

Summer Pairings w. Sparkling Tea

Finally, the temperatures are rising! That calls for drinks in the sun. In addition to his first article, Rasmus Palsgård has accepted our challenge to create a couple of recipes for LYSERØD and RØD. We are kicking off with LYSERØD, which Rasmus has paired with a dish based on salted cod, soy sauce and lime mayonnaise, asparagus and lumpfish roe.

As a food and wine journalist, I have come across many different pairings of food and different beverages – with varying success, that is. But when the food on the plate and the drink in the glass really find each other, magic happens. It is an extremely interesting task and I really admire the chefs and sommeliers that manage to make it work.

I am a passionate home cook and sommelier myself and I enjoy experimenting with food and beverage pairings. Therefore, I did not hesitate to accept the challenge, when Copenhagen Sparkling Tea asked me to create a couple of recipes for their two sparkling rosé teas – LYSERØD and RØD.



Pairing with LYSERØD

I'll start with LYSERØD. It is the lighter and more aperitif-like of the two teas and for that reason it makes sense to begin with that one. The various types of tea from different locations in Asia give LYSERØD a rather Asian character, which immediately inspired me to make a light, refreshing dish with an Asian touch.

I enjoy LYSERØD's floral and herbaceous notes from the Darjeeling and Oolong teas, the almost smoky berry character from the hibiscus and the subtle umami character coming from the Japanese tea, which contributes with an almost seaweed kind of aroma and taste.

You have to be gentle when pairing food with this sparkling tea in order not to overpower its subtle notes. Thus, I decided to go with an almost sashimi-like serving of cod in order to create a light and kind of Japanese sensation. I have paired it with a mayonnaise flavoured with zest and juice of lime as well as soy sauce in order to add some umami. Thin slices of green asparagus contribute to the dish with a fresh pea-like taste and a delicate crunch. Coriander adds fresh aroma, whereas the lumpfish roe brings a bright pink colour and a nice “pop”. Without further ado, let’s jump into it:



Salted cod with green asparagus and lumpfish roe

For 4 persons

Ingredients:

250 grams of super fresh cod
Salt
Limejuice
2 green asparagus
15 leaves of coriander
50 grams of salted lumpfish roe

Mayonnaise:

1 lime, zest and juice
1 tablespoon of soy sauce
1 egg
2-3 dl of sunflower oil or similar

Instructions

Begin with the cod. It is recommended to freeze cod for at least 24 hours before using it – have that in mind when planning your meal.

When the cod is ready, cut it in thin slices (3-4 mm) and spread them on a plate or cutting board. Sprinkle with salt two hours before serving the dish. Rub the individual pieces of cod gently to spread the salt evenly.

In the meantime, make the mayonnaise. Add all the ingredients into a cylinder-shaped container and use an immersion blender to emulsify the ingredients into a thick mayonnaise. If it comes out slightly runny, just add more oil. Add more lime juice and soy sauce if needed and set aside.

For the asparagus, bring half a litre of water into boil and blanch the asparagus for one minute. Let them cool in ice water for a couple of minutes before slicing them into thin pieces.

Just before plating, squeeze a few drops of lime juice on top of the sliced cod.

Plating: Start by adding a tablespoon of mayonnaise to the centre of the bowl. Fold 6-8 pieces of cod and place them on and around the mayonnaise. Add slices of asparagus, lumpfish roe and coriander and serve immediately with a glass of chilled LYSERØD. Enjoy!



Pairing with RØD

When I tasted RØD for the first time, I immediately thought of fried shellfish, especially langoustine. This beautiful creature of the sea has a distinct sweetness to it that becomes even more pronounced when you give it a hot fry in a pan. It also matches the bright red colour of RØD – that's a win/win.

Obviously, matching the colours of the food and beverage doesn't make a good pairing alone. Therefore, I have tried to create a dish that interacts well with the sweet and bright red berry notes as well as the elegant umami character with a slight hint of smoke in the aftertaste. I quickly came up with the idea to add an element of dried, fermented meat – in this case chorizo – to the dish in order to highlight that part of RØD's flavour profile too.

To underline the freshness and acidity of this sparkling tea, I decided to add gently heated tomatoes as well and, finally, a creamy and foamy sauce blanquette infused with the langoustine shells and piment d'espelette to enhance the umami and smoke characters even further.

I hope that you'll enjoy this pairing – it does not get much more summery than this.

Fried langoustine with tomatoes, chorizo and sauce blanquette

For 4 persons

Ingredients

4 langoustines of 150-200 grams each

4 tomatoes, preferably very sweet and aromatic tomatoes in various colours

20 small basil leaves

50 grams of chorizo, preferably quite spicy

Sauce blanquette:

The shells from the four lobsters

1 litre of water

1 tablespoon of tomato puree

1 tablespoon of crème fraîche

200 grams of butter

1 egg

Juice from ½ lemon

1 tablespoon of piment d'Espelette



Instructions

Begin by separating the tails from the rest of the langoustines. Crack the shells gently to get the tails out in one pretty piece. Remove the stomach sac with and set the langoustine tails aside on a plate in the fridge until later use. Place all of the shells, heads etc. from the langoustines on a baking tray and bake them at 230 degrees Celsius for 25 minutes. Melt the butter in a casserole and add the baked shells to it. Let it simmer at low heat for half an hour. Strain the butter through a fine sieve and keep it until later use. Put the casserole with the shells back on the stove on medium-high heat. Add the tomato puree and let it fry for a minute or two. Add water and let it simmer for 20 minutes.

Sauce:

Add the egg, piment, crème fraîche and lemon juice to a cylinder-shaped container and blend it with an immersion mixer until mixed. Add the butter little by little until emulsified into the mixture. Add five tablespoons of the langoustine stock and mix again.

Put the sauce into a clean casserole on medium high heat. Blitz it with the immersion blender until it thickens. It takes 3-4 minutes. Be careful not to heat the sauce too much! Leave the sauce on very low heat until serving.

Cut the chorizo into fine dices and fry them in a pan. Leave them aside.

Cut the tomatoes into smaller pieces and heat them in the oven at 150 degrees Celsius for 10 minutes brushed with a bit of olive oil.

Push a meat needle all the way through every langoustine tail - it prevents them from curling up when being fried. Fry the langoustines in the same pan as the chorizo with a little extra olive oil or butter. Remove them from the heat and take out the meat needle.

Plating: Place a couple of pieces of tomato on each plate next to the langoustine tail. Sprinkle a spoonful of chorizo dices and top and finish with basil leaves. Blitz the sauce just before serving to make it foamy - serve tableside. Bon appétit!

Tip: For an even spicier expression, add a pinch of dried chipotle to the sauce.

