

World Gourmet Summit 2006
Culinary Masterclass
Singapore Tourism Board, Auditorium

19 April 2006 / 3.00pm – 5.00pm

DOUBLE- BOILED SPRING CHICKEN CONSOMMÉ &
GLUTINOUS RICE WITH AMERICAN GINSENG

Presented by
Masterchef Sam Leong

Serves 4

Ingredients:

Spring Chicken

- 1 Spring chicken (500g), cleaned thoroughly
- 8 Dried lotus seeds, soaked overnight
- 8 Ginkgo nuts, soaked overnight
- 50g Glutinous rice, soaked overnight
- 1 American ginseng

Chicken Consommé

- 1 ltr Chicken consommé
- Salt and sugar, to taste

Garnish

A bunch of scallion, chopped

Method

1. For the spring chicken: Stuff the spring chicken with the soaked lotus seeds, ginkgo nuts and glutinous rice. Poach stuffed chicken in a pot of hot water to remove any impurities. Drain and place in a double-boiler. Set aside.
2. For the chicken consommé: Bring the chicken consommé to a boil and season with salt and sugar to taste. Pour the chicken consommé over the spring chicken. Add in the American ginseng and double-boil for 2 hours.

To serve

Ladle chicken consommé into serving bowls and sprinkle with chopped scallion.