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A masterclass with
Michel Rostang

22 April 2010

10.00am to 1.00pm

Miele Gallery

A masterclass with

Michel Rostang



Chef Michel Rostang's story started in August 1978 when he decided to open his first restaurant Michel Rostang in Paris. The restaurant has since won its first Michelin-star in 1979 and the second in 1980.

Born into a family of culinary professionals since five generations ago, Chef Rostang found his way into an apprenticeship to Ecole Hôtelière in Nice, Paris and joined the family restaurant. Chef Rostang prides his cooking in the seamless marriage between authenticity and innovative cooking methods of French cuisine. His signature dishes include Saint Pierre fillet with lace of potatoes, grilled prawns with rosemary and rich bitter chocolate tart with coffee fudge and chocolate sorbet.

Chef Rostang is the first Parisian chef to open an annex, Bistrot d'à Côté le Flaubert, in 1987, following a success of his flagship restaurant. Chef Rostang now runs seven establishments including Rostang, The French Brasserie at Atlantis The Palm in Dubai.

MENU

"petit gris" snails, squid ink fettucini "royale" custard with garlic & parsley, hazelnut oil



pan-seared sea bass with fresh herbs, fennel & chorizo sausage, fennel purée & chorizo jus



*roasted pigeon breast with salted butter, sugar peas
"à la Francaise" crispy legs confit salad*

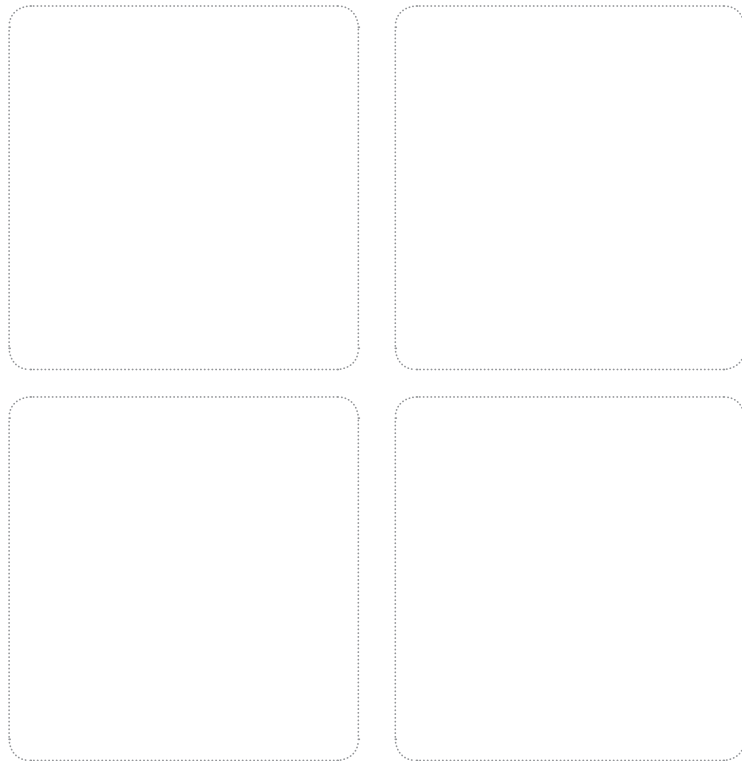


crispy mini cigar with Havana tobacco, cognac mousseline & marsala ice cream

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*“petit gris” snails, squid ink fettucini “royale”
custard with garlic & parsley, hazelnut oil*

Extra virgin olive oil, for sautéing

- 40 snails, washed
- 200g baby spinach
- 500ml chicken stock
- 400g tomato confit, brunoised
- 150g bacon, fried and chopped
- 50g hazelnut, chopped and toasted

Garlic Custard

- 50ml heavy cream
- 8 whole eggs, lightly beaten
- 20g butter
- 20g garlic confit
- Salt, to taste

Black Spaghetti

- 400g black spaghetti, blanched
- 1 Italian flat-leaf parsley bunch, blanched and puréed

Chicken Jus

- 300ml chicken jus
- 50ml sherry vinegar
- 20g butter

Method:

- For the black spaghetti: Arrange the blanched black spaghetti, string by string onto a parchment paper lined baking tray. Spread the parsley purée over the blanched black spaghetti and set aside.
- For the garlic custard: Whisk the heavy cream, lightly beaten eggs, butter and garlic confit in a mixing bowl. Season with salt to taste and pour the garlic custard into a baking pan of 3-cm height and cover the pan with cling film. Steam the garlic custard in a prepared steamer at 80°C for about 20 minutes. Remove steamed garlic custard from the steamer and place on top of the black spaghetti. Fold the black spaghetti to wrap the garlic custard.
- For the chicken jus: Heat the chicken jus in a saucepan until reduced. Add in the sherry vinegar and whisk well. Remove saucepan from the heat and monté with butter.
- Heat the extra virgin olive oil in a sauté pan and sauté the snails and baby spinach for about 6 minutes. Deglaze with the chicken stock and remove the sautéed snails from the sauté pan.
- Arrange the sautéed snails onto the centre of each serving plate. Serve with the black spaghetti wrapped garlic custard and drizzle over the chicken jus. Garnish with the brunoised tomato confit, chopped fried bacon and toasted hazelnut. Serves 4

