Introduction

At Fine Dining Lovers, we believe in the power of taste and creativity to transform lives, and we are committed to nurturing the talent of the young chefs who will shape the future of gastronomy. In 2015, we helped launch the S.Pellegrino Young Chef competition. Since then, the contest has attracted over 10,000 entrants from 50 different countries, including the regional finalists of the 2019-2021 edition, who provided the recipes in this book. All those involved in all the editions can now enjoy the benefits of the recently created S.Pellegrino Young Chef Academy, a further demonstration of S.Pellegrino’s commitment to nurturing the next generation of culinary game-changers. We hope these talented young chefs and their recipes will inspire you to indulge your own passion for fine cuisine.
The recipes in this book are divided into four chapters, each chapter corresponds to one of the four prizes awarded at each regional final of the S.Pellegrino Young Chef contest. At the beginning of each chapter, there is a description of the prize in question, and the basis on which it is awarded. Each recipes begins with a short introduction to the award-winning Young Chef who created it, with detailed step-by-step guide on how to make it. Images and exclusive chef tips will help you prepare each dish to perfection and, as a finishing touch, there are some plating instructions to help with perfect presentation. Finally, at the end of the book you’ll discover a map showing the location of each Young Chef, followed by a handy alphabetical index. Happy cooking and buon appetito!
Chapter 1
S.Pellegrino Young Chef Award

“Crisp gnocchi with asparagus”
Alessandro Bergamo - Italy & South East Europe Region, Italy

“Fisherman soup”
Levente Koppány - Central Europe Region, Hungary

“Flatfish Cooked in Sunflower Seeds with Potatoes Baked in a Russian Oven”
Vitalii Savelev - Euro Asia, Russian Federation

“Mango Gazpacho”
Albert Manso Miras - Iberian & Mediterranean Country, Spain

“Sourdough, Savoy Cabbage and Browned Butter”
Jerome Lanmark Calayag - UK & North Europe Region, Sweden

“Sunday Roast”
Paul Prinsloo - Africa & Middle East, South Africa

“Ten Years Soup with Game and Haw Jelly”
Victor Wang Zhicheng - Greater China Region, Shanghai

“Tuna Salad Reimagined”
Kevin Wong - Asia, Singapore

“Whole Sea Bream ‘Al Pastor’ with BBQ Guacamole, XOXO Sauce, Gooseberries & Currants”
Rafael Covarrubias - North America Region, Canada

“Salted Codfish with Cucumber and Eucalyptus”
Alexandre Alves Pereira - North West Europe, France

“Pink Mole and Charcoal-Grilled Beetroot”
Chyntia Xrysw Ruelas Diaz - Latin America

“Halang Halang - Crocodile Curry”
Jose Lorenzo Morales - Pacific Region, Australia
Chapter 2
Fine Dining Lovers Food for Thought Award

“Atun Embarrado y su Ensalada Umami (Dirty Tuna with Umami Salad)”
Andres Ravasio - Iberian & Mediterranean, Spain

“Brined Cauliflower with Macadamia Miso”
Abhijit Dey - Pacific Region, New Zealand

“Chanchamito de La Villa”
Eliodoro Xicum Cobá - Latin American Region, Mexico

“Forest Salad”
Marcus Gericke - Africa & Middle East, South Africa

“Keep Your Sole Up”
Nicolas Fagundes Galindo - UK & North Europe, Ireland

“Micuit Mackerel, Porcini Mushrooms, Glazed Potatoes and Parsley Puree”
Evens Lopez - North West Europe, Monaco

“Scallop Kinilaw with XO”
Marvin Palomo - North America Region, Canada

“The Ultimate Mac ‘n’ Cheese”
Antonio Romano - Italy & South East Europe Region, Italy
Chapter 3
S.Pellegrino Award for Social Responsibility

“Buffalo Ricotta Gnudi with Smoked Ham Hock, Summer Squash, Corn and Herbs”
Kathryn Ferries - North America, Canada

“Coconut Delicacy”
Muhammad Afif Adnanta Nasution - Asia Region, Indonesia

“Creole Green Bean Salad”
Sebastián Pinzón Giraldo - Latin America Region, Colombia

“Franschhoek Valley Verdure”
Callan Austin - Africa & Middle East, South Africa

“Potato and Pumpkin Dauphinoise and Panroasted Toothfish”
Kezia Kristel - Pacific, Australia

“Raw Tuna with Peaches, Clear Tomato Jelly and Parsley and Celery Oil”
Kitano Yurika - North West Europe, France

“Somiatruites’ Tomato Salad with All Parts of a Trout”
Mengxin Zhou - Iberian & Mediterranean, Spain

“Stuffed Onion with Cocoa Crumble and Parmigiano Reggiano Mousse”
Davide Marzullo - Italy & South East Europe Region, Italy

“Summer, Unannounced”
Pippa Lovell - UK & North Europe Region, Isle of Man

“Young Carrots with Leaf Pesto and Labneh Cheese”
Ivan Kamenev - Euro Asia Region, Russian Federation
Chapter 4
Acqua Panna Award for Connection in Gastronomy

“Asam Laksa Broth with Grilled Tachiuo, Pineapple Kerabu Salad, Scallop Crudo & Red Plum Sambal Belacan”
Tor Aik Chua - Asia Region, Singapore

“Blackened Speckled Trout, Shellfish Sauce Piquant, Crab Fat Popcorn Rice”
Jeremy Stephens - North America Region, United States

“Burst of Beirut”
Elissa Abou Tasse - Africa & Middle East Region, Lebanon

“Orange Pleasure”
Łukasz Moneta - Central Europe Region, Poland

“Raviolo Melitta, Honey Infusion and Helichrysum Oil”
Tommaso Tonioni - Italy & South East Europe Region, Italy

“Stirfry Crab with Ginger and Scallion Ravioli”
Ho Lam Shek - Greater China Region, Hong Kong

“Vaucluse Trout with a Variation of Carrots”
Vivien Rouleaud - North West Europe, France

“Between Greens and Sea”
Abraham Almazán Castro - Latin America Region, Mexico

“Ceviche of Scallops and Turnip with Vanilla, Coconut and Lime”
Timothée Martin-Nadaud - UK & North Europe Region, UK

“Black canary pork belly”
Óscar Dayas Rodríguez - Iberian and Mediterranean Region, Spain

“Lightly marinated cherry tomatoes, tomato water flavoured with lemon thyme, shrimps and salmon roe”
Lari Helenius - Euro Asia Region, Finland
For this main prize, the local jury of each regional competition evaluates the dishes presented based on three **Golden Rules**, selecting the young chef at each Regional Final who displays the strongest technical skills, genuine creativity and an exceptional personal belief about gastronomy. The regional winners go on to compete for the global title.
Crisp Gnocchi with Asparagus
The humble and often overlooked asparagus is the star of this next recipe, and indeed one of the favourite ingredients of Young Chef Alessandro Bergamo.

For the S.Pellegrino Young Chef regional final winner, the dish brings back delicious childhood memories of meals prepared by his mother and grandmother, using asparagus freshly harvested from their vegetable garden. “It’s a dish that represents my philosophy,” he says. “It is based on seasonal ingredients, simply prepared and used in their entirety, with no waste.”

Originally from the Italian lakeside town of Como, Bergamo now works as a sous-chef for Michelin-starred chef Carlo Cracco at his famed restaurant in central Milan. “Being able to work for Chef Cracco is an honour. He is a mentor and model to follow,” says Bergamo.
Ingredients

SERVES FOR 4 - TOTAL TIME 40 MIN

For the gnocchi
Potatoes 500 g
Flour 125 g
Egg yolks 2
Parmigiano cheese 40 g
Salt, pepper, nutmeg

For the cream of asparagus
Asparagus 600 g
Bicarbonate of soda
Salt, oil

For the béchamel sauce with Parmigiano
Milk 250 ml
Butter 35 g
Flour 35 g
Salt, pepper, nutmeg
Boil or oven bake the potatoes in their skins. Peel them while still hot. Pass them through a food mill.
Add all other ingredients to the potatoes: flour, eggs, Parmigiano, salt, pepper and nutmeg. Knead until smooth and even.
Peel a few asparagus spears.
Blanch in salted water for 2 min.
Cool them in cold water.
Dress with salt and oil, set aside as a garnish for the finished dish.
Step 4

Finely chop the asparagus stems. Blanch in salted water with a pinch of bicarbonate. Blitz to a smooth cream. Season to taste.
Step 5

Melt the butter in a small saucepan. Add the flour and cook to obtain an amber coloured roux. Add the milk and, with the aid of a whisk, mix until you have a lump-free béchamel sauce.
Take the gnocchi mixture and divide into chunks. Roll each chunk of dough into 2 cm thick sausage shapes. Then cut each sausage shape into pieces of about 4-5 cm. Boil in salted water for a few moments until they float to the surface.
CRISP GNOCCHI WITH ASPARAGUS

Step 7

Toast the gnocchi on both sides in a hot frying pan.
Decorate the plate with the asparagus cream and béchamel sauce. Arrange the gnocchi on top, alternating with the green asparagus. Garnish with spring flowers of your choice.
Crisp Gnocchi with Asparagus

CHEF ALESSANDRO BERGAMO
Fisherman Soup
Young chef and keen fisherman from Budapest, Hungary, Levente Koppány chose the often-overlooked lake carp for the next recipe. The result is a mouthwatering, zero-waste Fisherman Soup. “This dish is traditional, tasty and really simple to make. I hope you enjoy it as much as I do,” he says.

Koppány wanted to draw attention not only to its great taste but also to the plight of native freshwater fish from his home country, like carp and rainbow trout, after becoming sensitised to the ecological impact of hydro-electric dams. The 27-year-old winner of the S.Pellegrino Young Chef regional winner for Central Europe wants to open his own restaurant one day. “I want to really focus on my suppliers,” he says. “The most important thing when you’re cooking is good, fresh products.”
Fisherman Soup

Ingredients

SERVES FOR 4

Carp 1 kg
Sea bream 400 g
Onion 2 heads
Salt
Paprika
Hot paprika powder

For carp mousse
Carp 500 g, only the meat
Cream 100 g
Salt 7 g
Lemon zest 1

For Pasta
Semolina flour 100 g
BL flour 100 g
Egg yolks 110 g
First of all, it’s really important to choose a freshwater fish. As a fisherman, I caught the fish last night in Lake Balaton. To prepare the fish, remove all the fish-scales, the guts, tail, fin, pharyngeal teeth (only the carp has them - If you don’t want to bother just throw away the whole head) and the eyes. Wash them well.

We need 500 g of the carp meat to make our pasta filling, so remove that amount. Slice up the rest, chop the head into two pieces. Place them in a pot.
Step 2

Chop the onion into one centimetre cubes and add to the pot. Fill up with water, just to cover, around 1-1.5 l, and season it with one and a half teaspoons of salt. Put it on a high heat, bring it to boil as soon as possible. Add the paprika powder and boil for 1 hr. When it’s done, sieve it. We only need the soup.

**Chef tip:** I recommend adding a bit of mustard and white wine vinegar to the soup. It’s not traditional but worth a try.
Step 3

Carp mousse
Blend the carp with the robotblender until it’s smooth. Add the double cream, salt and lemon zest and blend for another minute. Place it in a piping bag.
Step 4

Pasta
Mix all the ingredients well, make a dough, cover it with clingfilm and rest in the fridge overnight. Roll the dough out in the pasta machine until you reach number one. Cut rounds and fill with the carp mousse.
Step 5

Make tellini. The leftover dough is also good to use later. Cut it up (julienne) and dry it out. You can use it for your meat or fish soup next time.
Cook the tortellini in salted, boiling water. When it’s fresh, you’ll need 3 min. If it’s frozen, you’ll need one to two minutes extra.
Step 7

Place the tortellini in a soup bowl, and pour the hot soup over. You can use some fish roe to decorate and add some extra flavour as I did (I used trout roe).
Enjoy.
Fisherman Soup

CHEF LEVENTE KOPPÁNY
Flatfish Cooked in Sunflower Seeds with Potatoes Baked in a Russian Oven
This recipe for flatfish cooked in sunflower seeds with potatoes was developed by Vitalii Savelev, *S.Pellegrino Young Chef regional final winner* for Euro Asia. Savelev uses unrefined sunflower oil, a distinctively Russian tradition, and bakes the dish in a Russian oven, although if you don’t happen to have a Russian oven don’t worry - a simple convection oven will work too. The young chef, who works at the Twins Garden restaurant in Moscow, says: “as a child it was my favourite dish, and this is my own interpretation.” For Savelev, the recipe is a way to communicate Russian memories and traditions through flavours and home cooking. “If you want to get acquainted with Russian gastronomy,” he concludes, “then why not try what they eat at home in Russia?”
Flatfish Cooked in Sunflower Seeds with Potatoes Baked in a Russian Oven

Ingredients

SERVES FOR 4 - TOTAL TIME 4 HR 20 MIN

Sole 1
Baked potato 200 g
Butter 80 g
Dill 15 g
Scallion 10 g
Mustard sauce 50 g
Salted tomatoes 30 g
Seed oil 15 g
Sunflower seeds
Tomato jelly 45 g
Salt to taste
Black pepper to taste
FLATFISH COOKED IN SUNFLOWER SEEDS WITH POTATOES BAKED IN A RUSSIAN OVEN

For Seed oil
Vegetable oil 100 g
Sunflower seeds 200 g, roasted and peeled

For mustard sauce
Granular mustard 50 g
Egg yolks 3
Honey 20 g
Butter 70 g
Tofu cheese 25 g
Vegetable oil 100 g
White wine vinegar 4 g
Salt to taste
Black pepper to taste
Fry the seeds until they go a brown colour, put into a container and cover with oil. Let it brew for 1 day.
Step 2

For the baked potato
Wash the potatoes and put them in a hot preheated oven (preferably on charcoal) at 240°C for 35 min until fully cooked. Peel and cut into small pieces.

Chef tips: If you don’t have a Russian oven, you can use a simple convection oven.
**For the tomato jelly**

Wash 2 kg of tomatoes, cut into big pieces, add salt and pepper, and put in a deep baking pan. Add a couple of twigs of thyme and basil, cover with foil and put in the oven for 35 min at 185°C.
Put the prepared tomatoes in a sieve with a towel and put under a press for a couple of hours to obtain clear, concentrated juice.
Pour the juice into a saucepan (300 g), add 2 g of gelatine (thickener) and 1 g of agar (thickener), bring to a boil and pour into a siphon (fill the siphon with 2 gas cylinders). Let the siphon cool to 50°C.

**Chef tip:** If you don’t have siphon, it is not a problem, you can do it without (it will be another texture, but the same taste).
Step 6

Put the mass in a high glass (air jelly should be obtained), let it cool in a refrigerator for 15 min, cut out jelly balls using a special spoon.
Step 7

For fish
Fillet the fish, put it in a tall wooden bowl, add salt, pepper and oil.
Step 8

Fry the seeds in a dry pan (the temperature of the seeds should be 120°C).
Step 9

Cover the fish with hot seeds and leave for 10 min.
Heat the butter to room temperature (it should be liquid), put the yolks in a saucepan and beat with butter in a water bath until it becomes thickened.
Step 11

Put mustard, honey, vegetable oil, tofu, salt, pepper and vinegar into the mass.
Beat with a blender until smooth and rub through a fine sieve. The sauce must be put in a siphon and kept warm until serving.
Heat 200 g of broth with butter in a saucepan, add baked potatoes, bring to a boil and add cut green onion and dill.
Step 14

Cut salted tomatoes.
Plating
Put heated potatoes on the bottom of the plate without closing the center. Place mustard sauce from the siphon in the center of the plate and put tomato jelly balls on the top of it.
Put tomatoes and dill springs on the top of the potatoes.
Remove the seeds from the fish, break into small pieces, and put on the top of the sauce. Before serving, drizzle with seed oil and add fried seeds.
Flatfish Cooked in Sunflower Seeds with Potatoes Baked in a Russian Oven

CHEF VITALII SAVELEV
Mango Gazpacho
Albert Manso Miras

S.Pellegrino Young Chef regional final winner
- Iberian & Mediterranean Country

The recipe for Mango Gazpacho created by young chef Albert Manso Miras is perfect for hot summer days. As well as being delicious, it is quick and easy to make. The dish is also environmentally friendly, in that it utilises the whole mango, even the skin that is usually discarded.

