into rings  
1/2 C flour  
1/2 C cornstarch  
1 t baking powder  
1 t salt

1/2 t black pepper  
1/2 t cayenne pepper  
1 C buttermilk  
Oil for frying

### **DIPPING SAUCE:**

1/2 C mayonnaise  
1/4 C Lemon Soleil tea, brewed and cooled  
1 t lemon juice

1 t Dijon mustard  
Salt and pepper to taste

**COMBINE** flour, cornstarch, baking powder, salt, black pepper, and cayenne pepper in a bowl.

**DIP** calamari rings in buttermilk, then dredge in the flour mixture.

**HEAT** oil in a deep fryer or large pot to 350°F. Fry calamari in batches until golden brown, about 2-3 minutes per batch. Drain on paper towels.

**MIX** mayonnaise, brewed Lemon Soleil tea, lemon juice, Dijon mustard, salt, and pepper for the dipping sauce. Serve alongside the calamari.

# Chocolate Mousse

## with Chocolate Chai tea

This decadent Chocolate Mousse is infused with Chocolate Chai tea, adding a warm, spiced flavor to the rich, creamy dessert.

**PREP TIME:** 15 minutes

**COOK TIME:** 10 minutes (plus chilling time)

8 oz dark chocolate, chopped

2 T unsalted butter

3 lg eggs, separated

1/4 C sugar

1 C heavy cream

1/4 C Chocolate Chai tea, brewed and cooled

1 t vanilla extract

Pinch of salt

**MELT** chocolate and butter in a heatproof bowl set over a pot of simmering water, stirring until smooth. Remove from heat and let cool slightly.

**WHISK** egg yolks and sugar in a separate bowl until pale and thick. Stir in melted chocolate, brewed Chocolate Chai tea, and vanilla extract.

**BEAT** egg whites with a pinch of salt in a clean bowl until stiff peaks form. Fold into the chocolate mixture.

**WHIP** heavy cream in another bowl until soft peaks form. Fold into the chocolate mixture until well combined.

**DIVIDE** mousse among serving dishes and refrigerate for at least 2 hours before serving.