



RECIPES

MAIN COURSE:



Darjeeling Pork Filet with Thai Jasmine Rice Pilaf (Serves 4)

Ingredients:

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| <input checked="" type="checkbox"/> 1 pork filet mignon | <input checked="" type="checkbox"/> 1 shallot |
| <input checked="" type="checkbox"/> 6 to 7 cups of water | <input checked="" type="checkbox"/> 1 tablespoon olive oil |
| <input checked="" type="checkbox"/> 5 bags of ALTER ECO Fair Trade Certified Darjeeling Black Tea | <input checked="" type="checkbox"/> 3.5 ounces soy sauce |
| <input checked="" type="checkbox"/> 1/2 cups uncooked ALTER ECO Fair Trade Certified Fragrant Thai White Jasmine rice | <input checked="" type="checkbox"/> 3.5 ounces sake |
| | <input checked="" type="checkbox"/> 1 ounce raw sesame seeds |
| | <input checked="" type="checkbox"/> Garnish with chives |

Preparing the filet mignon:

With a little knife, cut off as much excess fat as possible, then tie up the filet with string to give it a unified shape.

Cooking the filet mignon:

Pour water into a Dutch oven. Add the three tea bags and bring to a gentle boil. Allow the filet to cook under a low flame for 6 to 8 hours, adding more water as needed (*the filet should be immersed throughout cooking*). Once cooked, dry the filet and allow it to cool to room temperature. Next, place the filet in the refrigerator until time to serve.

Cooking the Thai Jasmine Rice:

Peel and mince the shallot. Heat 1 1/2 cups of water with two tea bags. Cover and allow to infuse for 5 minutes, then remove tea bags. Soften the minced shallot for 2 or 3 minutes in a saucepan with hot olive oil. Next, add to the saucepan the tea-infused water and rice, cooking covered until the rice has absorbed all the water.

Finishing the Filet:

Cut the meat in very fine slices, as if it were sashimi. Place fanned out on an elegant, simple plate. Divide the rice evenly between four small bowls. In a non-stick pan, lightly toast the sesame seeds without adding any oil. Mix the soy sauce, sake and sesame seeds, then pour into a sauce bowl. Garnish filet with 2 or 3 small chives.

