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Hot-Smoked Green Tea Souli Wraps

Ingredients

For the fish

4 large Souli fillets (approximately 3-4lb. Souli)

4 green tea teabags

4 fl oz. white rice

3.5 oz. demarara sugar

Canola oil

Salt and pepper

For the wraps

Six white flour tortilla shells, or your favourite wrap

4 oz. mayonnaise or yoghurt

10 cherry tomatoes, quartered

10 black olives, pitted and chopped

2 spring onions, sliced

2 oz. feta cheese, crumbled

Juice of one lime

handful of mint, roughly chopped

salt and pepper to taste

Preparation

- 1 Line the pot with aluminum foil
- 2 Open the teabags and pour green tea into bottom of foil-lined pot
- 3 Add rice and brown sugar to bottom of pot
- 4 Place strainer/steamer basket into pot
- 5 Lightly coat the souli fillets with oil, season them with salt and pepper, and place into strainer
- 6 Tightly cover the pot with lid and put over a high heat (note: things will get smoky, so this is best done outside, or under an extractor fan)
- 7 Leave pot over high heat until smoke starts to escape from under the lid. Don't open the lid!!! Turn off the heat, and leave fillets to smoke for 30 minutes
- 8 After fillets have smoked for 30 minutes, open lid, remove souli fillets (which should now be cooked and easily flaked, with a brown smoke coating), and store for use in later recipes.

Cooks Note
