

World Gourmet Summit 2006  
Culinary Masterclass  
Singapore Tourism Board, Auditorium

19 April 2006 / 3.00pm – 5.00pm

CHILLED PEAR SORBET WITH LILY BULB

Presented by  
Masterchef Sam Leong

**Serves 1**

**Ingredients:**

**Pear Sorbet**

- 6pc Chinese red dates
- 5pcs Dried Longans, soaked and drained
- 1 Pear, peeled and cored
- 1 Pandan leaf
- 5g Sweet almond
- Momordica fruit
- 1ltr Water
- Lon Hon Gua
- 6pcs Lily bulbs (Bai He)

**Garnish**

- Barley (yi ren)
- Dried sea olives
- Mint leaves



**Method**

Remove the pear skin and use a melon scoop to take out the centre part of the seed. Place pear, dried longans, pandan leaf, sweet almond, Lon Hon Gua, Chinese red dates, rock sugar and water to the steam for 3 hours until the pear is soft and almost melted. After steaming for 3 hours, allow the pear and syrup consommé to cool, reserving the required amount to serve whole. Blend the remaining pear and syrup to a puree and freeze over night. When serving, blend the frozen pear again to get a smooth paste on the plate. Garnish with barley, dried sea olives and mint leaves.