

World Gourmet Summit 2006
Culinary Masterclass
Singapore Tourism Board, Auditorium

19 April 2006 / 3.00pm – 5.00pm

STEAMED MARBLE GOBY FILLET WITH BLACK WOOD-EAR
MUSHROOM WITH BUTTER-CHICKEN CONSOMMÉ

Presented by
Masterchef Sam Leong

Serves 1

Ingredients:

Marble Goby Fillet

1 marble goby fillet (80g)

A pinch of salt

½ egg whites

A pinch of corn flour

Butter-Chicken Consomme

30g white mushrooms

5g black wood-ear mushrooms (hei mu er),
soaked

½ tsp butter

1 ltr chicken consommé

Salt and sugar, to taste

½ tsp cornstarch, dissolved in 1 tbsp water

Garnish

Deep-fried taro crisps



Method

1. For the marble goby fillet: Marinate the marble goby fillet with salt, egg whites and corn flour for at least 10 minutes. Heat frying pan and sear the marinated marble goby until lightly browned. Transfer seared marble goby to a prepared steamer, cover and steam for about 5 minutes or until cooked.
2. For the butter-chicken consommé: Heat frying pan and sauté the white mushrooms until brown; add in black wood-ear mushrooms and butter, mix well. Add in chicken consommé and bring stock to a boil and season with salt and sugar to taste. Add cornstarch solution to thicken the sauce.

To serve

Ladle the white mushrooms and black wood-ear mushrooms onto the serving plate and top with the steamed marble goby. Pour the chicken consommé over and garnish with taro crisps.