



Moroccan Mint Salmon Cucumber Rolls

Ingredients:

!Poaching Liquid:

½ cup Leaf & Ardor Tea Co. loose leaf Moroccan Mint Green Tea (note: USA-grown, organic peppermint and spearmint in all their mint blends)

8 cups filtered water

1 peeled, coarsely chopped shallot

½ cup cilantro stems (and clean roots if available)

1/3 cup peeled, coarsely chopped ginger

2 teaspoons soy or tamari sauce

1 teaspoon sea salt

¾ lb salmon (skin removed)

!Salmon Cucumber Roll:

Approximately 16 pieces of poached salmon

16 or more cucumber slices (about 3 - 4 inches long), thinly sliced with a mandolin

3 scallions, thinly julienned into 1 ½ inch-long pieces

1 mango, julienned into sixteen 1 ½ inch-long pieces

8 shiitake mushrooms, cut into thin strips

16 cilantro leaf clusters

!Avocado Dipping Sauce:

½ cup ripe, mashed/pureed avocado

½ cup Leaf & Ardor steeped Moroccan Mint Green Tea

¼ cup freshly squeezed lime juice

Pink Himalayan sea salt to taste

Directions:

!Poaching:

Steep ½ cup Leaf & Ardor Moroccan Mint Green Tea for 10 minutes in 2 cups of below-boiling water (175?). Set aside until Step 4, when the tea is added to the poaching liquid.

Cut fresh salmon into rectangular pieces, approximately 1½" x ½".

To a large saucepan add 6 cups water and a large tea infuser containing the shallots, cilantro, and ginger. Simmer on medium heat for 10 minutes. Turn heat to low allowing the mixture to cool.

Add 1 ½ cups of Moroccan Mint Green Tea, salt, and soy or tamari sauce. (Set aside remaining tea to use in dipping sauce).

Add salmon and poach on low heat for 2 - 4 minutes.

!Salmon Cucumber Roll:

Roast the shiitake slices with a drizzle of olive oil at 375° for 10 minutes or until crisp. Add salt to taste and allow to cool.

Onto one end of a thin cucumber slice, add all ingredients: salmon, mango, scallions, cilantro leaves, and roasted shiitake mushrooms.

Roll and secure with a toothpick.

!Avocado Dipping Sauce:

To the pureed avocado, whisk in the lime juice and tea.

Serve with a fresh mint garnish.