One of the most famous traditional Spanish recipes, gazpacho is usually made with Mediterranean ingredients such as tomatoes, garlic, onion and red peppers. This one is very different, as it has the complexity and depth you might expect from a S. Pellegrino Young Chef regional winner. That said, it still shares a lot with traditional gazpacho, such as the use of vinegar as one of the main ingredients, giving acidity, character and potency to this chilled soup.
Mango Gazpacho

Ingredients

SERVES FOR 4 - TOTAL TIME 15 MIN

Gazpacho of mango
- Mango 4
- Olive oil 150 ml
- Water 100 g
- Vinegar of Jerez 50 g
- Plum tomatoes 140 g
- Garlic 5 g, peeled
- Scallion 45 g, bulbs cut into strips
- Cucumber 60 g, peeled and cut into pieces
- Red pepper 25 g, without seeds

For basil oil
- Olive oil 100 ml
- Basil leaf 100 g

To finish
- Ice
Cut the top of the mango, as a lid. Remove the seed from the pulp with a spoon, and very slowly remove the pulp leaving 0.5 cm thick of pulp around the skin. Reserve the pulp for the next step.
Clean the vegetables and put in a blender, add the mango pulp, vinegar, olive oil and water. Blend for 4 to 5 min at maximum power. Strain the gazpacho and chill.
Step 3

Blend olive oil and basil at maximum power for 3 min and strain.
Step 4

Fill a bowl with ice and place the mangoes in it. Fill them with very cold gazpacho. Finish with a few drops of oil and basil.
Mango Gazpacho

CHEF ALBERT MANSO MIRAS
Sourdough, Savoy Cabbage and Brown Butter
Jerome Lanmark Calayag’s recipe is for a versatile vegetarian dish featuring sourdough and seasonal savoy cabbage. It’s the ideal starter for a three-course dinner for guests or an at-home dinner date. Calayag was inspired by seeing savoy cabbage growing in the fields near his home in Sweden, boasting a far better environmental footprint than greenhouse grown cabbages. “I introduced the sourdough element because it’s something I always have freshly-baked at home. I love its health benefits and versatility,” adds the chef. Don’t be put off by the fact that Calayag is a **S.Pellegrino Young Chef regional winner**: he claims this dish is really simple to make. What’s more, it can be adapted to what’s in season wherever you live.
Sourdough, Savoy Cabbage and Brown Butter

Ingredients

SERVES FOR 4 - TOTAL TIME 25 MIN

For Pan-fried sourdough
Sourdough 400 g
Einkorn flour 50%
White flour 50%
Hydration 100%
Salt 12 g
Caster sugar 20 g
Butter

For Savoy cabbage in cream
Savoy cabbage 400 g
Cream 300 g
Shallots 2 small
Lemon Juice 30 g
Salt

Photo courtesy of Jonathan Kjell
For Browned butter
Butter 70 g

Lemon fillet
Lemons 1

For Onion and herb oil
Rapeseed oil 100 g
Fresh onion greens 30 g
Chives 20 g
Baby spinach 20 g
Left over onion and herbs
Fresh and seasonal herbs and flowers
Dill
Chives flowers
Step 1

Savoy cabbage in cream
Reduce the cream until there’s around half left. Finely chop shallots and add to the cream.
Step 2

Pick the savoy cabbage leaves, slice out the root and save it for something else, like broth. Cut the cabbage leaves into 3 mm wide strips.
SOURDOUGH, SAVOY CABBAGE AND BROWNED BUTTER

**Step 3**

Add the savoy cabbage and cook until perfectly cooked. Add salt and lemon juice to taste.
Step 4

*Browned butter*

Heat up butter in a saucepan on medium high heat while mixing with a whisk every minute or so until it’s golden brown and smells sweet and nutty.
SOURDOUGH, SAVOY CABBAGE AND BROWNED BUTTER

Step 5

**Lemon fillets**

Peel a lemon, cut out the pulp, take out the seeds and slice into small pieces.
Onion and herb oil

In a saucepan, heat rapeseed oil, or any other neutral oil, to 85°C - 95°C.

In a blender, blend the oil, onions, chives and baby spinach (ideally leftovers and or trimmings) for 3 min. Strain with a chinois or a fine sieve.
SOURDOUGH, SAVOY CABBAGE AND BROWNED BUTTER

Step 7

Pan-fried sourdough
If you don’t already have a sourdough at home, you can go to your local bakery and ask for a little. Add salt and sugar to the sourdough. Preheat a non-stick pan or a cast-iron pan.
Add butter and fry the sourdough, just like a pancake but until dark brown and crispy.

**Chef tips:** A teaspoon of sourdough would be enough and then you just feed it with equal parts of flour and water. If you choose to start your own sourdough, mix equal parts of good quality flour and water, discard about 80% of it and add equal parts flour and water again. Repeat for seven days or until it starts to bubble and rise while keeping it at room temperature.
**Step 8**

*Plating*

In a serving pan, add the creamed savoy cabbage. Scatter the lemon fillets on the cabbage. Garnish with the herbs and flowers. Drizzle a little bit of onion and herb oil. Serve the pan-fried sourdoughs and browned butter on the side.
Put the pan-fried sourdough on a plate. Add the creamed savoy cabbage on top. Scatter the lemon fillets on top of the creamed cabbage. Garnish with the herbs and flowers. Drizzle a little bit of onion and herb oil. Finish the dish with a spoonful of browned butter in front of your guests to let them really enjoy the aromas of the browned butter.
Sourdough, Savoy Cabbage and Browned Butter

CHEF JEROME LANMARK CALAYAG
Sunday Roast
“This is Sunday roast in my eyes,” says Paul Prinsloo about his slow-cooked roast lamb recipe. In a complete departure from the dish which earned him the title of S.Pellegrino Young Chef regional final winner, here Prinsloo instead decided to reflect on the personal impact the coronavirus pandemic has had on his style of cooking.

“Everything came to a stop, and something happened to me as a person. I found peace and silence again. I had time for family and friends. Growing up, I used to look forward to having Sunday lunch with my family, but that slowly faded away when I stared following my passion. The pandemic gave me back that blessing of Sunday family meals.”

So why not take a step back, follow this recipe and re-discover the pleasure of a Sunday roast for yourself?
Sunday Roast

Ingredients

SERVES FOR 6 - TOTAL TIME 5 HR 50 MIN

Rack of lamb 1.2 Kg (6 ribs) 30 day aged
Spice blend 10 g (Any meat rub)
Potatoes 6, large
Green beans 200 g
Carrots 1 kg
Red pepper 5 loose
Rice vinegar 500 g
Baby onions 6
Garlic loose
Butter 10 g
Water 100 g
Sugar 50 g
All purpose flour 50 g
Rosemary
Red wine 2 cups
Salt to taste
Black pepper to taste
Step 1

For the chimney-smoked lamb rack
Clean extra fat off the rack to expose the bones. Clean bones from any leftover meat pieces. Keep all fat aside for confit liquid. Cover rack’s bones with wet paper towel and foil. Rub meat seasoning on rack (10 g of spices).
Hang the meat in a chimney with a moderate fire burning on the opposite side, where the meat is not hanging, and cook for 3 hr. Add wood to maintain the flames and finish with rosemary in the last hour of cooking.
**Lamb fat confit potatoes**

Slice up the leftover lamb fat into cubes and place in a deep pan on low heat, to sweat out all the fat, for more or less 1 hr.

Take the potatoes and slice them into 1.5 cm slices and round cuts (If you don’t have a round cutter, squares work just as well).

Place potato rounds in fat and confit until soft.
Green beans
Thoroughly rinse green beans to remove any soil, then top and tail beans (cut off tips).
In a hot pan, sauté beans for 5 min with salt and pepper and garlic and finish off with a heaped spoon of butter.
Remove beans and drain extra fat.
Place the beans next to each other and round cut the same size as the potatoes, then place the beans on the potatoes to reheat later, before serving.
SUNDAY ROAST

Step 5

Sweet carrot puree
Using 1 kg of washed and scrubbed carrots, thinly slice the carrots on a cutting board and put in a pot with water and butter and 50 g of sugar. Cook until soft (don’t add too much water because a lot of the flavour goes into the liquid).
After the carrots are soft and breakable to touch, add carrots with some of the liquid into a blender and blend until smooth.
Step 6

**Wood-fired red pepper puree**

Using the fire where the lamb is cooking, place your red peppers to get charred until the skin is completely black + - 30 min. Remove the peppers from the fire and rinse thoroughly to remove charred skin. Cut peppers in half to remove seeds and prepare them for the puree. With a hand blender, blend the peppers until smooth, add salt to taste.
Long grain rice paper

In a deep pan add 3 cups of rice and boil until rice is overcooked and mushy. Strain extra water and add rice to a blender and blend until a smooth white starchy puree. Take an oven tray and wrap the back of it with plastic wrap and spread the mixture very thinly out. Place oven tray in oven for 30 min on 70°C remove hard crisp and deep fry.
SUNDAY ROAST

Step 8

Oven roasted baby onions
Toss baby onions with salt, pepper and oil. Roast onions at 200°C for 15 min and remove. Slice cooked onions. Then char the onions in a hot pan until they have black edges. Remove the onion skin and put aside to reheat.
Lamb and red wine gravy
In a sauce pot, add 2 cups of red wine and reduce until it becomes a syrup, then add 1 cup of confit lamb fat to infuse with red wine. In a new sauce pot, make a roux with equal flour and butter (20 g). Brown the flour and butter, slowly add wine and fat mixture, and let the flour cook out to thicken the sauce. To plate, do whatever you like - this was my way of presenting a Sunday roast for the family.
Sunday Roast
CHEF PAUL PINSLOO
Ten Years Soup with Game and Haw Jelly
The following dish centres around a recipe for Ten Years Soup, a traditional Chinese way of cooking soup with flavours varying from region to region.

Chef Victor Wang Zhicheng, the S.Pellegrino Young Chef regional winner for Greater China, appreciates the flexibility of this soup, but also advises that it requires some maintenance. “If it is something you like and want to keep, you have to maintain the soup very well. In winter, it must be boiled once a day, in summer, twice a day.”

This attention, however, pays dividends. “The longer it lasts, the better it tastes,” continues the chef. “If the flavour diminishes, you can add a spice bag or seasoning to taste.” And if you don’t intend to use your soup for a while? Naturally, you can store it in the freezer.

Victor Wang Zhicheng

S.Pellegrino Young Chef regional final winner
- Greater China
Ten Years Soup
with Game and Haw Jelly

Ingredients

SERVES FOR 8 - TOTAL TIME 2 HR

For ten years soup
Bay Leaves 7 g
Black pepper 10 g
Alpinia seeds 15 g
Rhizoma kaempferiae 30 g
Amomum tsao-ko 16 g
Ligusticum 30 g
Chinese cinnamon 15 g
Cardamom 2.6 g
Nutmeg 10 g
Cumin seeds 15 g
Fennel seeds 5 g
Star anise 15 g
Sichuan pepper 10 g
Orange zest 10 g
Dried haw 8 g
Dried Sichuan chilli 30 g
Licorice 5 g, dried
Clove 5 g 
Rock sugar 500 g 
Ginger 30 g 
Garlic 10 
Chicken bones 1 kg, blanched 
Pork bones 1 kg, blanched 
Beef fat 500 g 
Chicken stock 10 l 
Light soy sauce 200 ml 
Dark soy sauce 100 ml 
Salt 

**For game**
Pigeon 4 
Ten years soup 10 l 
Spring chives 5 

**For pigeon egg**
Ten years soup 1 l 
Pigeon egg 16 

**For pigeon glazing**
Rock sugar 100 g 
White onion 500 g 
Ginger 20 g 
Ten years soup 2 l 
Star anise 5 g 
Chili pepper 10 g 
Chili pepper 20 g 

**For Filo pastry nest**
Filo pastry 1 bag 
Dried haw 100 g 
Cooking oil
In a sauté pan, toast all the herbs and spices on low heat. When you can smell the aroma, turn the heat off. Put them in a gauze filter bag, and keep aside.
Put rock sugar in a large pot and caramelize it on high heat. Add the bag of herbs and spices, chicken bones, pork bones, chicken stock, garlic, ginger, chives, light and dark soy sauce, and season with salt. Bring it to the boil, then simmer for 3-4 hr on low heat. Remove the marinating soup from the heat and leave it overnight. The next day, bring the marinating soup to the boil and strain. Keep the fat of the soup.

**Chef tips:** *All the herbs and spices you can buy from Chinese pharmacies or a Chinese spices store. The herb and spice bag can be used two times. Dry and keep it in the refrigerator to refresh your ten years soup, which can also be used to cook red meat, like pork, beef, or game.*
For game
Debone the pigeons. Keep the skin, breast and legs as whole. Use a bamboo stick to skewer the breast and leg together, just like a meat roll. In a medium pot, bring the soup to the boil on high heat. Slowly put the pigeon and chives in the pot on low heat, keep the soup boiling for about 1.5 hr. Leave the pigeons in the pot, and put the whole pot in ice water.
Step 4

For pigeon egg
Use a small pot, boil the water on high heat and put the pigeon egg into it slowly, for about 1 min. Remove to ice water and then shell them. Carefully break the shell. Put the pigeon eggs in the ten years soup, make sure the heat does not exceed 50°C. Make sure the flavour is infused, and it is ready to serve.
For pigeon glazing

In a medium pot, caramelise the rock sugar on medium heat. Add in the onion and ginger and cook on low heat. When it becomes caramelised, put the soup and all the spices in it. Reduce it to glaze, and it is ready to serve.
Step 6

For filo pastry nest
Defrost the filo pastry, and finely shred it. In a small pot, heat oil to 149°C. Use a small strainer, put 10 g of filo pastry in it and fry for about 30 sec. Leave the strainer out with filo pastry and quickly cover with another strainer. Slowly take the pastry out when crispy. Gently sieve the powder on the top of it. Set aside in a dry place.
Step 7

For haw jelly

Mix haw juice, simple syrup, lemon juice, in a small saucepan, bring to the boil, mix with agar and strain into another container, keep in the chiller. When cold, cut it 1 inch by 4 inch, paper thin.
Place a bowl and pine tree leaf on a plate. Put the pastry nest down and place the pigeon, egg and haw jelly into it. Set fire to the leaf to create a rich aroma.
Ten Years Soup with Game and Haw Jelly
CHEF VICTOR WANG ZHICHENG
Tuna Salad
Reimagined
S.Pellegrino Young Chef regional final winner
- Asia

In his simple, flavourful recipe, created especially with home cooks in mind, chef Kevin Wong allows the ingredients do the talking over any complicated techniques. “I would love people to try this out because it is so simple. And this sustainable bluefin tuna we use is delicious, good for you and good for the world.”

The Malaysian-born chef, who is the S.Pellegrino Young Chef regional final winner for Asia, combines Asian, Mediterranean, European and Russian ingredients in a dish that crosses cultural boundaries, yet works together beautifully on a single plate - an approach that reflects the culinary style of his multicultural homeland.

Try out Wong’s dish, which in his words is: “Simple, delicious, nutritious and makes you happy afterwards.”
Ingredients

SERVES FOR 6 - TOTAL TIME 8 HR 10 MIN

Tomatoes 4
Avocado 4
Chives 30 g
Gelatin 3 sheets
Caviar 30 g
Tuna 100 g, akami preferred
Espelette pepper 5 g
Kombu 5 g
Pink Salt 1 g
Black pepper 1 g
Kombu 1 sheet / pc
Sesame oil 10 ml
Prepare and wash all ingredients. Blend the tomatoes then sprinkle over 3 g of salt and place on a muslin cloth, inside a sieve over a bowl, and allow the excess liquid to drip out for several hours.
TUNA SALAD REIMAGINED

Step 2

Allow the kombu to infuse in the tomato juice left in the bowl.
Bloom 3 sheets of gelatin and add to 150 g of tomato dashi. After it sets, chop up the jelly to give it a crystal effect for better mouthfeel.
Remove the avocado skin and stone, and blend the flesh with salt and piment d’espelette to taste. Place avocado puree into a piping bag.
Thinly slice the tuna, then slice into thinner strips and dice into equal size dice for presentation.

Chef tip: You eat with your eyes first.
Step 6

In a bowl, mix 50 g of tuna with 8 g of chopped chives, 1 g of black kombu powder, and 3 g of sesame oil. Season to taste with salt and black pepper. Assemble.
Pipe on a dollop of avocado puree. Place chopped tomato dashi jelly on top. Spoon some tuna tartare on top of the jelly. Finish with some caviar. Garnish with some edible flowers. Take a picture, and enjoy.
Tuna Salad
Reimagined
CHEF KEVIN WONG
Whole Sea Bream ‘Al Pastor’ with BBQ Guacamole, XOXO Sauce, Gooseberries & Currants
This recipe for sea bream ‘al pastor’ served with BBQ guacamole, tart berries and xo sauce is perfect for sharing with friends and family around the grill, according to Mexican chef Rafael Covarrubias.

Putting a lighter and healthier spin on a traditional BBQ, Covarrubias - now based in Canada - swaps pork for sea bream in a Mexican-inspired marinade. The ‘achiote’ paste made from annatto seeds also resonates with the chef’s homeland, and is the same paste used to make ‘cochinita pibil’, the all-time favourite dish of this S.Pellegrino Young Chef regional final winner.

The fruit can be changed according to the season, or even omitted if it’s hard to source. And if you don’t have a barbecue, an oven with the broiler setting instead should work just as well.
Whole Sea Bream ‘Al Pastor’ with BBQ
Guacamole, XOXO Sauce, Gooseberries & Currants

Ingredients

SERVES FOR 6 - TOTAL TIME 40 MIN

For Fish
Sea bream 1, cleaned, gutted & butterflied

For Pastor marinade
Guajillo pepper 2, dry
Pasilla 2, dry
White onion 1/2
Garlic 1
Achiote paste 30 g
WHOLE SEA BREAM ‘AL PASTOR’ WITH BBQ GUACAMOLE, XOXO SAUCE, GOOSEBERRIES & CURRANTS

For BBQ guacamole
Avocado 1
Roma tomatoes 2
White onion 1/2
Jalapeños 1
Oil
White currants
Gooseberries

For assembling
Aromatic herbs
cilantro, mint, parsley
XoXo sauce
Fresh nixtamalized tortillas
WHOLE SEA BREAM ‘AL PASTOR’ WITH BBQ GUACAMOLE, XOXO SAUCE, GOOSEBERRIES & CURRANTS

**Step 1**

Toast chillies with a touch of oil, add onion and garlic in a small pan, cover with water, and bring up to a simmer for 5 min.
WHOLE SEA BREAM ‘AL PASTOR’ WITH BBQ GUACAMOLE, XOXO SAUCE, GOOSEBERRIES & CURRANTS

**Step 2**

Transfer to a blender, add achiote, and process until smooth. Set aside.
Prepare your grill. I like to add a mix of charcoal and cherry wood to add a tad of smokiness. Once the coals are at the right temperature, clean your grates and start with the guacamole. Cut your avocado in half and in a small bowl season it with salt and olive oil. Do the same with jalapeños, onion and tomatoes. Try to grill on high heat as we only want the char on the vegetables rather than to cook them. Once everything is charred, transfer to a tray and let them cool for a few minutes.
Mash one half of the avocado and small dice the rest of the ingredients, top with XO sauce and fruit. Season with salt to taste, olive oil and lime juice. Set aside.
Place your fish on a grilling basket if you have one, if not, directly on the grill will do. Brush your fish flesh with marinade and place skin side down on the grill. Cook until the skin is nice and crispy. Flip the fish and allow to cook for two minutes. Set aside and while it rests, heat up your tortillas on the grill.
To make a taco, place some of the fish on tortilla, spoon on some guacamole and garnish with mixed herbs. Enjoy. This marinade also pairs really well with poultry and pork. Happy cooking.
Whole Sea Bream ‘Al Pastor’ with BBQ Guacamole, XOXO Sauce, Gooseberries & Currants

CHEF RAFAEL COVARRUBIAS
Salted Codfish with Cucumber and Eucalyptus
This recipe is a delicious, delicate dish with salted codfish and the light summer freshness of cucumber and eucalyptus. It’s a great dish to enjoy at lunchtime while it’s warm, or also as a starter if you want to prepare a nice dinner for family or friends.