*crispy mini cigar with Havana tobacco,
cognac mousseline & marsala ice cream*

- 500ml pastry cream, whipped to stiff peak form
- 5g cigar powder
- Marsala ice cream, for serving

Cognac Mousseline

- 10 egg yolks
- 150g sugar
- 40g flour
- 60g poudre à flan
- 1 ltr skimmed milk, boiled
- 2 gelatine sheets, soaked
- 500ml heavy cream
- 80ml cognac XO

- For the cognac mousseline: Whisk the egg yolks and sugar in a mixing bowl until pale yellow. Fold in the flour and poudre à flan to the egg yolk mixture. Add in the boiled skimmed milk and continue stirring for about 5 minutes. Mix the soaked gelatine sheets, heavy cream and cognac in another mixing bowl. Pour the cream mixture into the egg yolk mixture. Mix well and transfer to a piping bag with a nozzle attached and chill.
- Place the whipped pastry cream into a mixing bowl and add in the cigar powder. Spread the cream mixture into thin sheets (10-cm by 5-cm) onto a parchment paper lined baking tray and bake in a preheated oven at 180°C for about 5 minutes. Remove the baked dough from the oven and immediately roll into cigar-shaped form.
- Pipe the cognac mousseline into the crispy cigar and place onto the centre of each serving plate. Serve with the marsala ice cream. Serves 4

*pan-seared sea bass with fresh herbs, fennel & chorizo sausage,
fennel purée & chorizo jus*

4	sea bass fillets (about 60g each), skins removed	Fennel & Chorizo Sausage
30g	(each) dill bunch, Italian flat-leaf parsley bunch and chervil bunch	1 fennel, trimmings reserved, cut into tear shape and blanched
50g	butter	160g chorizo sausages, sliced
30g	Tagliache olives, warmed	50ml fennel cooking liquid (recipe from above)

Fennel Purée

20ml	olive oil
100g	fennel trimmings
50ml	chicken stock

Chorizo Jus

100g	chorizo sausages
60ml	Xeres vinegar
70ml	chicken jus
50g	butter

Method:

- For the fennel purée: Heat the olive oil in a saucepan and sauté the fennel trimmings for about 4 to 5 minutes. Add in the chicken stock and bring stock to a boil. Reduce heat and simmer until the fennel trimmings are soft. Strain and reserve the resulting fennel cooking liquid. Transfer the cooked fennel trimmings into a food processor and pulse until smooth.
- For the fennel & chorizo sausage: Score the top of the blanched fennel and insert a sliced chorizo sausage. Heat the fennel cooking liquid in a sauté pan and glaze the fennel and chorizo sausages just before serving.
- For the chorizo jus: Sweat the chorizo sausages in a sauté pan for about 5 minutes. Deglaze with the vinegar and add in the chicken jus and bring mixture to a boil. Reduce the heat and simmer until sauce coat the back of a spoon, for another 15 minutes. Monté with butter just before serving.
- Place a mixture of the herbs on top of each pan-seared sea bass fillets. Wrap the sea bass fillets with cling film and steam in a prepared steamer for about 2 minutes. Remove the steamed sea bass from the steamer and plunge into an ice bath. Remove the sea bass fillets from the cling film and set aside. Heat the butter in a sauté pan and pan-sear the sea bass fillets for about a minute on each side.
- Place a pan-seared sea bass fillet onto the centre of each serving plate. Add the fennel and chorizo sausage, fennel purée and warmed olives onto the serving plate. Drizzle over the chorizo jus. Serves 4

*roasted pigeon breast with salted butter, sugar peas
“à la Francaise” crispy legs confit salad*

30g	salted butter	Tuile
4	pigeon breasts (about 30g each), pan-seared	40g rice flour
120g	bacon, finely chopped	40g flour
240g	green peas, blanched	60ml still water
60g	pearl onions, peeled	30ml sparkling water
160g	frisée salad	100ml vegetable oil
30ml	vinaigrette	

A La Francaise Jus

30ml	Mouries olive oil, divided
50g	Lautrec garlic cloves, peeled
40g	shallots, peeled
200g	pigeon bones
70ml	white wine
100ml	chicken jus
20g	butter

Method:

- For the à la Francaise jus: Heat 5ml olive oil in a stockpot and sauté the garlic and shallots until fragrant, for about 3 minutes. Add in the pigeon bones and sauté until browned, for about 7 minutes. Deglaze with the white wine and add in the chicken jus and bring liquid to a boil. Reduce heat and simmer for about an hour. Strain the jus into a mixing bowl and add in the remaining olive oil and butter and whisk until emulsified.
- For the tuile: Place the rice flour and flour into a mixing bowl and gradually add in 60ml still water and 30ml sparkling water and whisk until batter is smooth. Heat the vegetable oil in a saucepan to 160°C. Add in a spoonful of batter and deep-fry the batter until browned and crispy, for about 4 to 5 minutes. Remove deep-fried tuile and drain on absorbent paper towels.
- Heat the butter in a sauté pan and roast the pan-seared pigeon breasts, chopped bacon, blanched green peas and pearl onions for about 7 minutes.
- Place the roasted pigeon breast mixture onto the centre of each serving plate. Dress the frisée salad with the vinaigrette and arrange at the side of the roasted pigeon breast. Garnish with the tuile and drizzle over the à la Francaise jus. Serves 4