

World Gourmet Summit 2006  
Culinary Masterclass  
Singapore Tourism Board, Auditorium

20 April 2005 /3.00pm – 5.00pm

JOHN DORY CRUSTED WITH BRIOCHE BREAD,  
ASPARAGUS SAUCE

Presented by  
Masterchef Gennaro Esposito

**Serves 4**

**Ingredients:**

- 100ml Extra virgin olive oil
- 150g Brioche bread, toasted and crumbled
- 1 tbsp Minced mixed aromatic herbs  
Parsley, thyme, rosemary
- 400g John dory fillets

**Asparagus Sauce**

- ½ tbsp Finely chopped celery
- ½ tbsp Finely chopped carrot
- ½ tbsp Finely chopped onion
- 100g Wild asparagus spears, peeled and sliced
- 100g Buffalo mozzarella cheese
- 150ml Vegetable stock

**Garnish**

Sautéed baby carrots and asparagus spears



**Method**

1. For the asparagus sauce: Sweat the chopped vegetables and wild asparagus in a sauté pan. Add the cheese and the vegetable stock and cook for 30 seconds. Transfer to a blender and pulse until smooth. Pass sauce through a fine sieve and then allow it to cool.
2. Heat olive oil in a non-stick pan and sauté the fish fillets. Pan-fry both sides until slightly brown, do not overcooked on a low heat.

**To Serve:**

Spoon the asparagus sauce onto each serving plate and top with crushed fish fillets. Garnish with sautéed baby carrots and asparagus spears.