For this recipe, chef Alexandre Alves Pereira worked with elements he is particularly fond of: raw fish, herbs/plants and vegetables. He also uses different techniques and was inspired by his Portuguese origins. The idea of the salted codfish and eucalyptus came from there. It is a unique and surprising dish reflecting Pereira’s personality, but also influenced by worldwide gastronomy.

Salted codfish is a famous Portuguese dish (bacalhau), and there are many ways to prepare it. You could say that this dish is like Proust’s madeleine for Pereira, connected to many memories from Portugal.
Salted Codfish with Cucumber and Eucalyptus

Ingredients

SERVES FOR 4 - TOTAL TIME 1 HR

**Eucalyptus oil**
Eucalyptus leaves 25 g  
Grape seed oil 70 g

**Cucumber pickles**
Cucumber 1 piece  
White cooking vinegar 100 g  
Water 200 g  
Caster sugar 50 g  
Eucalyptus leaves 1 piece

**Cucumber granita**
Cucumber 1 piece  
Salt to taste
SALTED CODFISH WITH CUCUMBER AND EUCALYPTUS

Salted cod fish
Cod 600 g, with bones
Water 500 g
Salt 150 g

Fish Fumet
Water 700 g
Cream liquid 250 g
Thyme 1 branch
Garlic 1 piece
Pepper seeds 5 pieces
Olive oil

Cucumber on fire
Eucalyptus leaves 10 to 15 pieces
Cucumber 1 piece
Olive oil
Salt
For eucalyptus oil
Put the eucalyptus leaves in a mixer bowl. Heat oil at 60°C. Pour the oil onto the leaves and mix for one minute. Strain in a sieve with filter paper. Rest for 2 hours (or until the next day).

Chef tips: If you don’t have fresh eucalyptus leaves you can use dry leaves.
For cucumber pickles
Put water, vinegar and sugar in a pot and bring to the boil.
Take it off the heat and add one eucalyptus leaf to perfume the syrup.
Take a melon baller and make cucumber balls.
Put the cucumber balls in the syrup and keep it in the fridge for later (ideally, the preparation should rest for a couple of hours).
For cucumber granita
Take the rest of the cucumber and grate it with a microplane, season it with salt. Put the grated cucumber in a bowl and into the freezer. Continue to grate it with a fork every hour until it’s completely frozen. You should obtain a granita consistency.
For salted codfish

Put water and salt in a pot and bring it to the boil. Let the water completely cool down. Filet the fish, remove the fish bones and the skin. Put the codfish in the cold salted water for 5 to 7 minutes, depending on how thick the flesh is. Rinse the codfish in clear water for 5 minutes and reserve in the fridge.
Step 5

For Fish Fumet

In a pot, put a bit of olive oil, then add fish bones and make it sweat for 2 minutes. Add thyme, garlic, pepper and water. When water boils, cook it on low heat for twenty minutes. After, let it rest for another twenty minutes. Strain with a sieve, bring the remaining liquid to the boil and reduce it at least by half, and then add the cream. Cook on low heat until it gets a creamy texture almost like egg custard. Reserve it for later.
SALTED CODFISH WITH CUCUMBER AND EUCALYPTUS

Step 6

**For cucumber on fire**

Wash cucumber, then cut it in half and rub it with olive oil, add a little bit of salt. Put a skewer through the cucumber, place it on a grill, with eucalyptus leaves under it, then char it on both sides. Wipe the cucumber with a paper towel. Cut it into a brunoise, remove the cucumber seeds.
SALTED CODFISH WITH CUCUMBER AND EUCALYPTUS

Step 7

For cutting the fish
Cut the codfish in two parts.
Slice the tail into tartare and add it to the cucumber brunoise.
Slice the codfish diagonally, into slices of 2 mm each. Align 5 to 6 slices of fish, and roll them together (not too tight).
Lightly apply pressure on the slices in order to ‘open’ them and make it look like a rose.
**For plating**

Put one large spoon of fish fumet onto the plate. 
Dip the handle of a small spoon in the eucalyptus oil and lightly put a few drops of the oil on the fish fumet cream. 
Put the codfish rose on one side. 
A large spoon of grilled cucumber and tartare. 
A spoon of cucumber granita, with 3 drops of eucalyptus oil. 
Strain cucumber balls and place 3 pickled cucumbers balls on the plate.
Salted Codfish with Cucumber and Eucalyptus
CHEF ALEXANDRE ALVES PEREIRA
Pink Mole and Charcoal-Grilled Beetroot
Chyntia Xrysw Ruelas Diaz presents her favourite and traditional, yet little-known mole, ‘Mole rosa y betabel’. A Mexican inspired vegetarian dish that’s full of flavour and surprise, perfect for a special occasion at home, to be shared with friends, family or even a lover. Diaz says that both the choice of ingredients and cooking technique reflect the history of her country, pre and post-colonisation, and is a means of preserving native ingredients and techniques whilst looking to the future.
Pink Mole and Charcoal-Grilled Beetroot

Ingredients

SERVES FOR 4 - TOTAL TIME 1 HR

**Pink mole**
- Cinnamon sticks 2 cm
- Star anise 1 pcs
- Cloves 3 pcs
- Cumin 1 teaspoon
- Piñón rosa 100 g
- Almonds 100 g
- Chili pepper 3
- Sesame 90 g
- Salt to taste
- Beetroots 1 (100 g)
- Onion 1 (100 g)
- Garlic 2
- Lard 150 g for sauté
- Broth 200 ml
Charcoal-grilled beetroot
Baby beetroots 10
Corn dough 1 kg
Apple cider vinegar
Caster sugar 30 g
Salt
Water
Coal
Pink mole
Light the coals. Clean the beet then place it directly under the coals.
Step 2

Meanwhile, toast, one-by-one the cinnamon sticks, star anise, clover, cumin, chilli pepper and set aside.
In the same skillet heat the lard and brown the ingredients in the following order, one by one; onion and garlic, sesame, almond and piñón rosa.
Step 4

Process into metate by grinding the spices first, then the dry ingredients and finally the beetroot.

*Chef tips:* you can use a blender.
Once everything has been ground, add chicken or vegetable broth. Season and reserve.

**Chef tips:** You can heat the broth in a saucepan and add it to the spices in a blender until smooth.
Step 6

Charcoal-grilled beetroot
Light the charcoal on a grill. In the meantime season the corn dough with salt, knead and set aside.
Cover the beets with a layer of corn dough (a tortilla press can be used) and cook under the coal or in the pan until the beetroot is soft.
Step 8

Remove and rest for 20 min. Then remove the layer of dough that covers them.
In a small saucepan add vinegar, sugar and salt. Immerse the beet here and heat to reduce a little. Heat the pink mole.
Step 10

Plating

Arrange the pink mole on a plate first and place the beet in the center.
Put some vinegar reduction with sugar and garnish with heart chelite flowers.
Pink Mole and Charcoal-Grilled Beetroot

CHEF CHYNTIA XRYSW RUELAS DIAZ
Halang Halang - Crocodile Curry
This dish is a type of Filipino curry called ‘Halang Halang’ which uses Crocodile, a very satisfying white meat. The meat is poached with foraged pink pepper berries and served with a ‘frappé’ textured sauce of roasted turmeric, coconut milk infused with toasted rice, and other spices. The tea of roasted tomatoes helps balance things out along with minor components such as pearls that have been bloomed in fish sauce and sumac. On the side, you have most of the trimmings of the protein rubbed with Filipino flavours and fired over paperbark, coconut wood chips, and pink berry leaves.

While there is no traditional curry in the Philippines, in the south of the islands there are many variations of dishes that recall curry flavours. This dish is an interpretation of a Filipino curry, with a few tweaks here and there.
Ingredients

SERVES FOR 3 - TOTAL TIME 2 HR

**Crocodile**
Or any white Flesh protein that you prefer
- Chicken 300 g
- Pink pepper 3 g
- Lemongrass 10 g
- Garlic 5 g
- Onion oil 10 ml

**Brine Solution**
- Water 500 ml
- Salt 25 g
- Caster sugar 25 g
- White flesh fumet
- White flesh trimmings 500 g
- Pepper berry bark, leaves and Berries 100 g
HALANG HALANG – CROCODILE CURRY

Lemongrass 75 g
Garlic 2
Rice vinegar 50 ml
Wild garlic 100 g

**Tomato broth**
Cherry tomatoes 250 g
Vegetable oil 10 ml
Basil 5 stems

**Anatto oil**
Atsuete seeds 50 g
Curry leaves 10 g
Black peppercorns 5 g
Coriander seeds 5 g
Garlic 1

**Sauce**
Turmeric 20 g
Garlic 5 g
Lemongrass 10 g
Chilli pepper 5 g
Coconut 1 pc
Pepper berries 5 g
Coriander 7 g
Caraway 7 g
Step 1

Clean the crocodile meat and trim off all the silver skin. Prepare a brine by heating 50ml of the water until boiling. Mix in the sugar and salt, and stir until all granules are dissolved. Pour the hot solution over 350 ml of water and add ice. Soak the protein with brine and let it rest for 20-30 min, then rinse the meat and lay on a dry cloth to keep dry.
Step 2

For the meat trimming, set aside and make a marinade paste with pepper berries, garlic and lemongrass.
Impale the trimmings on a stick, you can use the bark of the pepper berries or you may simply use a bbq stick (make sure to soak the sticks 1 hr prior to grilling).
Step 4

Prepare 1 litre of iced water and season with 3% salt. Prepare 2 pots of boiling water worth about 2 litres of water. One pot should be seasoned with 3% salt. Place all bones and trimmings into it for 10 mins to clean, and discharge all unwanted residuals.
Rinse in cold water. Turn off the heat on the first pot and prepare to blanch the trimmings and bones for at least 3-5 mins. Once all the scum has risen, take out the bones and trimmings and soak in cold water. Transfer to a boiling pot and add all the elements except the chilli leaves, wild garlic stems and pepper berry. After 20 mins, turn off the heat and add the rest of the ingredients, and steep for 30 mins. Strain all the liquid out and prepare on the side to season with the sauce. Do not throw away the trimmings. They can be rinsed and left to be disposed of in the compost.
HALANG HALANG - CROCODILE CURRY

Step 5
Heat up a pan and prepare olive oil on the side.
Prepare a tray with baking paper and salt.
Prepare a chopping board and a tray with an offset spatula or spoon.
Trim the tomatoes, and cut into 3 parts lengthwise.
Scrape off the seeds and keep for the next step, meanwhile sear the tomatoes on both sides until browned.
Lay on the tray and leave in the oven for 6 hrs at 55 C at high-fan speed settings
After, prepare basil stems in a bowl with any other trimmings that you have at home to be included to add more character to the broth.
Add the dried tomatoes to the bowl.
Boil the water, pour over the ingredients and cover. Leave this for 30 mins to extract all the essences from the tomatoes and season with salt and a pinch of sugar.
Keep all the bloomed tomatoes and dice, place in a container ready for garnishing.
Step 6

Boil a pot of water. Add pearls and season with fish sauce for 15 minutes. Strain and season with sumac. Finish with onion oil and keep in a container ready for garnish.
**Anatto oil**

Add all ingredients in a small pot. Put in the oven at 100 C for 1 hour. Strain all the oils and leave in a container.
Step 8

Break down the coconuts. Crack them in the middle all around until the juice begins to leak out.

Extract the juice over a strainer and cheesecloth.

Rinse the coconuts, and begin carving out the pulp or meat by using a thin spoon, insert the spoon at a 45-degree angle pointing outwards to insert the spoon in between the meat and the shell.
Try to stay on the sides of the shell until you get to the end of the coconut. When you extract all the pulp, clean off all the remaining skin with a peeler. Clean out all the pulp and start grating with a grater. Prepare with the fumet you made earlier. Make sure it is hot and pour it over the coconut meat and cover for 20 mins. Prepare a bowl with a strainer lined with cheesecloth. Place the coconut meat with fumet over the cloth and squeeze out the milk from the coconut.
Repeat the process twice and store the liquid in the fridge until chilled. Later we will be separating the cream from the milk. Heat up a pan with a touch of oil, then start sautéing the ingredients except for the basil and coriander. Take out the coconut liquid from the fridge and separate the top part from the bottom part. The solidified part will be the coconut cream.
When the ingredients begin to release their aroma, deglaze this with the coconut milk and let it simmer for 5 mins. Strain and finish with coconut cream. Add salt. Use a whisk and aerate this until it gets lightly foamy and your sauce will be ready for plating the dish.
Light the coals for grilling. Warm-up some of the fumet with pepper leaves, and season the blanching liquid with 3% salt and keep the temperature of water at a low. Keep sauce of turmeric and tomato tea warm. Prepare all garnishes ready on a tray, make sure that it is moist and clean. When your coals have begun to glow white-hot you are ready to grill the crocodile trimmings.
Make sure not to cook it through. Just caramelise the exterior of the meat and finish it in the oven at 60 C.

Begin to blanch the meat at 43 C for 3 mins, and continuously baste this with the liquid. Let the proteins rest on a tray and lightly season with salt. Warm-up your plate.

Season the bbq crocodile with shavings of macadamia, grate the grilled coconut meat, and top with diced tomatoes and cabbage blossoms.
Step 10

Place the blanched crocodile on the left side of the plate leaving space for the tea on the leaf and turmeric frappé on the right. Garnish the crocodile with the wild garlic blossoms and stems including the soft tips of the pepper berry leaves. Add a half teaspoon of tapioca pearls. Begin to pour the turmeric frappe and the tomato tea. Enjoy.
Halang Halang - Crocodile Curry
CHEF JOSE LORENZO MORALES
Fine Dining Lovers Food for Thought Award
This award is voted for by the *Fine Dining Lovers* online community of foodies, chefs and fans of gastronomy all over the world. Voting is open online on the *Fine Dining Lovers* website in defined periods for each region. In each case, the online community is asked to select the young chef who best represents their personal belief within their dish. The regional winners go on to compete for the global title.
Atun Embarrado
y su Ensalada Umami
Andrea Ravasio

The winner of the Fine Dining Lovers Food For Thought Award for the Iberian and Mediterranean region, Andrea Ravasio is a young Italian chef who has made his home on the Spanish island of Tenerife, where he works in the Zumaque restaurant. This ancient and traditional Canary Islands recipe includes two of the most important ingredients in local gastronomy: Canarian patudo (local red tuna), and Andean potatoes. The name of the dish translates as “Dirty Tuna with Umami Salad”, and is so called because the tuna is soaked in a red mojo sauce before it is cooked.

Ravasio has brought his own culinary sensibility to the recipe, modernising it somewhat while respecting local tradition.
Atun Embarrado y su Ensalada Umami

Ingredients

SERVES FOR 2 - TOTAL TIME 45 MIN

For the creamy potatoes

- Potatoes 500 g
- For red mojo
  - Cumin seeds 1 teaspoon
  - Paprika 1 teaspoon
  - Palmero pepper 2
  - Cayenne Pepper 1
  - Garlic 2
- Extra virgin olive oil 1 cup
- White vinegar 1/4 cup
For the umami salad

- Cherry tomatoes 3
- Mini courgette 2
- Centres of onion 4
- Zucchini flowers 2
- Sourdough for the tempura 3 teaspoon

For the tuna

- Red tuna 300 g
Step 1

**Atun Embarrado y su Ensalada Umami**

Peel the potatoes and put them in hot water to boil until they are completely cooked. Roast half an onion, cut in brunoise, put it in a Thermomix with the cooked potatoes, and add salt. Mix it to obtain a very creamy texture.
With the skin of the potatoes and onion, we make a broth to improve the flavour of potato in the dish, putting a few drops of it on the creamy potatoes. Roast them in a pot, add 1 l water and boil to reduce to a demi-glace-like texture.
The umami salad

Boil the mini courgettes for 1 minute in salted water, then the onion hearts for 20 seconds. Roast them and the cherry tomatoes in a hot pan and put aside.
Step 4

For the courgette flower tempura
Mix the sourdough with a little bit of water, soak the flowers in the tempura and fry in hot oil until they are crunchy.
Step 4

For the tuna and red mojo

For the mojo, put all the ingredients in the Thermomix and mix. Now we can marinade the tuna in the mojo and then cook it in a hot pan on all 4 sides (about 15 seconds for each side if you want to eat it rare).
Atun Embarrado y su Ensalada Umami
CHEF ANDREA RAVASIO
Chef Abhijit Dey, regional winner of the *Fine Dining Lovers Food For Thought Award*, came up with the following healthy, plant-based vegan dish. He says it is simple to make at home, and the ingredients are easily accessible. Vegetables represented a large part of Dey’s diet as a child. Indeed, most of the ingredients used in the recipe are associated with the mangroves in the part of India where the young chef grew up, but it also includes elements from the very different climate of his adopted Aotearoa (New Zealand). The dish is representative of the philosophy of a movement with which chef Dey is involved. Food over Conflict looks to help the hardworking vegetable producers of India and New Zealand, where he now works as a sous-chef at SO Auckland.
Brined Cauliflower with Macadamia Miso

Ingredients

SERVES FOR 4 - TOTAL TIME 40 MIN

Cauliflower 1 whole head
Macadamia nuts 300 g
Coconut cream 1 litre
Miso paste 50 g
Purple/white cauliflower, 150 g
Pickled baby onion, 150 g
Caster sugar 180 g
White vinegar 500 ml
Coriander 50 g
Grape seed oil 400 g
Leeks 1 each
Button mushrooms 50 g
Chickpeas 100 g
Coriander powder 50 g
Spinach powder 50 g
Coconut oil 100 ml
Water 30 ml
Salt 50 g
Spinach 300 g
Step 1

Cut the cauliflower into discs or florets.
For the pickle
Boil the vinegar and sugar together until the sugar is totally dissolved. Add 30 ml of water to thin the solution, add salt to taste. Make a brine of coriander oil and pickle liquid by whisking them together at a 50/50 ratio.
Brine the cauliflower inside the liquid for 10 - 15 hr.
Take the cauliflower out and sear it in a pan with coconut oil and finish it inside the oven until soft (7 min approx.)
Step 3

Heat up a saucepan with some oil and char all the pickled onion which should be sliced into 2 cm thickness. Sear the leeks and purple cauliflower florets until soft in the same way.
Step 4

Deep fry some chickpeas at a high heat (180°C).
Assemble the pickled onion, charred cauliflower, chickpeas and leeks in an ovenproof dish and bake in the oven. Use the pickle brine as a dressing.
Step 6

Make the macadamia cream by blending with coconut cream and miso until it is smooth.
Step 7

For a garnish, slice the cauliflower florets with a mandolin and leave them in cold water to make them more crispy.
Step 8

To make the spinach powder, blanch the spinach for 20 sec and then refresh it in ice water. Dry it with the help of a paper towel and dehydrate it for a day, or leave it in direct sunlight for 2 days until it is dry (optional). Blend it with a blender until it becomes a powder and sprinkle it over the sliced florets.
To plate it, spoon the macadamia miso on the bottom and then place the seared cauliflower on top. Add cauliflower, leeks and onion mix on top. Lightly powder the shaved florets with some spinach powder and place everything delicately on top.
Brined Cauliflower with Macadamia Miso

CHEF ABHIJIT DEY
Chanchamito de La Villa
The following dish of Yucatecan empanada, or ‘Chan Cham’, tells the story of the Mayan people and Yucatecan Maya cuisine. Mexican chef Elio Xicum Cobá explains: “I belong to an indigenous community, full of traditions, customs, but above all pride in showing a little piece of our land, Yucatán.”

