

World Gourmet Summit 2006
Culinary Workshop and Luncheon
The Fullerton Hotel Singapore

27 April 2006 / 10.00am to 2.30pm

“VERY GLAMOUROUS SALAD”

Lobster, spicy gazpachos, green vegetables «à la croque»

Presented by:
SPOON

Serves 6

Ingredients

- 4 x Live “Blue” lobsters
- 500g Water
- 2ltr Salt
- 20g Black peppercorns
- 10g Star Anise
- 5g

Tomato Jelly

- 1kg Italian vine-ripened tomatoes, peeled, chopped and divided
- Tabasco sauce, to taste
- 100ml Celery salt to taste
- 3 Tomato syrup, divided
- Gelatin leaves

Red Tomato Sauce

Sherry vinegar, to taste

300 g **Green Tomato Sauce**

- 5 g Green tomatoes, peeled and chopped
- Fresh ginger, grated
- Rice vinegar, to taste

200g **The Greens**

- 100g French green beans
- 100g Roman cauliflower tips (or broccoli)
- 100g Flat coco beans
- 200g Mange-touts
- 200g Raw broad beans
- 100g Green peas
- ½ Fresh almonds, decorticated and peeled
- bunch Green celery, cut into sticks
- 8 Green asparagus spears
- 1 Roman lettuce, washed

- 1kg Mixed tomatoes (yellow tomatoes, steak tomatoes, Marmande, etc.), quartered



Method

1. For the blue lobsters: Cook the lobsters (English style) for 6 minutes. Remove the shells and cut the tails into halves and extract the meat. Cut lobster meat into escalope. Set aside.
2. For the tomato jelly: Strain the chopped tomatoes through a fine Chinois. Season with a dash of Tabasco sauce and 2 pinches of celery salt. Heat 5cl of the tomato syrup and add in the gelatin, stir until gelatin is completely dissolved. Set aside to cool and pour over the raw tomato pulp. Pour the tomato-gelatin mixture into each individual salad bowl and refrigerate.
3. For the red tomato sauce: Season the rest of the tomato pulp with sherry vinegar and add tomato syrup and refrigerate.
4. For the green tomato sauce: Strain the green tomato pulp, and season it with grated ginger and rice vinegar. Refrigerate.
5. For the greens: Cook all greens a la "English style" for 4 to 5 minutes. All vegetables should remain crunchy. Cool them in ice water and dry them on a kitchen towel.

To Serve:

1. Season all the greens, salad leaves and raw vegetables with olive oil. Glaze the lobster tails with the red tomato sauce.
2. Arrange the vegetables in each salad bowl, alternating the variety of vegetables and respecting the colours and design of the preparation.
3. Place the lettuce hearts vertically and serve the salad; 2 small glasses, one filled with red tomato sauce and the other with green tomato sauce.