



Bergamot Orange *xbergamia*

Tips

- Zest a fresh bergamot orange, dry the peel for infusing in tea for an Earl Grey flavor, or use fresh.
- Add zest to cake batter or infuse in cream.
- Use Earl Grey tea leaves or prepared tea to impart bergamot flavor to baked goods, beverages, as well as savory dishes. For example, use loose or tea bags to steep in the custard base before proceeding with an ice cream, crème brûlée or pudding. Heat milk or cream mixtures to a simmer, remove from the heat and steep the tea in the hot liquid for 5-10 minutes then proceed with recipe for hot chocolate or even oatmeal!
- Loose leaf or tea sachets contain better quality tea, resulting in better flavor, than tea bags.
- Bergamot leaves impart the same flavor as the peel.

Pan Seared Scallops with Earl Grey Beurre Blanc

Bergamot-scented Earl Grey tea imparts a rich flavor to a classic butter sauce. Orange juice, used in place of the traditional vinegar, adds a bright sweetness. Serve a few scallops on their own as an appetizer, or pair with sautéed spinach and rice or potatoes for an entrée.

1 ½ teaspoon canola or other vegetable oil

1 tablespoon finely chopped shallot

½ cup dry white wine, such as Sauvignon Blanc

½ cup freshly squeezed, strained orange juice

4 ounce (8 tablespoons) unsalted butter, 6 tablespoons chilled and cut into ½ inch cubes

2 teaspoons very finely ground Earl Grey tea

Kosher salt and freshly ground black pepper

1 ½ pound large dry-packed sea scallops (16 to 20), side muscles removed, blotted dry

In a 1-quart saucepan, heat the oil over medium-high heat, add the shallot, and cook, stirring, until golden. Add the wine and orange juice and boil until reduced to 1/4 cup, about 7 minutes. Reduce the heat to low and whisk in the butter cubes, a few at a time. Don't let the mixture boil. Once all the butter has been incorporated, stir in the tea and season to taste with salt and pepper. Keep warm over the turned-off burner.

In a 12-inch nonstick skillet, melt 1 tablespoon of the remaining butter over medium-high heat until foaming. Season the scallops with salt and pepper, add half of them to the pan, and cook until browned on both sides but still slightly translucent in the middle, about 2 minutes per side. Wipe out the pan and repeat with the remaining butter and scallops. Transfer to plates, spoon the sauce over the scallops, and serve. Serves 8 as a first course, 4 as a main.

Joanna Pruess
February/March, 2015, Fine Cooking



Tarragon Spiked Lady Grey Iced Tea

Just as a touch of bergamot brings hints of floral and citrus to the blend of teas in Earl Grey, the essence of Seville orange and lemon scents the Lady Grey brew. Here, lime and tarragon provide yet more layers of fresh flavor.

Zest of 1 lime, removed in strips with a vegetable peeler	¼ cup cold water
½ cup fresh lime juice	½ cup packed fresh tarragon leaves
¾ cup sugar	4 Lady Grey tea bags
	8 cups boiling-hot water

Cut off any white pith from zest. Bring zest, juice, sugar, and cold water to a boil, stirring, then let stand, uncovered, off heat 15 minutes.

Discard zest. Blend syrup with tarragon in a blender 30 seconds. Strain through a sieve lined with a dampened paper towel into a glass measure and cool completely.

Pour boiling-hot water over tea in a heatproof pitcher and let steep 6 minutes, then discard tea bags. Cool tea completely. Stir syrup into tea and chill at least 1 hour and up to 6 (cover tightly). Serve over ice. Makes 8 cups.

Melissa Roberts
Gourmet, 2007

Chocolate Earl Grey Truffles

Loose tea leaves tend to be of higher quality than tea bags, giving the truffles a fresher, more distinct flavor. Active time: 45 minutes. Start to finish: 2 ¾ hour.

2/3 cup heavy cream
2 tablespoons unsalted butter, cut into 4 pieces and softened
2 teaspoons loose Earl Grey tea leaves
6 ounces fine-quality bittersweet chocolate (not unsweetened), chopped
1 cup unsweetened Dutch-process cocoa powder

Bring cream and butter to a boil in a small heavy saucepan and stir in tea leaves. Remove from heat and let steep 5 minutes.

Meanwhile, finely grind chocolate in a food processor and transfer to a bowl. Pour cream through a fine-mesh sieve onto chocolate, pressing on and discarding tea leaves, then whisk until smooth. Chill ganache, covered, until firm, about 2 hours.

Recipes



Spoon level teaspoons of ganache onto a baking sheet. Put cocoa in a bowl, then dust your palms lightly with it. Roll each piece of ganache into a ball (wash your hands and redust as they become sticky). Drop several balls at a time into bowl of cocoa and turn to coat. Transfer as coated to an airtight container, separating layers with wax paper.

Cooks' note: Truffles can be made 1 week ahead and chilled, or 1 month ahead and frozen in an airtight container.

Gourmet, December 2002

Do you have any recipes using bergamot to share?

Contact educator@herbsociety.org