The dish serves as a reminder of home every time Cobá, regional winner of the Fine Dining Lovers Food for Thought Award, leaves his homeland. “These are the flavours I always have in mind and they make me yearn to return.”

The corn dough is mixed with one of the most representative ingredients of Yucatecan cuisine - the chaya. But don’t worry: all the local ingredients Cobá uses in this recipe can be replaced by more readily available ingredients in your own country.
Chanchamito
de La Villa

Ingredients

SERVES 4 - TOTAL TIME 30 MIN

For the empanada and filling
- Corn dough 240 g
- Chaya 50 g
- X´top´ (variety of pumpkin) 50 g
- Sausages 120 g
- Chile Xcat ic 120 g
- Water 100 ml
- Oil 500 ml

For the sauce
- Dutch cheese 150 g
- Plantains 150 g
- Cream 100 ml
- Garlic 10 g
- Onion 40 g
- Oil 100 ml
- Salt 60 g
- Black pepper 30 g

Photo courtesy of Chef Eliodoro Xicum Cobà
Step 1

For the empanada dough
Blend the chaya with the water and add to the dough to mix, add salt to taste, and reserve.

Chef’s tips: Chaya is a leaf used in the Yucatan peninsula to make tamales or stews, it can be substituted with spinach.

‘Chile Xcat io’ is representative of the cuisine of the South of Mexico, and is not so spicy. It can be substituted with fresh jalapeño chillies, but in less quantity.
For the filling
In a pot, place the pumpkin cut in half, and cook for 10 min. Remove and crush.

Chef’s tips: X ‘top’ pumpkin is a variety of pumpkin characteristic of Yucatecan Maya Gastronomy, and can be substituted with zucchini.
Step 3

Chop half of the garlic, the onion, the chilli and fry in oil, add the longaniza and cook for 5 min. Add the squashed pumpkin and stir for another 5 min, season and reserve.
Step 4

Assembly of the empanadas
Make balls of dough of approximately 60 g. With the help of a steamroller, make tortillas and put two tablespoons of the filling in each, close and cook on a hot comal or frying pan for 3 min on each side.
Step 5

Place the plantain, with the peels on, directly on the fire, until the peels obtain a black crust. Grate the cheese. Sauté the other half of the garlic and the onion, add the peeled roasted banana, and cook for 5 more min. Add the cream, pass through a blender then pass through a strainer. Return to the fire and, without boiling, add the grated cheese (reserve 20 g of cheese), remove from the heat.
Step 6

For decoration
Place the pumpkin flower on the comal on a very low heat for approximately 40 min while turning every 5 min.

Plating
Place a base of banana and cheese sauce on one side of the chan cham and decorate with pumpkin flowers and cheese.
Chanchamito de La Villa
CHEF ELIODORO XICUM COBÀ
Forest Salad
Vibrant but simple, this salad makes an awesome dish to bring to a party, especially a ‘braai’, the name for a barbecue in the chef’s home country, South Africa. While the salad is primarily plant-based, the addition of goat’s cheese balances out the delicious fresh flavours of the dish so well it can easily accompany a meat dish. For young chef Marcus Gericke, regional winner of the Fine Dining Lovers Food for Thought Award, the dish is a tribute to his late father. Together, they used to experiment in the kitchen. “It sticks to what my dad instilled in me by keeping it simple and letting these quality ingredients do the talking,” says Gericke. “I’m sure he is looking down smiling and probably kicking himself as he didn’t think of it first.”
Forest Salad

**Ingredients**

SERVES 2 - TOTAL TIME 45 MIN

For the Chimichurri
- Peas 50 g
- Red onion 50 g
- Parsley 42 g
- Coriander 20 g
- Garlic 3 cloves
- Lemon juice 30 ml
- Lemon zest
- Extra virgin olive oil 3/4 cup
- Salt to taste
- Black pepper to taste

For Yogurt
- Greek yogurt 50 g
- Peas 100 g

Photo courtesy of Chef Marcus Gericke
**For the Salad**
Cherry tomatoes 1 punnet
Peas 150 g
Mangetout 1 punnet
Celery 1 bunch
Baby marrow 1 punnet
Cucumber 1
Rainbow carrots 1 punnet
Goat’s cheese 80 g
Edible flowers 1 punnet
Lemons 1
Parsley 20 g
Coriander 50 g
Aubergine 1
Micro herbs

**For the filo cups**
Filo pastry 1 sheet
Butter 10 g

**For the pickled onions**
Red onion 1 (50g for the chimichurri)
Apple cider vinegar 20 g
Honey 40 g
Thyme 20 g
Water 80 g
Step 1

For the pickled red onions
Slice the red onion thinly, keeping 50 g back for the chimichurri. Boil the water, honey, thyme and vinegar. Once boiled, add onions and remove from the heat. Once cool, use for the salad.
Step 2

**For the yogurt**
Blend 100g of peas with yogurt to make a thick puree, set aside for the assembly of the salad.
For the filo cups
Cut the filo pastry into squares, brush with melted butter. Place the squares in a muffin tin to form a cup. Bake at 180°C till golden brown (5 - 10 min).
Step 4

Slice the aubergine in 1 cm half disks and sauté in oil for 2 min (high heat until golden brown).
Roast tomatoes in oven with oil and 10 g of thyme at 150°C until the skin just starts to split (around 10 - 15 min).
Step 6

With a peeler, shave the cucumber, carrots, celery and baby marrow and put into cold water to allow to curl.
Step 7

Blanch peas for 2 min and cool in iced water. Trim the mangetout and cut in half (keep them raw or blanched if needed). Blend everything until smooth and set aside to dress the salad.
Step 8

Take the pea yogurt and put a spoonful at the bottom of a bowl. Mix the roast tomatoes, pickled onions, peas, aubergine shaved vegetables, sugar snap peas, micro greens and herbs together. Dress salad with pea chimichurri.
Step 9

Plating
Place the salad in a bowl followed by the filo cup. Fill the filo cup with some of the salad. Crumble goat’s cheese on top of the salad and garnish with edible flowers. Finally, use the zest of the lemon to garnish and enjoy a really fresh and vibrant salad.
Fortest Salad
CHEF MARCUS GERICKE
Keep Your Sole Up
Chef Nicolas Fagundes Galindo, regional winner of the *Fine Dining Lovers Food for Thought Award*, reckons this simple summertime recipe is perfect for enjoying with family and friends. The dish uses a combination of local and exotic ingredients, which connect the Brazilian-born chef with his childhood memories, as well as his present Irish influences as a chef at *Chapter One* in Dublin.

The beurre blanc finished with passion fruit adds the right sourness and acidity to the dish, as well as taking Fagundes back to his Brazilian roots and his mother’s cooking. “We always have passion fruit on special occasions, so I knew one day I would be using it in some savoury dish,” he says. Meanwhile the Lambay crab echoes the philosophy of local sourcing in the kitchen at *Chapter One*. 
Keep Your Sole Up

Ingredients

SERVES 3 - TOTAL TIME 1 HR

For the lemon sole
Lemon sole 3 large fillets

For the courgette wasabi cream
Onion 1 small, diced
courgette 1 large, diced
Creme fraiche 1 tablespoon
Wasabi paste 1 tablespoon
Salt to taste
Black pepper to taste

For the lambay crab
Crab meat 400 g
Egg white mayonnaise 3 tablespoon
Lemon juice 1
Tabasco 15 drops
Chives 2 tablespoon
Salt to taste
For the egg white mayonnaise
   Egg whites 3
   Dijon mustard 1 teaspoon
   Juice of half a lemon
   Vegetable oil 200 ml

For the stuffed baby courgette
   Baby courgettes 2

For the passion fruit beurre blanc sauce
   Fish stock 200 ml
   White wine 100 ml
   Shallots 2
   Celery 1
   Butter 200 g diced
   Passion fruit 3
   Juice of one and a half lemons
Dice your courgette and onion into small pieces and cook in a medium-sized pot with cooking oil on a high heat for approximately two and a half min, then cover with a lid and let steam for a further 20 sec.
Step 2

Add crème fraîche and wasabi powder.
Keep Your Sole UP

Step 3

Then blitz in a mixer or food processor until you get a creamy and smooth texture.
Step 4

Mix with a whisk. After that, add oil and keep whisking constantly until you get a nice and light-textured mayonnaise.

For the egg white mayonnaise
In a bowl, add the egg whites, Dijon mustard, lemon juice and a pinch of salt.
Keep Your Sole Up

Step 5

For the Lambay crab
Pick through the crab using a pair of gloves to remove any remaining crab shell.
Step 6

Put the crab in a bowl, add all the ingredients, and gently mix with a spoon. Add salt and lemon to taste.
Step 7

For the stuffed baby courgettes
Wash the baby courgettes and place inside a sieve on top of a pot with boiling water, cover with a lid and let steam for 5 min.
Step 8

For the passion fruit beurre blanc sauce

In a medium pot on a moderate heat, sweat your onions and celery until they are lightly cooked. Then add your wine and reduce for approximately 3 min on a low heat until almost caramelised.
Step 9

Add the fish stock and reduce by three thirds. Pass the liquid through a sieve and keep reducing on a low heat until you get a caramel-like consistency.
Off the heat and stirring with a whisk at all times, add the diced, of cold butter slowly, and keep whisking until all the butter is incorporated into the beurre blanc sauce. Finish with passion fruit, lemon juice and salt.
Step 11

For the lemon sole
Put a tablespoon of cooking oil in a hot pan and cook the sole for 1 minute or until golden. Add a cube of butter, turn the fish and cook for another second off the heat. Add lemon juice and salt to taste.
Step 12

**Plating**
To plate the dish, gently place the crab on top of the courgette on a separate plate and let it sit. On another plate, spread 2 tablespoons of courgette cream, lay the stuffed baby courgette on top. With a knife, cut approximately 15 thin discs of courgette, and one-by-one, lay down on top of the crab. On the opposite side of the plate you can place the lemon sole and the sauce in the middle.
Keep Your Sole Up

CHEF NICOLAS FAGUNDES GALINDO
Mi-cuit Mackerel, Porcini Mushrooms, Glazed Potatoes and Parsley Puree
Evens Lopez

Fine Dining Lovers Food for Thought Award winner
- North West Europe

This recipe for a simple, flavoursome fish dish is perfect for surprising guests on a warm summer’s day. It comes from chef Evens Lopez, regional winner of the Fine Dining Lovers Food for Thought Award, and is inspired by two of his favourite ingredients: mackerel and porcini mushrooms.

The humble mackerel reminds the young chef of his childhood in Peru, where the fish is sourced by local fishermen, and commonly found marinated in dishes like ceviche. Meanwhile, the porcini mushrooms give Lopez a solid grounding in the present, and his life working at London’s Clove Club.

He says: “The vegetal side of a dish is really important and that’s why in my dish it takes as much importance as the fish.” Follow this step-by-step recipe for a fusion of flavour.
Mi-cuit Mackerel, Porcini Mushrooms, Glazed Potatoes and Parsley Puree

Ingredients

SERVES 4 - TOTAL TIME 2 HR 25 MIN

For the mackerel
Mackerel 2 600 g
Salt
Extra virgin olive oil 150 ml
Mint
Lemon
Thyme
Peppercorns 10
Peel of 1 lime
Ginger half

For the parsley puree
Parsley 1 bouquet
Capers 1 tablespoon
Vinegar soaked bread to taste
Ice
Water 2 tablespoons
Extra virgin olive oil
Salt to taste
Black pepper to taste

For the mushroom sauce
Wild mushrooms 200 g mixed
Butter 50 g
Carrot juice 50 ml
Shallots 1
Red onion 1
Garlic 1 bulb
Mushroom broth 50 ml

For the potatoes
Potatoes 8
Salted butter 200 g

For the pickled onions
Red onion 1
Water 165 ml
Red vinegar 115 ml
Sugar 165 g

For the roasted porcini
Porcini mushrooms 6 small
Salt to taste
Extra virgin olive oil 1 tablespoon

For the porcini carpaccio
Porcini mushrooms 2 small
Parsley sauce 1 teaspoon
Extra virgin olive oil to taste
Salt to taste
Black pepper to taste
Step 1

For the cured, marinated mackerel
Clean and fillet the mackerel, remove the transparent skin without removing the bones.
Cover the fillets (top and bottom) in sea salt mixed with mint and lemon thyme for 20 min.
Afterwards, Wash the fillets in a bowl of iced water, dry and debone. Let them marinate for 1hr and 30 min in olive oil, lime peel, lemon thyme, crushed pepper and ginger slices. Reserve.
For the parsley puree

Remove the parsley leaves (keep the stems for making a broth) and blend them together with the capers, the bread (quantity and soaking time in vinegar may vary, depending on the thickness and desired sourness of the puree), salt and pepper while slowly pouring in the olive oil. Pass the puree through a sieve and reserve.

Chef tip: adding an ice cube and cold water will maintain the puree’s bright green colour.
Step 5

For the mushroom sauce
Clean and dry the mushrooms well, then cook them in some olive oil in a pan until there is no liquid left.
Step 6

Add the butter, then once lightly coloured, pour in the carrot juice and let it reduce. Once golden, add the shallots, onion trimmings, pepper, garlic and finally the mushroom broth. Reduce until thick.
Step 7

For the new potatoes
Rinse the potatoes in cold water, dry them well and lay them on a dry cloth sprinkled with sea salt. Cover them with more sea salt, roll them in the cloth and shake them. This is a way of cleaning them and giving them a saltiness.
Step 8

Cook the potatoes in a pan - on medium heat - with the salted butter for 15-20 min, depending on their size. When they are almost done, turn off the heat and let them cool.
Step 9

Peel the potatoes and glaze them by pouring in some of the mushroom sauce. Set them aside.
Step 10

For the pickled onions
Peel the onions and turn them, taking off transparent skin in between the layers. Put all the rest of the ingredients in a pan, bring to a boil, add the onions and cook them for 3 min. Reserve in the liquid.
Step 11

For the porcini carpaccio
Clean the porcini mushrooms starting from the bottom with the help of a small knife or a peeler, and then with a brush and slightly warm water. Let them dry.
Step 12

Cut the mushrooms in half and roast them in a pot with olive oil on low heat, cover them with the lid and let them release their own liquid. Once they get a nice golden shade on the flat side, turn off the heat and reserve.
Step 13

**For the carpaccio**

Set the two firmest mushrooms aside, as the carpaccio will be the last part of the preparation. Cut them in very thin slices and place on a plate with salt, pepper, olive oil and a drop of parsley puree.
Step 14

For the mackerel
In a very hot pan, sear the mackerel’s skin very quickly.
Step 15

Plating

Serve the mackerel with the parsley puree next to it. On top of the puree serve the roasted porcini mushrooms, the glazed potatoes and the pickled onions. Serve the mushroom sauce and the porcini carpaccio alongside.
Mi-cuit Mackerel, Porcini Mushrooms, Glazed Potatoes and Parsley Puree

CHEF EVENS LOPEZ
Scallop Kinilaw with XO
This recipe is a version of a ‘kinilaw’, a Filipino-style ceviche using fresh Canadian scallops and the popular spicy seafood sauce from Hong Kong known as XO. In this case, the sauce in question is the creation of the chef himself, Marvin Palomo. Palomo, who won the Fine Dining Lovers Food for Thought Award for North America, is chef de cuisine at 7 Enoteca in Toronto. But he also has his own business selling his own Xo sauce, which he learned how to make in Hong Kong. His aim was to do something he was passionate about, while at the same time giving something back to the community. Each month a percentage of his profits is donated to a different charity. So the sauce doesn’t just taste good, it does some good too.
Scallop Kinilaw with XO

Ingredients

SERVES 2 - TOTAL TIME 20 MIN

Scallops 4
Coconut milk 250 ml
Shallots 20 g
Chives 1 bunch
Xo sauce 1 tablespoon
Heirloom tomatoes 1
Ginger 20 g
Fish sauce 1 tablespoon

To garnish
Basil
Coriander
Chives
Marinate and lightly cook the scallop with lime zest, lime juice, grated ginger and a pinch of salt.
For the coconut XO sauce
Mix the coconut milk, 1 tablespoon of XO sauce, chopped chives, brunoise shallot and fish sauce together.
SCALLOP KINILAW WITH XO

Step 3

Plating
Place marinated scallop on a shell or bowl.
SCALLOP KINILAW WITH XO

Step 4

Spoon over ‘Coconut XO sauce’
Step 5

Thinly slice heirloom tomato and place on top of the scallop.
Garnish with thai basil, coriander, and chives.
Step 7

Finish with olive oil.
Scallop Kinilaw with XO
CHEF MARVIN PALOMO
The Ultimate Mac ‘n’ Cheese
Anyone who enjoys comfort food will love this next recipe from Italian chef Antonio Romano, regional winner of the *Fine Dining Lovers Food for Thought Award*. It’s his version of a dish that he feels has lost some of its personality in recent years: the classic macaroni and cheese. He would like to return it to its former glory. His secret for success? Taking care and pride in the selection of quality ingredients, like the all-important Italian cheeses he’s chosen to pump up the flavour. Romano encourages us to stop and think for a moment when deciding which ingredients to buy: “*Just take 30 seconds of your time to remember to make eco-sustainable choices.*”

Follow Chef Romano’s recipe to enjoy the ultimate mac ‘n’ cheese, full of flavour and personality.
The Ultimate Mac 'n' Cheese

Ingredients

SERVES 6 - TOTAL TIME 40 MIN

Butter 60 g
All purpose flour 60 g
Farmhouse buttermilk 75 g
Gorgonzola cheese D.O.P. 150 g
Taleggio cheese D.O.P. 150 g
Parmigiano Reggiano (aged 36 months) 210 g
Hazelnut flour to taste
Macaroni pasta 500 g, or other short pasta
Salt
Fresh Italian black summer truffle 50 g
Black pepper
Chives 50 g
Piedmont hazelnut I.G.P. 20 g
Step 1

Preheat the oven to 160°C. In a Thermomix jug, add the butter, the buttermilk and flour, and cook for 20 min at 90°C on speed 2.

