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WORLD GOURMET SUMMIT

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A masterclass with

Alex Chow

15 April 2010

10.00am to 12.00nn

At-Sunrice GlobalChef Academy

A masterclass with

Alex Chow

Chef Alex Chow arrived in London in 2004 to lead the kitchen at the acclaimed Kai Mayfair. Chef Chow's passion for produce not traditionally associated with Asian cuisine and his desire to innovate have earned him a reputation as one of London's most exciting culinary talents and the Michelin-star in 2009.

Born in Malaysia, his first job in the culinary world was at the impossibly young age of fourteen. Moving to Singapore to work for the prestigious Fullerton Hotel, the access to Japanese, French and South Pacific ingredients gave him the tools and momentum to develop a new standard and interpretation of Chinese cooking.

Now master of his own team, Chef Chow has spent time developing his love of Western and Asian ingredients, subtly incorporating them into the ancient art of Chinese cuisine. His talents have earned him many prestigious awards including Chinese masterchef of London and the Culinary Art in Miniature Award at the 2005 Restaurant & Hospitality Show at the Birmingham National Exhibition Centre as well as nominations by *Restaurant Magazine* for creating one of the United Kingdom's best dishes in 2006 and 2007.



MENU

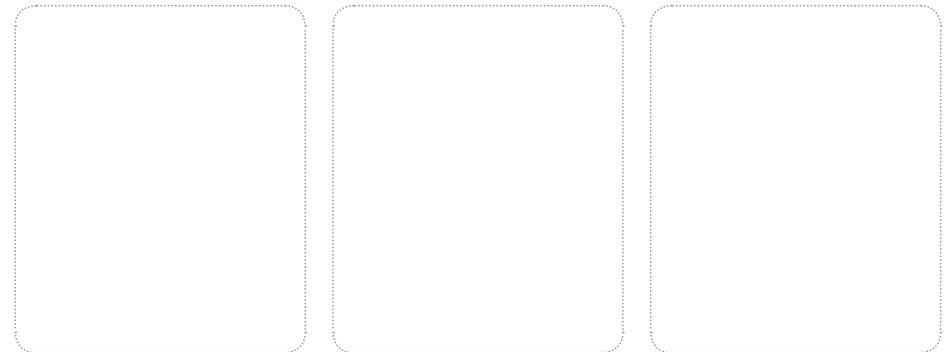
*scallops with goji berries
& black beans & char-grilled spring onion*



*oven-roasted Chilean sea bass with
Chinkiang black rice vinegar, soy & Dijon mustard sauce
with chickpeas & bean salad*



*pineapple & mango salsa,
quich yoghurt mousse & crumble*



*pineapple & mango salsa,
quick yoghurt mousse & crumble*

- ¼ pineapple, peeled and diced
- ½ mangoes, peeled and diced
- ¼ red chilli, de-seeded and finely diced
- 15ml lime juice
- Zest of 1 lime

Quick Yoghurt Mousse

- 300g yoghurt
- 300ml double cream
- 90g sugar

Crumble

- 45g flour
- 30g butter
- 23g dark brown sugar
- 15g porridge oats

Method:

- For the quick yoghurt mousse: Place the sugar, double cream and yoghurt into a mixing bowl and whisk until thickened. Transfer the yoghurt mousse into a piping bag with a nozzle attached and place into the chiller.
- For the crumble: Place the flour, butter, dark brown sugar and porridge oats into an electric mixer and beat until small balls begin to appear. Spread the mixture onto a baking tray and bake in a preheated oven at 170°C until golden brown, for about 15 minutes. Remove baked crumb from the oven and set aside to cool.
- Mix the diced mangoes, diced pineapple, diced chilli, lime juice and lime zest into a mixing bowl. Toss well.
- Place the pineapple and mango salsa into the bottom of each martini glass. Pipe the quick yoghurt mousse over the salsa and top with the baked crumble. Serves 2

Notes:

18 horizontal dashed lines for taking notes.