Chef tips: if you don’t have a Thermomix, make a roux with butter and flour, add the buttermilk and the cheese, and cook until thick.
THE ULTIMATE MAC ‘N’ CHEESE

Step 2

Add salt and pepper. Add the chopped taleggio, gorgonzola and parmesan to the Thermomix, and blitz for 15 sec on speed 8. The sauce should be nice and thick.
Step 3

In the meantime, cook the pasta in boiling, salted water.
Step 4

The pasta must be al dente. Drizzle pasta with olive oil and stir to coat it. Set aside to cool.
Step 5

Combine the cheese sauce and pasta.
Step 6

Add chopped chives to the mix, and 40 g of the truffle, chopped, into brunoise butter and flour.
Step 7

Fill the mould with some cheese sauce and hazelnut flour and bake in the pre-heated oven for 10 min. Take out of the oven, put the hazelnuts on top and the extra grated parmigiano, and cook for 10 more min.
Step 8

Add chopped chives to the mix, and 40 g of the truffle, chopped, into brunoise butter and flour.
The Ultimate Mac ‘n’ Cheese

CHEF ANTONIO ROMANO
S. Pellegrino Award for Social Responsibility
Each Regional Finalist also has the chance to win the *S.Pellegrino Award for Social Responsibility*, decided by Food Made Good, an internationally recognised voice on sustainability in food. The award selects the chef who puts forward the dish that best represents the principle of food as a result of socially responsible practices. As with the other awards, the regional winners go on to compete for a global title.
Buffalo Ricotta Gnudi with Smoked Ham Hock, Summer Squash, Corn and Herbs
This dish uses some of the best summer produce available in Ontario, home of chef Kathryn Ferries. She sees it as a simple, summer dinner party staple as most of it can be made in advance.

As regional winner of the S.Pellegrino Award for Social Responsibility, Ferries points out that it’s a versatile recipe that minimises waste whilst maximising flavour. It can be change with the seasons to take on whatever vegetables are fresh, and even works as a vegetarian dish.

“Ham hock is often overlooked”, she says, “but it is a cheap, tender, delicious piece of pork that can be added to so many dishes.”

Ferries has Ukranian ancestry, and she feels her recipe takes a heavy Slavic staple and lightens it, creating a new way to look at Slavic food. Try it for yourself.
Buffalo Ricotta Gnudi
with Smoked Ham Hock,
Summer Squash,
Corn and Herbs

Ingredients

SERVES 4 - TOTAL TIME 2 HR

For ham hock broth
Smoked ham hock 2 lbs
Water 10 l
Cinnamon sticks 2 pieces
Star anise 6 pieces
Allspice 1 tablespoon
Fennel seeds 1 tablespoon
Bay 2
Onion medium, peeled and sliced
Thyme 6 sprigs
Vegetable oil 1 tablespoon
BUFFALO RICOTTA GNUDI WITH SMOKED HAM HOCK, SUMMER SQUASH, CORN AND HERBS

For gnudi dough
Buffalo ricotta 500 g
Egg yolks 2
Gouda cheese 1 oz, finely grated
White flour ¼ cup
Breadcrumbs 3 tablespoons
Salt 1 tablespoon
Lemon Zest
Nutmeg
Tarragon to taste
Chives to taste
Semolina 500 g

For corn puree
Corn kernels 750 g
Unsalted butter 200 g
Salt to taste

For pickled pearl onions
Red pearl onion 250 g
Sherry vinegar 100 g
Red wine vinegar 100 g
Coriander seeds 1 tablespoon
Fennel seeds 1 tablespoon
Black peppercorns 1 tablespoon
Water 250 g
Sugar 55 g
Salt 8 g

For garnish
Patty pan squash 10, cut into ½ or ¼
Basil
Lemon zest
Edible flowers
Mirco herbs
Buffalo Ricotta Gnocchi with Smoked Ham Hock, Summer Squash, Corn and Herbs

**For the smoked ham hock**

Peel and slice a medium onion. Sauté in a large stockpot (big enough to hold your ham hock) with 1 tsp oil, until soft. Toast the dry spices over low heat in a small pan until fragrant, add to the stock pot.

Add the ham hock and add 10 l of water or more to cover, making sure the ham hock is submerged. Add the fresh herbs and bring the pot to a boil, reduce heat to simmering and cover.

Let cook for 1 hr or until tender. Carefully remove ham hock from stock, set aside to cool slightly. Drain stock though a fine mesh strainer, removing the spices and herbs but reserving the liquid to cook your gnudi in.
When the hock is cool enough to touch, start pulling the meat off the bone, discarding the skin and excess fat. You can then keep the pieces large or pull them apart for a more shredded texture.

Chef tips: You can make the ham hock and broth ahead of time. To reheat the ham pieces, reserve some stock and bring back up to temperature in it, or alternatively, give a quick sauté with some butter in a pan before plating. Smoked ham hocks are sold by a good quality butcher shop and are even found in most supermarkets these days. Make sure to get a smoked hock as it adds a nice depth of flavour to the dish, and takes less time to tenderise as it is already fully cooked.
BUFFALO RICOTTA GNUDI WITH SMOKED HAM HOCK, SUMMER SQUASH, CORN AND HERBS

Step 2

**For the gnudi dough**

Drain the buffalo ricotta through a cheesecloth or thin linen to remove any excess moisture. Place in a large bowl and add the remaining ingredients. Mix gently until a dough forms: it should be able to be pressed together and hold its shape without crumbling. If your dough is too wet and sticky, add additional breadcrumbs to absorb moisture. If you find your dough is too dry and crumbly, add an extra egg yolk to moisten.
Spread the semolina on a tray lined with parchment paper. Using a small spoon or ice cream scoop, portion out a gnudi into your hand (aim for about a tablespoon of dough at one time). Roll the dough between your palms to create a ball, then flatten ever so slightly to make a disc. Place on the semolina-lined tray and cover all sides with a thin layer of semolina (you can flip it around the tray to get it covered). Repeat for all the dough. Reserve in the fridge, covered, until ready to cook.
Chef tips: You can make the gnudi dough and portions up to 24 hours in advance; they will keep well in the fridge. Any longer though, and the semolina will start to draw out moisture from your dough making it tough and dry. The larger you make your gnudis the longer they will need to boil and the more chance of them breaking apart. Keep them small and make extras to enjoy. If you cannot find buffalo ricotta, use regular ricotta instead. You will need to make sure you drain the ricotta well as it tends to have more moisture. If you have the time and space, you can let the ricotta drain overnight in your fridge under weights.
For the corn puree

Bring a small stockpot of lightly salted water to a boil. Add in your corn kernels (fresh or frozen), and cook until soft but not overdone. Meanwhile, cube up your unsalted butter and keep cold in the fridge.
Set up a blender and a fine mesh strainer. Once your corn is cooked, drain from the water and immediately place in the blender. Start on low and slowly add cubes of butter to the corn, while it is blending. It should emulsify and thicken the corn puree. Turn up the speed once all the butter has been added to create a smooth texture. Strain the puree through the fine mesh strainer and you should be left with a beautiful, silky corn puree. Adjust the salt as needed.

**Chef tips:** If you ‘break’ your puree, don’t panic, butter will reset in the fridge. Let your puree cool down completely and re-blend. You will need to gently reheat the puree for plating.
For the pickled pearl onions

In a small saucepan combine the vinegars, sugar, water, salt, and spices and bring to a boil. Remove from the heat and let sit, covered, for 20 min to infuse the flavours. Strain out the spices and keep warm. Remove the skins from the red pearl onions and slice into quarters. Add the pearl onions to the pickling liquid and bring back to a boil. Remove from the heat and reserve for plating. The onions can stay in the pickling liquid, it will help soften the onions and deepen the colour.
The onions can be made well in advance, especially if you seal them in sterilised jars. For plating, remove the onions from the liquid and separate out the petals. They should be a beautiful purple/ruby colour. You can always use white pearl onions instead, but the colour will be less vibrant.
For the garnish

Look for small summer squashes at your local farmers’ market or stores during July. Choose firm baby squashes in a multitude of colours, cut them in half or quarters depending on size. If they have the blossoms still attached, keep them. They make a great addition to the dish or for another snack. Quickly blanch your summer squash in lightly salted water, approx. 3 - 4 min. They should hold their shape and still be firm.
For the basil, herbs and edible flowers: if you have a garden, pick your own or choose a local farmers’ market. I chose patty pans, basil, and marigold flowers from Bower Farm (Ottawa, ON); wood sorrel and violas from Acorn Creek Farm (Carp, ON); and basil flowers and fennel flowers from the restaurant’s back garden (Stofa Restaurant, Ottawa, ON).
Step 8

**Cooking gnudi**

Bring the reserved ham broth to a simmer, adjust the salt as needed. Remove your gnudis from the fridge and dust off any excess semolina.
When the broth is simmering, add them gently to the pot. Using a long spatula, move them about the pot ensuring they do not stick to the bottom. The liquid should be simmering enough to keep them moving. Once the gnudis float to the top they are cooked. Remove them gently from the broth and toss in melted butter.
Step 9

Plating

While the gnudis cook, reheat your garnish (ham hock, zucchinis, corn puree). Have your herbs and flowers clean and ready. Serve warm, using the corn puree as your sauce for the dish.
Buffalo Ricotta Gnudi with Smoked Ham Hock, Summer Squash, Corn and Herbs

CHEF KATHRYN FERRIES
Coconut Delicacy
Next, chef Muhammad Afif Adnanta shares his modern interpretation of lodeh. This simple and nutritious Indonesian dish, centres on a coconut milk based soup with simple vegetables, which can be combined with any number of proteins, from chicken and beef to lamb or seafood. It even works with tempe (fermented soybean cake) for vegetarians and vegans.

As winner of the San Pellegrino Award for Social Responsibility for the Asia region, Adnanta believes in sustainability and minimising his carbon footprint in the kitchen. “Using local ingredients benefits the community and reduces wastage of products,” he says. “Indeed,” he continues, “the dish is open to creative interpretation depending on which flavours you prefer and what you can find locally.”
Coconut Delicacy

Ingredients

SERVES 4 - TOTAL TIME 2 HR

Shallot 100 g
Garlic 60 g
Candlenut 30 g
Coconut milk 600 ml
Palm sugar 25 g
Coriander 15 g
Lemongrass 1 stalk
Bay 3 pieces
Kaffir lime 5 pieces
Ginger 10 g
Galangal 10 g
Long bean 150 g
Carrots 100 g
Daikon 180 g
Soybean tempe 80 g
Chayote 120 g
Melinjo leaf 3 pieces
Melinjo 80 g
Calamari head 100 g

Photo courtesy of Chef Muhammad Afif Adnanta
Squid Ink 10 g

For grilled aubergine
Aubergines 3
Coconut milk 200 ml
Coconut charcoal
Salt to taste
Black pepper to taste

For Fermented caramelized onion
Onion 1
Fermented coconut milk 120 g
Coriander Seeds 30 g
Palm Sugar 12 g
Kaffir Lime 1 piece
Lemongrass 1/2 stalk

For confit potato & kaffir lime sabayon
Potatoes 2
Coriander seeds 30 g
Lemongrass 1 pieces
Salam leafs 2 stalk
Coconut oil 40 g
Butter 120 g
Egg yolks 3 pieces
Caster sugar 20 g
Ginger 10 g
Lime zest 20 g
Lime juice 30 g

For black rice crackers
Squid ink 25 ml
Rice vinegar 100 g
Salt 5 g
Water 110 ml
Coconut oil 10 ml
Blend shallot, garlic, candlenut, palm sugar and coconut milk until smooth. Heat oil in a pot over medium-high heat. Fry the spice paste until fragrant for about 5 min.
COCONUT DELICACY

**Step 2**

Add bay leaf, kaffir lime leaf, thinly-sliced galangal, ginger, lemongrass and coriander seed. Stir for another min.
Add long beans, eggplants, soybean tempeh, and chayote. Bring to the boil, then reduce the heat to a simmer.
Add squid ink, calamari for flavour, and reduce liquid until fragrant, then season with salt, pepper and butter. Turn off the heat, transfer to a serving bowl, and serve immediately.
Grill the aubergine
Grill aubergine under coconut charcoal (or on the stove if charcoal isn’t available), cook until soft. Peel the charred aubergine and blend until smooth, then season with salt, pepper, butter and coconut milk. Strain through a sieve until smooth.
**Fermented caramelised onion**

Peel the onion, cook on a medium heat with a reduction of fermented coconut, coriander, and kaffir lime until fragrant. Caramelize onion until brown, add a little bit of brown and caramelised onion, season with lime and coriander.
Confit potato & kaffir lime sabayon

Peel the baby potato and make a bowl shaped with a parisienne cutter, confit in oil with lemongrass, salam leaves, coconut oil, butter, lemongrass, butter, and salt and pepper until tender. Whisk egg yolk, sugar, ginger, lime zest, lime juice until smooth, fluffy and foamy. Fill baby potatoes with kaffir lime sabayon.
**Black rice crackers**

Soak rice in water for 20 min, simmer until soft then add black squid ink, salt, coconut oil and stir gently. Spread on a baking paper-lined tray, and hydrate at 60°C until dry. Break dried chip into pieces and fry in oil.
Coconut Delicacy
CHEF MUHAMMAD AFIF ADNANTA
Creole Green Bean Salad
According to young Colombian chef Sebastián Pinzón Giraldo, his Creole Green Bean Salad is a balanced and very simple dish that is perfect for a fast dinner or even lunch. At Pinzón’s Celele restaurant in the beautiful Caribbean town of Cartegena, he focuses on sustainability. As you would expect from the regional winner of the *S.Pellegrino Social Responsibility Award*, he believes in cooking with local products, reducing meat consumption and minimising the carbon footprint of his dishes. The fabulous large beans that are the star represent the star ingredient of this recipe are very popular in Caribbean cuisine but little known in the rest of Colombia. “The first time I tasted them,” he enthuses, “I called them the asparagus of the Colombian coast, for their magnificent crunchy texture.”
Creole Green Bean Salad

Ingredients

SERVES FOR 4 - TOTAL TIME 20 MIN

Green bean chimichurri
Large green beans 100 g
Red onion 100 g
Red pepper 100 g
Garlic 15 g
Water 150 cc
White wine vinegar 100 cc
Granulated sugar 50 g
Oregano 15 g
Parsley 30 g
Cilantro 15 g
Sunflower oil 60 cc
Olive oil 60 cc
Plantain vinegar 60 cc (can be replaced by apple cider vinegar)
Salt to taste
Black pepper to taste
CREOLE GREEN BEAN SALAD

**Cheese land**
Fresh cow’s cheese or halloumi cheese 100 g

**Coriander powder**
Fresh coriander 25 g

**Cilantro oil**
Fresh cilantro 50 g
Sunflower oil 100 cc

**Preparation**
Large green beans 350 g
Sour cream or suero costeño (fermented local sour cream) 120 g
Quail eggs 8
Brown butter 200 g
Green bean chimichurri
Moringa flowers (optional)
Purslane (optional)
For the green bean chimichurri
Clean the red peppers and dice finely (brunoise). Reserve in a bowl.
CREOLE GREEN BEAN SALAD

Step 2

Clean the red onion and dice finely (brunoise). Reserve in a bowl.
Finely chop the garlic.
Slice the green beans and put in a bowl. Finally mix all the vegetables together in a bowl, adding them one at a time: first green beans, then red onions, red peppers and finally, the garlic.
Measure water, vinegar, and granulated sugar into a pan and heat to pickle the vegetables for the chimichurri. When the liquid comes up to a boil pour it over the vegetables in the bowl and cover with plastic. Leave it to cool. It’s important to strain the vegetables thoroughly before making the sauce.
Finely chop the parsley, coriander and oregano, and put aside.
Mix the pickled vegetables with the chopped parsley, coriander and oregano adding enough salt and pepper to improve the flavour of the chimichurri sauce. Mix everything well.
Finally add all the liquids: sunflower oil, olive oil and plantain vinegar. Mix thoroughly and adjust the seasoning with salt and pepper.
Put the green bean chimichurri in a glass jar and leave at an ambient temperature in a cool place.
For the cheese land

Grate the cheese.
Spread the grated cheese over silpats (silicon mats) and place over a baking sheet. Put the cheese in the oven at 160°C for 15 min until it looks somewhere between golden and brown and takes on a crunchy texture. Leave it to cool.
Add the cheese to a food processor and blend it on high to make the cheese land texture. Reserve the cheese land, if possible, in a dehydrator machine before using.
For the coriander powder

Remove the coriander leaves from the stems over a plate covered with plastic paper. Put the coriander on the plate in a microwave and dry it in short blasts, i.e., 20 – 25 sec of cooking, and leave the door open in between cooking times, until you see, and feel, the coriander has become very dry. Add the dried coriander to a spice mixer to make a powder. Put the powder in a plastic container and conserve in a dry place to ensure it remains dry before using.
**For the coriander oil**

Put the ingredients in a glass Thermomix and process at level 10 for around a min. Lower to level 4 and heat until 70°C for 4 more min. After 4 minutes turn off the heat and process for 1 more minute at level 10 again. Remove the glass from the Thermomix and immediately add the oil mix in a Chinese strainer covered with a cloth to filter the coriander oil. Once the coriander oil is filtered, put in a kitchen bottle to use and conserve in the fridge.
Step 10

**Preparation**

Heat a pan with brown butter and roast the whole large green beans, adding salt. Remove the pan from the stove and leave to cool.
After you can easily manipulate the green beans with your hands, carefully form spirals, joining about 4 to five strips of green beans to make one spiral. We need 2 spirals minimum for each plate. Reserve them.

Place a big squeeze of sour cream sauce on one side of a white circular dish using a kitchen bottle with a fine tip. Afterwards, add the spirals of green beans you made before with the help of a spatula, taking care to not completely cover the sour cream sauce. Bathe the spirals with the chimichurri sauce. Be generous.
Step 12

Place three very small teaspoons of the cheese land over the spirals of green beans. Immediately fry the quail egg (I added an extra egg in the recipe just in case you have an accident) in brown butter, add salt and place the egg in the middle of the spiral. You can use 2 eggs per dish.
CREOLE GREEN BEAN SALAD

Step 13

Garnish the plate with fresh purslane buds and some moringa flowers. You can replace the moringa flowers with any white flowers and the purslane buds with microgreens if needed. Finally sprinkle the coriander powder on one side of the plate and add the coriander oil on the other side.
Creole Green Bean Salad
CHEF SEBASTIÁN PINZÓN GIRALDO
Franschhoek
Valley Verdure
Chef Callan Austin, the creator of this next recipe, comes from the beautiful Franschhoek Valley in South Africa’s Western Cape, home to an abundance of delightful seasonal produce. As the valley’s rivers fill with young trout in spring, the surrounding land begins to turn a vibrant green from all the fresh foliage, and this dish uses many foraged herbs, flowers, and leaves that you may not be able to find in your own region. But don’t worry, they can be replaced with local equivalents. Unsurprisingly coming from a winner of the S.Pellegrino Social Responsibility Award, the point of this recipe is to utilise the whole fish by turning parts some might consider undesirable into a delightful canapé that is sure to impress any guest.
**Ingredients**

**SERVES 4 - TOTAL TIME 2 HR**

**For the cured trout**
Trout 1 x medium sized, filleted and skinned. Reserve the bones, head, skin and any trimmings.
Salt 400 g
Limoncello salt 100 g
Caster sugar 500 g
Dill 20 g, chopped
Coriander seeds 5 g, toasted
Black peppercorns 5 g, toasted

**For the herbed emulsion**
Mayonnaise 500 ml, plain, thick (preferably homemade)
Watercress 50 g, washed
Nasturtium 10 g, washed
Fennel fronds 50 g, picked and washed
Vanilla paste ½ teaspoon
Lemon zest 1 teaspoon, chopped
Extra virgin olive oil 25 ml
For the Japanese – style horseradish mayonnaise
Japanese-style/kewpie mayonnaise 500 ml
Horseradish sauce 5 tablespoons
Lime zest 1 teaspoon, finely chopped
Black pepper to taste, cracked

For the side salad
Black radishes 3, thinly sliced
Asparagus 200 g, shaved using a peeler
Broccoli, tender stem 200 g, shaved using a peeler
Nasturtium
Wild sweet pea shoots
Wood sorrel (leaves and flowers)
Chickweed
Black pepper cracked
For dressing of the side salad
Limoncello
Extra virgin olive oil

For the canape
Trout skin reserved and scraped of any scales and flesh
Canola oil 500 ml
Trout bones, head and trimmings
Mayonnaise 100 g (preferably homemade)
Garlic 2
Gherkins 35 g, brunoise
Red onion 35 g, brunoise
Dill 1 tsp, chopped
Lemon juice 1 tsp, lemon zest 1 tsp
Tagarashi spice 1 tsp

For finishing and plating
Tub yuzu caviar 1
Toasted cilantro seeds
Smoked Maldon salt
Angel hair chilli
Foraged herbs and flowers (rosemary flowers, serradella flowers and shoots, chickweed, sweet wild pea shoots, fern, wood sorrel leaves and flowers, African fennel and wild mustard flowers)
Step 1

For the cured trout
Combine all the ingredients together in a large bowl and mix thoroughly.
In a baking tray big enough for the trout fillets, pack a thin layer of the cure mix, about 1cm, on the bottom of the tray.
Once cured, remove the fillet from the cure and wash off any excess cure mix under cold running water. Smoke the trout until the fillet isn't visible anymore. Pull the pipe out and make sure the tray is wrapped tight so no smoke escapes. Allow for the fish to cold smoke in the fridge for at least an hour.
Once smoked sufficiently, portion the fillet into 5 mm slices and store in an airtight container in the fridge until needed.

**Chef tips:** an alternative to a smoking tray is a barbecue.
For the herbed emulsion

Bring a large pot of water to a rolling boil and have a bowl of ice water ready. Blanch the baby spinach and watercress by submerging them in the boiling water for no longer than 5 seconds, then plunge the blanched leaves into the ice water so that they retain their vibrant green colour.
Allow them to cool completely before you remove them. Once cold, remove the leaves from the ice water and squeeze all the excess water out of them. Pat them dry using a tea towel.
Place the blanched and refreshed leaves and the remaining ingredients, except the oil, in a blender, and blend on a high speed until the mixture turns bright green. If the mixture appears thin, slowly add the oil in small increments while the emulsion blends until it thickens. Store in a squeeze bottle in the fridge until needed.
For the Japanese-style horseradish mayonnaise
Blend all the ingredients in a blender until thoroughly combined. Store in a squeeze bottle in the fridge until needed.

Chef tips: The Japanese horseradish mayonnaise is simply Kewpie mayo that has horseradish blended through it.
Step 7

Puffed fish skin
Scrape the fish skin free of any excess meat and scales.
Bring a pot of water to a rolling boil and blanch the skin for 20 sec, then remove.
On a metal tray lined with parchment paper, spread the skin flat and evenly, and dehydrate in a dehydrator or oven set to 50°C overnight until crisp.

Cut the fish skin using scissors into roughly 2x3 cm shards.

Heat a pot of oil until smoking hot and, using tweezers, plunge one fish skin shard at a time in the hot oil until it puffs up significantly.

Remove from the oil and allow excess oil to drain on a paper towel.

Store the puffed fish skin in an airtight container, preferably with a tab of silica in the container to maintain freshness.
Smoked and pulled trout trimmings
Set up your smoking tray and smoke your trout trimmings (head, bones and belly offcuts), ensuring that the tray doesn’t get too hot by removing the tray every now and then.
Smoke like this for about 8 min, then remove the tray of smoked fish trimmings and cook through in an oven preheated to 180°C until the meat fibres separate easily.
Pick all the meat from the bones and head and reserve in a bowl.
Preheat an oven to 160°C.
Wrap the garlic cloves, still with their skin on, in tin foil and roast for 45 min until soft.
Push the garlic out of its skin and use a knife to scrape it into a paste.
Combine the smoked and picked trout, roast garlic paste, gherkin, red onion, mayonnaise, lemon juice and zest and dill in a bowl and mix the ingredients together.

**Chef tips:** an alternative to a smoking tray is a barbecue.
**Step 10**

**Plating**

I have created 3 separate plates, each an element of one dish. This makes it much more manageable to recreate at home, where you can have a whole plate of the sliced trout and a bowl of the side salad in the centre of your table for guests to dish, share, and discuss. Accompanied by mouth wateringly tasty and sustainable canapes to serve before the meal, it’s perfect to showcase your newly-found foraging knowledge at any dinner party.
**Canape plate**

Puffed trout skin; hot smoked trout trimmings with roasted garlic aioli; locally foraged herbs and flowers.
Plate 1
2-hour cured, 1-hour cold-smoked locally-caught Franschhoek trout; leeu Estate grown watercress, nasturtium and baby spinach emulsion; Japanese-style horseradish mayonnaise; yuzu caviar (store bought); foraged wild herbs and flowers.
**Plate 2**
Shaved Leeu Estate tender stem broccoli, asparagus and black radish; local herbs and flowers, including wild sweet pea, nasturtium, wood sorrel and chickweed, serradella shoot; 16-month infused Le Coin Francais; limoncello and Leeu Estate extra virgin olive oil dressing.
Potato and Pumpkin Dauphinoise and Pan-roasted Toothfish
Kezia Kristel draws on the abundance of great winter ingredients available in Sydney to create these easy-to-cook ideas that are suitable for any occasion. Originally from Jakarta, Indonesia, the classically French trained chef says dauphinoise is one of her favourite French dishes, while toothfish is one of the most delicious fish she says she’s ever eaten.

“When sourcing the recipe ingredients feel free to use whatever you can find locally”, says Kristel, regional winner of the S.Pellegrino Award for Social Responsibility. “For example, the dauphinoise can be made with potato only, and you can use delicious local fish you have available in your country.”

So don’t worry about following the recipe to the letter: let your imagination run free!
Ingredients

SERVES 4 - TOTAL TIME 1 HR 30 MIN

For the potato & pumpkin dauphinoise
Kestrel potatoes 2 per person
Japanese pumpkin 1/2 per person
Rosemary 1 sprig
Thyme 1 sprig
Olive oil 20 ml

For the potato and pumpkin puree
Potato trimmings 30%
Pumpkin trimmings 70%
Garlic 1 1/2 ea
Vegetable stock 150 ml (heated up)
Cream 100 ml (heated up)
Butter 20 g
For the seaweed salt
Seaweed 1 sheet (dried up in dehydrator)
Salt 20 g

For pickling liquid
Water 200 ml
Apple cider vinegar 120 ml
Salt 50 g
Sugar 100 g
Peppercorns 8 g
Star anise 2 ea
Cloves 2 ea

For the pickled vegetable salad
Pickling liquid 300 ml
Beetroots small/medium size - 1 to 2 ea
Radishes 1 to 2 ea
Watermelon radishes 1 to 2 ea

For the pan-roasted fish with fried seeds, grains & daikon
Australian toothfish G51 fillet skin on 150-200 g
Sunflower seeds 100 g
Quinoa 150 g, multicolor
Dashi powder 10 g
Daikon 1/4 ea
White pepper
Salt
Cooking oil 350 ml
Butter 8 g diced

For the citrus salad
Purple kale 1 leaf
Nasturtium 2 ea, leaves & flowers
Lemons 1/2 ea
Mandarins 1 ea
Extra virgin olive oil 10 ml
Salt a pinch
Sugar 1 tbsp
Step 1

For the potato and pumpkin dauphinoise
Wash the potatoes and slice thinly (skin on) with a mandolin, cover with water, re-wash them to remove the starch (save the trimmings). Cut and peel the pumpkin with a knife, remove the seeds, cut into quarters, and half again.
Slice the pumpkin thinly using a mandolin (save the trimmings). Finely chop the herbs (thyme/rosemary) with garlic. Heat up vegetable stock.
Remove the potatoes from the water, drain them well, transfer into bowl with pumpkin, add chopped herbs and garlic, salt, and olive oil. Mix well.

Prepare a square tin with baking paper and a drizzle of oil on the bottom to make it stick. Heat the oven to 190°C.

Transfer the sliced and seasoned potatoes and pumpkin to the tin. Arrange them neatly, layer by layer. (Line the potatoes together, then the pumpkins
together - repeat until all the ingredients in the bowl are finished).
Add vegetable stock to the tin, up until under the top layer. Put another sheet of baking paper above the top layer, add another square tin and any heavy kitchen tools that are oven-proof to press the dauphinoise down.
Put the tin in the oven for 20-40 mins, the check if it’s cooked with a skewer.
Remove the heavy tools and baking paper from the top of the dauphinoise, brush the surface with melted butter to finish, and place in the oven again for another 5-7 mins at 200 °C. Remove from the oven when cooked and slightly golden.
**For the potato and pumpkin puree**

Heat up the vegetable stock and cream in different pans until boiled and lukewarm respectively.
Weigh up 30% of the potato trimmings and up to 70% of the pumpkin waste.
Heat a pan with a drizzle of olive oil, add garlic, then add the measured waste to the pan, sauté it and allow to colour/caramelize a little in the pan. Add the weighed cold butter.
Add vegetable stock until covered, then cover with a cartouche or baking paper on the top, cook until soft.
When it’s cooked (there won’t be much liquid left from the stock) transfer it into a blender, add the lukewarm cream little by little, until it’s really smooth (blitz it up for 3 min).
Step 5

For the seaweed salt
Rip up a sheet of seaweed into small pieces, put in dehydrator (if you have one) or in the oven at 68°C overnight. After it’s dried, blitz it with measured sea salt.

For the pickling liquid
Add all spices in the pot (star anises, cloves, peppercorns) and heat on medium for 1-2 min until you smell the aromas (do not burn!), add water, apple cider, salt, and sugar, let it boil. After it’s done, put it aside to steep and cool down.
**For the pickled beetroot**
Peel the beetroots, slice them very thinly on a mandolin. Cover with pickling liquid while hot, place baking paper on the surface, allow to cool.

**For the pickled radishes**
Slice the radishes very thinly on a mandolin, immerse them in cold water, re-wash, add iced water for 2 - 3 min, then drain. Add cold pickling liquid, add baking paper on the surface, let them pickle for a few hours (the longer it’s pickling the better).

**For the fresh watermelon radishes**
Slice the radishes on a mandolin very thinly, place in cold water, re-wash, add iced water for 2-3 min, then drain.
For the pan-roasted fish with fried seeds, grains and daikon

Bring the fish up to room temperature, give it a good dry with a paper towel all over, lightly score the skin, add seasoning: salt and white pepper.
Heat a pan for frying the fish and in another pot heat 300 ml of oil for frying the seeds, grains and daikon. Heat oven to 190°C.
Set up another pot with a strainer and a tray with a paper towel to dry the fried ingredients. When the pan is hot, add a little bit of cooking oil and put the seasoned fish into the pan skin side down. Press it with your hand/a fish weight for a few minutes until the skin is coloured and slightly crispy, flip it over for a minute or 2 until it’s nearly cooked, flip it again back on to the skin side, then put into the oven for 2-3 min.
Take it of from the oven, finish with a small cube of butter, baste the fish, let it dry and rest in a warm area for couple of minutes.
Fry the sunflower seeds, multi-coloured quinoa and thinly-sliced daikon in a pot of hot oil separately. Season with dashi powder. Leave to dry for a couple of minutes. Mix just before serving.
For the citrus salad
Put the nasturtium leaves and flowers in cold water for around 5 min, then drain well.
Cut the potato and pumpkin dauphinoise and plate it up with the dried, pickled vegetables. Take the purple kale stems out with knife, slice the leaf into three to four small to medium pieces. Plate the fish in on plate. Then, in a small bowl, add the nasturtium leaves and flowers, and purple kale. Add a little salt, sugar, squeeze the mandarin juice and a little bit of lemon juice, and add a little bit of extra virgin olive oil. Mix well, taste, season again if necessary, then it’s ready to serve.
Potato and Pumpkin Dauphinoise and Pan-roasted Toothfish

CHEF KEZIA KRISTEL
Raw Tuna with Peaches, Clear Tomato Jelly and Parsley and Celery Oil
Get ready for the ideal dish for a hot summer’s day, when there’s an abundance of fresh produce like tomatoes, tuna and peaches. Raised in Japan, chef Kitano Yurika first started cooking in France, and the ingredients and methods she uses reflect the culinary influences of both cultures in her life. While Yurika uses ingredients that are easily available in her own country, she makes the most of the real taste of local ingredients in France, using Japanese techniques to make raw tuna truly delicious.

The *S.Pellegrino Social Responsibility Award* winner explains that “In Japan, it is the mainstream to eat raw fish with soy sauce and wasabi, but since I came to France, I learned how to cook it by combining it with fruits, vegetables, and herbs.”
Ingredients

SERVES 4 - TOTAL TIME 1 HR 30 MIN

Tuna 300 g
Peaches 2
Tomatoes 1 kg
Grape seed oil 100 g
Parsley 1 bunch
Gelatin 7 g
Almonds 10 fresh nuts
White vinegar as needed
Extra virgin olive oil
Salt
Fleur de sel
Horseradish
Mini basil
Step 1

**Raw tuna preparation**
Marinate 300 g of tuna in 10 g of salt for 1 hr. Pat dry with paper towels.
Clear tomato jelly preparation

Dice 1kg of tomatoes and blend in a mixer with 10 g of salt. Pour tomato puree into a mesh strainer lined with paper and let puree filter through completely, yielding 500ml of tomato water.
Step 3

Warm some tomato water and dissolve 7 g of gelatin in it; add the remaining tomato water and let chill in the fridge.

(Gelatin should be 1.4% of total mixture)
Parsley and celery oil preparation
Blend parsley and celery in a blender. Heat 100 g of grape seed oil until 60°C and add to blender; blend all until smooth. Strain mixture in a mesh strainer lined with paper; add to sauce bottle.
Step 5

Plating
Slice marinated tuna into 1 cm slices. Pit a peach and slice into 1 cm slices. Peel fresh almonds.
Step 6

Mix 15 ml of olive oil and white vinegar for dressing. Place raw tuna on plate and season with fleur de sel and dressing. Place peach slices and almonds on each piece of tuna and shave horseradish on top.
On the final plate, place each piece of tuna atop another in the middle of the plate, forming a tower. Place clear tomato jelly around tuna tower and dress with parsley and celery oil. Garnish with mini basil and finish with olive oil.
Raw Tuna with Peaches, Clear Tomato Jelly and Parsley and Celery Oil
CHEF KITANO YURIKA
‘Somiatruites’ Tomato Salad with All Parts of a Trout
Young chef Mengxin Zhou believes in healthy cuisine using seasonal products. This fresh, light, dish of trout and tomatoes ticks those boxes perfectly, and is ideal for summer. For Zhou, regional winner of the *S.Pellegrino Award for Social Responsibility*, it’s important for her recipes not to produce waste, and this one makes full use of both the tomatoes and the trout, including the head, skin, loins and roe. What’s more, the dish provides plenty of vitamins (A, C, K from the tomatoes and B-12 from the trout), as well as numerous minerals, calcium, magnesium and essential fatty acids. Chinese by birth but living in Catalonia, Zhou blends influences from both regions to create a clean, fresh dish that uses locally sourced summer ingredients to delicious effect.
‘Somiatruites’
Tomato Salad
with all parts of a Trout

Ingredients

SERVES 4 - TOTAL TIME 3 HR 40 MIN

For the tomato salad
Tomatoes 8 each of different varieties
Salt to taste
Extra virgin olive oil to taste

For the Semi-cured trout tartare
Trout 1 kg
Salt 200 g
Caster sugar 150 g
Aromatic herbs to taste
Ginger 25 g

For the trout head skin (gelatin texture)
Trout head and spines
Water
White onion 1
Leeks 1
Black pepper
For Gazpachuelo of trout
Eggs 1
Mild olive oil 300 g
Lemon juice of half a lemon
Broth 500 g

For the curly chives
Chives
Ice
‘SOMIATRUITES’ TOMATO SALAD WITH ALL PARTS OF A TROUT

Step 1

For somiatruites tomato salad
Cut the tomatoes into small, aesthetic pieces. Mix with the salt and the oil.
Step 2

For the semi-cured trout tartare
Add the salt, sugar, herbs and ginger, and mix well. With this mixture, cover a piece of trout for 3 hr.
After curing the trout, clean it and cut it into very small pieces until it has a tartare texture, and store in the fridge.
Put the bones and the head of the trout, a chopped onion, a leek, and the black pepper in a pot and cover with water. Cook over low heat for 25 min. Let infuse for 15 min, and strain.
Save the head of the cooked trout, and the broth. With the help of a small knife, remove the skin from the head of the trout, which has a jelly-like texture, and store in the refrigerator to be able to cut well. Reduce the cooking broth until you get 300 ml of good, tasty broth.
For the gazpachuelo of trout
Using a blender, make a mayonnaise with the egg, mild olive oil, juice of half a lemon and a little salt. We need a thick texture.
When the broth for cooking the trout head and bones has a really good flavour, let it go down to 50ºC, and mix little by little with the mayonnaise, until a smooth cream.
For the curly chives
Make a few cuts to the chives, to make long strips, and put in water and ice for 3 min, to get them to curl.
Step 9

Plating
Put the ‘gazpachuelo’ in the center of the plate, put the tomatoes in a circle, and decorate with the different textures of trout, the tartare, the skin, the roe, etc.
‘Somiatruites’ Tomato Salad with All Parts of a Trout
CHEF MENGXIN ZHOU
Stuffed Onion with Cocoa Crumble and Parmigiano-Reggiano Mousse
Italian chef Davide Marzullo is the creative talent behind this vegetarian dish of onion stuffed with a Genovese sauce, topped with bitter cocoa crumble and a Parmigiano-Reggiano mousse. The young chef, a regional winner of the S.Pellegrino Social Responsibility Award, recommends serving this dish in winter as a crowd-pleasing appetiser.

The multilayered onion featured in the dish reminds him of his chef uncle who used to serve an onion sauce at his small restaurant back home. After not enjoying it as a child, he now appreciates its nuances.

Marzullo also draws on a childhood fondness for laurel, which he smokes for the final garnish. “The scent of laurel released by the burnt leaves reminds me of when my dad used to burn laurel branches in the fireplace,” he recalls.
Stuffed Onion with Cocoa Crumble and Parmigiano-Reggiano Mousse

Ingredients

SERVES 2 - TOTAL TIME 1 HR 30 MIN

**Onion**
Yellow onion 2, small
Salt 200 g

**For Genovese onions**
Yellow onion 6
Salt to taste
Extra virgin olive oil to taste
Butter 30 g
Bay 2

**For the Parmesan foam**
Cream 200 g
Parmigiano cheese 320 g
STUFFED ONION WITH COCOA CRUMBLE AND PARMIGIANO-REGGIANO MOUSSE

Gelatin 5 g
Salt to taste

For the toasted hazelnuts
Hazelnuts 100 g

Cocoa crumble
All purpose flour 100 g
Caster sugar 100 g
Butter 100 g
Bitter cocoa powder 50 g
For the onion
Preheat the oven to 180°C. In the meantime, place 200 g of coarse salt on a baking sheet and place the two onions on top. Cook everything in the oven for about 40 min. Once the onions are cooked, cut the tops off and scoop out the insides so as to create an empty shell that will form the dish.
Step 2

For the Genovese sauce
Remove the first 4 layers of the onions and cut them into thin julienne strips. Then, put oil, butter and the chopped onions in a saucepan.
Once the onions have released all their water, add the salt and the bay leaf, and cover the saucepan with plastic wrap for about 10 min on a medium heat.
Step 4

After 10 min, remove the film, lower the heat and cook the onion very gently for about another 45 min. The onion will take on an amber colour and a very sweet taste.
For the Parmigiano-Reggiano mousse

Bring the cream to the boil, sprinkle in the Parmigiano-Reggiano and mix well with a whisk. Once mixed, add the gelatine previously soaked in cold water.
Place the Parmigiano-Reggiano mousse in an airtight container and let it rest for 40 min in the fridge.
Step 7

For the toasted hazelnuts
Toast the hazelnuts in the oven at 175°C for 11 min. Once cold, cut them in half.
For the bitter cacao crumble
Mix all the ingredients together and cook at 172°C for 25 min. Blend everything with the help of a food processor.
Plating
To decorate, burn a few bay leaves and a few pieces of onion peel directly over an open flame.
Line a plate with some coarse salt (it serves to support the onion), place the empty onion on top, decorate with the bay leaves and onion skins, then fill the onion with the Genovese sauce and add the bitter cocoa crumble.
Place a few pieces of toasted hazelnuts, form a quenelle with the Parmigiano-Reggiano mousse with the help of a hot spoon, add field herbs and then place the onion cap on top.
Stuffed Onion with Cocoa Crumble and Parmigiano-Reggiano Mousse
CHEF DAVIDE MARZULLO
Summer, Unannounced
Pippa Lovell describes the following recipe for a foraged amuse-bouche as a “screenshot of a time and place,” designed to highlight the importance of biodiversity and the preservation of nature.

The idea for the dish came to her while foraging for ingredients on the Isle of Man (between England and Ireland) during the month of April. She was surprised to discover how early many of the ingredients had arrived. The very sweet and equally bitter notes in the dish are designed to “echo the bittersweet emotions I have towards the early arrival of the summer,” explains the S.Pellegrino Social Responsibility Award winner.

Pippa’s ‘unexpected’ summer recipe comes with a message: “to inspire people to take a different approach with sourcing food and respecting nature again.”
Ingredients

SERVES 2 - TOTAL TIME 0 HR 40 MIN

For fermented rhubarb
- Pink rhubarb 3 sticks
- Homemade sea salt
For elderflower vinegar
- Elderflowers 100 g, no stem and in a sunny spot
- Leftover champagne 250 ml, good quality
- Raw apple cider vinegar 50 ml (with the mother in)

For foraging
- Ayrshire cow yogurt
- Dried gut weed
- Elder salt
- Young nasturtium leaf
- Gorse petals
- Chickweed (before it flowers)
- Hairy bittercress (once it flowers)
**Fermented rhubarb**

Slice the rhubarb into 4 cm pieces at an angle, weigh the pieces, add the sliced rhubarb and 2% of their weight in salt into a bowl. Massage the rhubarb with the salt until it starts to weep. Cover with a cloth and leave for 1 hr. Press the rhubarb and weigh it down until the liquid covers the rhubarb. Leave to ferment in a warm place for a year.

**Chef tips:** the year-old fermented rhubarb can just be a quick pickle recipe instead.
**Elderflower vinegar**

Add the Champagne, vinegar and elderflower to a sterilised bottle, cover with a muslin cloth and a rubber band, and leave for a year until a fresh mother forms on top.

*Chef tips:* The elderflower vinegar could just be some flowers blitzed into Champagne vinegar then passed.
Foraging
When the tide is out, forage a few handfuls of gut weed (ulva intestinalis). Wash this several times in cold running water and ensure there is no sand. Put in the dehydrator for 10 hr at 58°C. The weed will form a sheet and break into small pieces. It is salty enough.

Chef tips: You could deep-fry the gut weed. From a place near where your rhubarb and yogurt is from, forage the chickweed, hairy bittercress, nasturtiums and gorse petals.
Yogurt dressing
For the yogurt dressing, simply season your yogurt with a few drops of elderflower vinegar and a little salt (preferably homemade sea salt).
**Plating**

This dish has no specific way of plating other than building an image in a small area of the plate to represent that the dish is based on a small area of land. Start with the yogurt, then a few slices of the fermented rhubarb, start building the herbs using equal amounts of each to balance the flavour. Season with a little elderflower salt (homemade salt blitzed with elder flowers, dried and blitzed again). Finish with a little juice from the fermented rhubarb and add the gorse petals at the end, being careful not to bruise them with your tweezers.
Summer, Unannounced

CHEF PIPPA LOVELL
Young Carrots with Leaf Pesto and Labneh Cheese
Born in Moscow in 1992, chef Ivan Kamenev won the *S.Pellegrino Young Chef Social Responsibility Award* for the Euro Asia region. His recipe uses freshly-picked carrots from the garden, but failing that he recommends buying from a local market. Kamenev is a big fan of this particular vegetable. “Choose carrots with bright green tops to make the pesto tasty and bright in colour,” he advises. Carrot tops have an extraordinary, slightly spicy flavour that combines perfectly with many other ingredients. This makes them ideal for preparing a wide variety of first and second courses, as well as salads, cutlets and salted pies. What’s more, they also have powerful antioxidant properties, and contain 500 times more vitamins than the root vegetable itself!
Young Carrots with Leaf Pesto and Labneh Cheese

Ingredients

SERVES 4 - TOTAL TIME 1 HR

Baby carrots 400 - 500 g
Oil 80 ml
Lemons 1
Yogurt 300 g
Pine nuts 40 g
Salt
Black pepper

For the Carrot top’s pesto
Carrot tops
Garlic 1
Lemon Juice 1/3
Extra virgin olive oil 70 g
Pine nuts 30 g, baked
Salt
Black Pepper
To make labneh curd cheese, add salt to the yogurt and place it on a sieve lined with gauze and refrigerate it overnight, or you can just use soft curd cheese for this recipe.
First, process the carrots - cut the tops and soak the carrots in warm water. Sort the tops and select juicy and green carrot leaves. The carrot tops are too tough, so they need to be removed. The carrot leaves must be well washed from possible dust and earth residues. Then, wash the carrots using a clean dishwashing sponge. Cut the carrots in half, season with olive oil and salt, put on a baking sheet covered with parchment and bake in the oven at 160°C for 25 - 30 min until they are soft.
YOUNG CARROTS WITH LEAF PESTO AND LABNEH CHEESE

Along with the carrots, you can bake pine nuts - bake them at the same temperature for 5 min.
In the meantime, prepare the tops for the pesto. You will need a pot of boiling water and a bowl of ice water. Add a pinch of baking soda to the boiling water to help maintain the green colour of the tops. Using a sieve, dip the tops in boiling water for 30 sec, then place them in the ice water.
Squeeze the excess moisture out of the tops and start making pesto. In a mortar, combine the garlic clove, salt, pepper and lemon juice. Add half the olive oil and mash thoroughly. Then add the chopped greens and the remaining oil. Mash to a pulp, if necessary.
When the carrots are ready, you can start serving. Place the cheese and funnel in the centre of the plate, top with the carrots, a tablespoon of pesto and sprinkle with baked pine nuts. Enjoy your meal.
Young Carrots with Leaf Pesto and Labneh Cheese
CHEF IVAN KAMENEV
Acqua Panna Award for Connection in Gastronomy
The Regional Finals also provide the opportunity for the local mentors to vote for one chef from each region whose signature dish reflects the perfect connection between different cultures. The purpose of the award is to emphasise the growing trend in global gastronomy of ‘chefs without borders’. Once again, the regional winners go on to compete for the global title.
Asam Laksa Broth with Grilled Tachiuo, Pineapple Kerabu Salad, Scallop Crudo & Red Plum Sambal Belacan
Created by the Acqua Panna Award for Connection in Gastronomy winner for the Asia region, chef Tor Aik Chua, this recipe is inspired by a humble Malaysian street food. The broth’s main ingredients are fish flakes, tamarind, spices such as galangal, turmeric, chilli, Vietnamese mint, and of course fermented shrimp paste, both in the form of block and sauce.

“A nice bowl of laksa is all about balance of flavours,” explains the young chef. “This one has a very complex flavour profile with umami, brightness and natural sweetness, finished off with pineapple, mint, cucumber, and ginger torch flower to give it freshness.” The other dish consists of a spicy paste made from fermented shrimp and toasted chilli, contrasting with natural sweet raw scallop slices.
Asam Laksa Broth with Grilled Tachiuo, Pineapple Kerabu Salad, Scallop Crudo & Red Plum Sambal Belacan
Ingredients

SERVES FOR 4 - TOTAL TIME 3 HR

Filtered water 3 l
Red chilli peppers 6, big
Dried chilli (soaked) 10
Asam gelugur (dried tamarind slices) 50 g
Stalk lemongrass 4 (pound and cut down)
   Fresh turmeric 20 g (pound)
Kesum herb (Vietnamese mint) 70 g
Ginger torch flower 1 (slice down)
Baby shallot 150 g (slice down)
   Galangal 20 g (pound)
   Garlic 4 (pound)
Toasted shrimp belachan (dried fermented shrimp block) 50 g
Cinchalok (fermented baby shrimp) 30 g
Salt to taste
Caster sugar to taste
Step 1

For *asam laksa broth*

Blend red chilli, dried chilli, turmeric, shallot, garlic, belachan, cincalok with 300 g water into a paste.

Pour the paste into the pot with the rest of the water, along with the rest of the ingredients, except for salt and sugar.

Bring it to a boil, and lower down to simmer for a good 1 hour at least.

Season with salt and sugar.

We are looking for a sour and savoury broth with mild spiciness, and a finish with umami sweetness.
Step 2

Strain the broth through a sieve and serve hot.
For herb essence oil

Set up a high-speed blender, a sieve, and a couple of containers.
Put the herbs and oil into the blender jug, and process until the oil turns green.
Strain the processed herb oil through a sieve (we use only the oil for the dish, but the leftover herb fibre makes a good paste for your next pasta dish).
Store the oil in an airtight container and chill in the fridge immediately.
Keep leftovers in the freezer for future usage.
Fish preparation

Set yourself up with a clean chopping board, sharp knife, a few trays and a container. Remove the head and organs of the fish, and fillet your fish (or get your fishmonger to do it for you to skip the hassle). Portion up the fish fillet and keep in fridge till ready to cook. Clean the board and knife.
Shuck the scallop, slice it into 3 to 4 thick slices, keep chilled in fridge.
Light the charcoal (pan sear works too, but grilling makes everything taste better). Skewer the fish fillet (if you are using bamboo skewers, make sure they are soaked in water overnight to prevent burning). Brush the fish fillets with oil, season with salt, grill them over red hot embers. Start by grilling skin-side facing the embers until blistered and crispy, then flip over to the flesh side for a quick 30 sec to 1 min, depending on the thickness of the fillet. Rest your fish skin-side up for a good 3 min before cutting it or putting it onto the plate.
Red plum sambal belacan
Toast the dry chilli and belacan in the oven or pan until fragrant.
Cut down the fresh chilli, garlic, shallot.
Put everything except the oil in the mortar.
Pound them and add in oil bit by bit until you have the desired texture, store in fridge.
Halve the plums and remove the stones. Remove the skin and dice them.
**Sambal plating**

Mix the diced plum and sambal belacan together and serve immediately. The intense sweet umami note comes from toasted shrimp belacan, ripe plum will provide fruity sweetness to complement the seafood. Serve citrus wedges on the side to adjust acidity if you have to.
Kerabu salad
Peel and slice down the pineapple, cut to desired size.
Julienne/ shred the kyuri cucumber.
Step 11

Salad plating
Mince the ginger torch flower.
Slice the baby shallot and red chilli.
Toast the dried shrimp on the pan or in the oven till fragrant.
Mix in a bowl the minced ginger torch flower, lime juice, salt, sugar and fish sauce.
You are looking for a sharp dressing with umami savoury tasting note. Adjust the sugar level base on the sweetness of pineapple.
Toss everything in a bowl and serve immediately.
Step 12

Plating
Warm the asam laksa broth up. Mix in the herb oil. Put the grilled fish and scallop slices in a bowl. Toss kerabu salad and serve on the side. Set the plum sambal belachan on a small dish. Pour hot broth over the seafood and enjoy all together.
Asam Laksa Broth with Grilled Tachiuo, Pineapple Kerabu Salad, Scallop Crudo & Red Plum Sambal Belacan

CHEF TOR AIK CHUA
Blackened Speckled Trout, Shellfish Sauce Piquant, Crab Fat Popcorn Rice
Chef Jeremy Stephens grew up in southern Louisiana, and this dish celebrates the culture of his childhood home by using the ‘blackened technique’ invented by chef Paul Prudhomme. “He was a huge influence in my youth to tell stories through food. I wanted to honour his contribution but elevate his technique,” says Stephens.

As a boy, Stephens enjoyed family fishing trips in the waterways of the Gulf of Mexico, where speckled trout and other seafood was abundant. These childhood adventures were the inspiration for the recipe presented in the following pages.

So, for an authentic taste of southern Louisiana, just follow this recipe from the North American regional winner of the **Acqua Panna Award for Connection in Gastronomy**.
Blackened Speckled Trout, Shellfish Sauce Piquant, Crab Fat Popcorn Rice

Ingredients

SERVES FOR 2 - TOTAL TIME 2 HR

Speckled trout  680 g - 1000 g
Shrimps 100 g - peeled & deveined, minced
Whipped cream 50 g
Panko 25 g
Blackening spice 20 g
Egg whites 15 g
Salt 2 g

For the Blackening Spice
Salt 20 g
Sweet paprika 10 g
Granulated onion 10 g
Granulated garlic 5 g
White pepper 5 g
Black pepper 5 g
Cayenne pepper 2.5 g
Celery 2 g
Thyme 1 g
Oregano 1 g

For Shellfish Sauce Piquant
Reserved fish carcass, bones & head
Blue crab, whole 2 each
Shrimps 450 g, whole, head-on, peeled & deveined
(reserving shells)
Yellow onion 150 g, quartered
Yellow onion 150 g, small diced
Celery 150 g, small diced
Green bell pepper 100 g, small diced
Red bell peppers 100 g, small diced
Garlic 25 g, minced
Creole tomato 100 g, quartered
Scallion 10 g, finely chopped
Parsley 10 g
Butter 25 g, unsalted
Salt 2 g
Cayenne pepper 4 g
All purpose flour 10 g
Water 1000 g
Bay leaves 2 each

For Crab Fat Popcorn Rice
Cajun Country popcorn rice 200 g
Reserve shellfish stock 275 g
Crab head fat 15 g
Butter 15 g
Salt 5 g
Step 1

**Filleting the trout**

Start off with sourcing a local fish - for this recipe we will be using speckled trout. Using a sharp knife, begin by scaling and gutting the whole fish. Fillet both sides of the fish, place on a sheet pan and keep cool. Remove and discard skin and all pin bones. With sharp scissors remove and discard the gills. Rinse carcass under cold water to remove all blood and debris.
Trim the fillet and reserve the trimmings in a chilled metal bowl. Using a spoon, scrape the carcass reserving flesh in the bowl. Cut the carcass into thirds, and split the head in half. Reserve the carcass for the sauce.
Step 3

For the blackened mousseline
Place scraped flesh of trout in a food processor with the minced shrimp, heavy whipping cream, panko bread crumbs, blackening spice and egg white. Process for approximately 1 min or until fully incorporated into a paste-like texture. Using a spatula, put the blackened mousseline in a piping bag and cut the tip to a 6.5 mm diameter.
Step 4

Preparation of the blackened crust
Lay out a piece of plastic wrap over a flat surface. Sprinkle both sides of the fish with salt and the top side of the fillet with blackening spice. Place the fillet on the plastic wrap, with the fillet on top. Using the mousseline in the piping bag, pipe uniform rows on top of the fillet, creating a ‘crust’. While applying light-to-medium pressure, roll the fillet in plastic wrap and refrigerate for later use.
Step 5

For the blackened spice

This makes enough to prepare this recipe twice, or sprinkle the leftovers on some grilled veggies. Add all ingredients to a mortar bowl and grind with a pestle until fully incorporated.
For the shellfish sauce piquant

Preparing the tomato puree - place quartered tomatoes and onions on an aluminium foiled sheet pan, sprinkle with salt and cook at 200°C for approximately 30 min or until lightly charred. Puree in a food processor until smooth. Reserve tomato puree for later use.
Step 7

Making the seafood stock
Using a cast-iron pot, place heat to high and add 50 g butter, and the fish carcass along with the shrimp shells and crabs. Begin to sauté until browned.
Step 8

Add water and bay leaves, bring to a low boil. Cook for 15 min. Remove crabs from stock to cool. Cook stock for an additional 5 min. Strain the stock through a fine sieve into a large bowl, making sure to press as much liquid out as possible. Discard fish carcass and shrimp shells. Save seafood stock for the next step, which should be approximately 1 L.
Clean the cooled crab making sure to scrape the head fat into a small container. Pick as much meat from the bodies and claws and reserve for plating up.
Step 10

Creating the sauce piquant

Over medium-high heat, add 50 g butter, diced onions, salt and cayenne pepper and begin to sweat for approximately five minutes, or until the onions begin to brown and turn translucent.
Step 11

Add celery, green bell peppers, red bell peppers and cook for an additional 10 min.
Reduce heat to low and sprinkle flour over the sautéed vegetables, making sure there are no lumps.
Add garlic and 700 g shellfish stock and bring to boil, reducing mixture by 1/3.
Step 12

Add roasted tomato mixture. Reduce heat to medium-low for 45 min until the sauce cooks down and begins to thicken. Submerge your peeled & de-veined shrimp and cherry tomatoes into tomato sauce and cook for 15-20 min on a low heat, or until shrimp are cooked. Top with green onions and parsley.
Step 13

For crab fat popcorn rice
In a small cast-iron pot, add butter, salt and rice. Toast until rice becomes fragrant, approximately 1 min. Add the crab head fat, and sauté for another min. Add the reserve shellfish stock, and bring to a boil. Once at a boil, cover and reduce heat to low. Cook for 12 min. Remove pot from heat and let cooked rice rest for 5 min. Using a fork, fluff rice and keep covered until ready to serve.
Step 14

Remove fish from the refrigerator and plastic wrap. Pat dry and season with blackening spice. Place a cast-iron skillet over high heat, until the pan begins to smoke. Brush fish with melted butter and place in the centre of the skillet, quickly browning the mousseline crust, approximately 1-2 min. Once there is an established caramelised surface, flip the fish over for 1 min. Place fish on an oven safe sheet pan at 70°C oven for approximately 3-5 min. The blackened speckled trout should have an internal temperature of 50/70°C. Remove fish from the oven, let it rest on a paper towel for two min.
**Step 15**

**Plating**

Assembly of the the Blackened Speckled Trout, Shellfish Sauce Piquant, Crab Fat Popcorn Rice. Arrange rice on the bottom of the plate, placing the fish on top. Arrange cherry tomatoes around and on top of the trout. Remove shrimp from sauce and arrange on the plate. Place the reserve crab meat and herbs to garnish. Pour ‘sauce piquant’ to the side or over the top of the blackened speckled trout.
Blackened Speckled Trout, Shellfish Sauce Piquant, Crab Fat Popcorn Rice

CHEF JEREMY STEPHENS
Burst of Beirut
Burst of Beirut is the creation of the Acqua Panna Award for Connection in Gastronomy regional winner Elissa Abou Tasse. Inspired by a traditional Lebanese dish, in this version, the cabbage is cooked till it’s transparent and wrapped with the tip of veal tongue and cracked wheat, mixed with toasted almonds and pomegranate. The sauce is made from the veal and cabbage stock, then reduced with pomegranate molasses and balsamic vinegar.

Chef Elissa Abou Tasse created this dish as a tribute to the victims of the Beirut explosion on 4 August, 2020. The cracked wheat represents the destruction of the city’s wheat stocks in the explosion. The name ‘Burst of Beirut’ comes not only from the tragedy that affected the city but also from the fact that the dish is bursting with aromas and flavours.
Burst of Beirut

Ingredients

SERVES FOR 2 - TOTAL TIME 1 HR 15 MIN

For the Stock
- Carrots 100 g
- Onion 100 g
- Leeks 100 g
- Bay leaves 3 g
- Cloves 2 g
- Oriental cinnamon sticks 5 g
- Water 2 l

For the Boiled Veal Tongue
- Vegetable stock
- Veal tongue 180 g
- Cooked cabbage
- Vegetable stock after cooking the veal tongue
- Cabbage leaves 4 to 6 big

Photo courtesy of Chef Elissa Abou Tasse
For Cooked Wheat
Pomegranate seeds 30 g
Peeled sliced almonds 10 g
Vegetable oil 20 g
Cracked wheat 150 g
Cleared stock 300 ml

For folded cabbage wrap
Cooked cabbage leaves
Boiled veal tongue
Baby basil leaves
Garlic blossom flower

For The Sauce
Cleared stock
Balsamic vinegar 30 g
Pomegranate molasses 30 g
Salt to taste

For Plating and Presentation
Cabbage wrap
Vegetable oil
Cooked wheat
Almonds
Basil leaf 1
Sauce 15 g
Step 1

For the stock
Wash and chop the vegetables.
Keep all trimmings - especially carrot peels, as for me I think this is the perfect balance between the bitterness of the peel and the sweetness of the carrot.
The leek’s root end is where I believe that the earthy flavour is centred.
Onion peels will give a beautiful colour to the stock and also with the help of the spices it will remove any undesired flavour, especially because it’s not your usual cut of protein.
Step 2

Put the bay leaves, cinnamon stick and cloves in a saucepan on a medium to high heat, let it smoke and get to a burned stage: I like to burn the aromas, it will push the flavours to a maximum level without giving a burnt flavour. It will feel like Christmas in there.
Step 3

Add the chopped vegetables over the spices and give them a slight toasted colour, then add the water. Continuously skim the stock of the foam forming, let it boil.
Step 4

When the vegetable stock reaches the boiling stage, add the veal tongue. Bring it to medium to low heat, let it simmer for about 1.5 hours depending on the size of the tongue.
Step 5

Remove the veal tongue from the stock once cooked.
Step 6

Clean the veal tongue: when it is cooked the white skin will come off easily and the bottom part that is purely collagen can be taken out by hand.
Step 7

The whole cleaned part is edible, cut it into the desired shape. I used the end of the tongue and cut it in half.
Step 8

For the Cooked Cabbage

Strain the stock, press the vegetables to bring out all the liquids and flavors. There is no added fat and the tongue contains a small amount of collagen, so the clearing process will be easy: place your chinois, on top of it a fine strainer and finally a thick cloth, and strain your stock through it step by step. Do not force it, this way you will end up with a beautiful clear stock.
Step 9

Separate the cabbage leaves and remove the root part which is the thickest and contains more fibers and has the brightest white colour. Cook your cabbage in the clear stock, until the cabbage becomes almost transparent. Strain them and reserve the stock.
For the cooked wheat

To take out the pomegranate seeds, cut the pomegranate from the top and slice it from the edges in to 4 quarters, just slicing the skin. Crack it open and take out the seeds. Toast your almonds in vegetable oil until just before golden, because they will continue to cook. Let them cool for 10 min and cut them into small pieces.
Step 11

Rinse the cracked wheat for 10 min. Put the stock and rinsed wheat in a small saucepan on medium to low heat. Add salt to taste, stir one time and leave it for almost 12 min. The wheat should still be undercooked when you turn off your heat.
Step 12

Cut a circular parchment paper and cover the wheat for 4 min, the wheat will continue cooking in the stock through the steam.
Step 13

Let it cool for 5 min, mix with pomegranate seeds and the toasted almonds.
Step 14

For the Folded Cabbage Wrap
Cut the cabbage leaf into a rectangular shape, be careful it is very fragile. Cut the tongue into a rectangle, as evenly as possible. Garnish the tongue with baby basil leaves and garlic blossom flowers.
Cover the tongue with the cabbage leaf. Make sure to place it sleek side out for a smooth and clear finish. Tuck the sides of the cabbage leaf under the veal tongue, like a small gift box.
Step 16

For the sauce

In a saucepan, place the cleared stock. Add the pomegranate molasses and balsamic vinegar, let it reduce. Adjust seasoning with salt to taste.
For the plating and presentation

Place the cabbage wrap on the right of the plate. Brush it with a little bit of vegetable oil so the cabbage is more translucent. Using a mould, form a frame of cooked wheat. It should be thick and hollow as it will be holding the sauce. Garnish the wheat borders with almond and basil leaf.
Finally pour the sauce into the middle of the wheat frame. Be careful not to over-pour as it might expand.
Burst of Beirut

CHEF ELISSA ABOU TASSE
Orange Pleasure
When we think about fine dining, desserts may not always be the first thing that comes to mind. But for young chef Lukasz Moneta, who works in Warsaw’s Restaurant Nolita, “desserts have a very special place in my heart.” This one, Orange Pleasure, is a very fresh and balanced dessert - simple, colourful and featuring strong notes of clementine. For the chef, it evokes childhood memories of his grandmother and eating clementines at Christmas, the period in which he recommends serving this dish.

Moneta, regional winner of the Acqua Panna Award for Connection in Gastronomy, believes in simplicity, and claims that with this recipe you can prepare a dessert worthy of the best restaurants in your own home. Just follow the recipe to find out if he’s right.
Orange Pleasure

Ingredients

SERVES FOR 6 - TOTAL TIME 2 HR 30 MIN

For Clementine Meringue
- Clementine 70 g
- Caster sugar 70 g
- Sugar 70 g
- Clementine zest 1

For Clementine curd
- Clementine juice 90 g
- Lemon juice 40 g
- Lime juice 40 g
- Sugar 100 g
- Clementine zest 2
- Eggs 3 large
- Gelatin 3 pcs
- Butter 170 g

For Kumquat Chips
- Sugar 200 g
- Water 200 g
- Kumquats 12
For Candied Kumquat
Kumquats syrup
Cloves 4 pieces
Cinnamon 4 g
Star anise 1 piece
Step 1

For the clementine meringue

Use an electric mixer to whisk egg whites and salt until soft peaks form. Gradually add sugar, a tablespoon at a time, whisking well between each addition, until the sugar dissolves. Once all the sugar has been added, continue to whisk on high for 3 min. Add sifted caster sugar and mix gently. Combine with clementine zest.
ORANGE PLEASURE

Step 2

Spread on non-stick baking paper into a thin layer. Bake in oven for 2 hours at 70°C. Cool and transfer to airtight container.
**For the clementine curd**
In a Thermomix, combine all ingredients without gelatine and butter. Turn on to speed 3 and cook to 85°C about 10 min, turn off the heating.
Step 4

Add soaked gelatine and cold butter, mixing all the time. Sift through a sieve and cool in fridge for about 1 hour.
Step 5

Transfer to a piping bag and keep in fridge.
Step 6

Wash fruit, then cut into thin slices and remove seeds. Blanch it and strain.
Orange Pleasure

Step 7

Put kumquat on baking paper, cover with another slice of paper, and bake in oven at 150°C. Cool and transfer to airtight container.
ORANGE PLEASURE

Step 8

Wash fruit, cut into four parts, and remove seeds. Add to kept syrup with spices, and simmer for 1 hour. Transfer to container and cool down.
Step 9

Carve out the clementines segments. Prepare lemon verbena, tear the leaves and put into ice water.
ORANGE PLEASURE

Step 10

Plating
Firstly, put curd on the plate in a few places, then place the segments, kumquat confiture and chips, and add the meringue and lemon verbena lives at the end. This desert should look complicated, but in reality it is super quick and tasty.
Orange Pleasure
CHEF LUKASZ MONETA
Raviolo Melitta, Honey Infusion and Helichrysum Oil
Tommaso Tonioni’s unique recipe for stuffed pasta highlights his love of both bees and his home country, Italy. The trio of central ingredients, honey, cheese and dried fig, remind Tonioni of his childhood, but it’s a dish that can be enjoyed anywhere, at any time of the year.

By showcasing honey and raw pollen in his dish, Tonioni is highlighting the growing plight of bees. Honey is a natural ingredient, which has connected cultures around the world since ancient times. “It’s a symbol of the well-being of the planet and an index of change at the environmental level. It’s a raw ingredient which chefs should support more,” he says. As such, Tonioni hopes his dish has a double impact, the environmental message it carries complementing its incredible taste.
Raviolo Melitta, Honey Infusion and Helichrysum Oil

Ingredients

SERVES FOR 4 - TOTAL TIME 2 HR

For the ravioli filling
All purpose flour 10 g
Butter 10 g
Milk 100 ml
Blue cheese 115 g

For Pasta
All purpose flour 100 g
Semolina flour 25 g
Bee pollen 10 g
Eggs 1
Egg yolks 1

Photo courtesy of Stefano Delia
RAVIOLO MELITTA, HONEY INFUSION AND HELICHRYSUM OIL

For Honey infusion
Water 500 ml
Dried figs 2/3 pieces
Honey 30 g
Salt to taste
Apple cider vinegar to taste
Red vermouth to taste

For helichrysum oil
Grape seed oil 50 g
Helichrysum leaf 2 sprigs
Step 1

**For the filling**

Melt the butter in a saucepan and incorporate the sifted flour, little by little. Once all the flour is incorporated, cook the roux well and then add the milk. Once you have a béchamel sauce, add the cheese while the sauce is still hot.
Step 2

Blend everything together, insert the mixture into a piping bag and let the mixture cool in iced water in order to speed up the cooling process.
Step 3

For the pasta

Combine the semola and flour together in a bowl. On a wooden board, create a mound with the flour mix. In another bowl blend the pollen with the eggs and combine everything inside a well in the centre of the mound. Start working the dough with a fork, making the flour fall into the well.
Step 4

Once all liquid is incorporated into the flour, start working the dough by hand. Then let it rest in the fridge for at least 1 hour.
Step 5

Honey infusion

Combine the water and dried figs and start cooking the broth. The infusion should never boil, check the temperature. After 40 min of infusing, add the honey, vermouth and vinegar, then filter the mixture.
Helichrysum oil
Heat the oil in a saucepan, add the helichrysum leaves, remove from the heat and leave to infuse for at least 20 min.

Chef tips: If you can’t find the helichrysum you can use rosemary.
Step 7

Ravioli

After the pasta has rested divide it into equal balls and start working them one at a time. Flour the dough and pass it through a pasta making machine. Start from the largest hole until you get to the penultimate setting to get a 2-3 mm thick sheet. Place the strip of dough obtained on the work surface, cut it in half to obtain two of the same length. Dose the filling on the first half.
Step 8

Place the other part of the pastry on the filling and, using a mould or with your hands, seal the individual ravioli. Separate them and flour them slightly while waiting to cook them.
Step 9

Cook the ravioli in boiling water for 2-3 min depending on the thickness of the pastry. Be careful not to break the ravioli during cooking by using a skimmer.
Serve the ravioli with the infusion of honey, and season with a drizzle of helichrysum oil.
Raviolo Melitta, Honey Infusion and Helichrysum Oil

CHEF TOMMASO TONIONI
Stir-fry Crab with Ginger and Scallion Ravioli
As a regional winner of the Acqua Panna Award for Connection in Gastronomy, chef Ho Lam Shek has shown that he knows how to take traditional recipes from home and give them an international twist. For this dish he chose ravioli because of its similarities with Chinese wonton, combining the culinary cultures of Italy and his home city of Hong Kong. While even the distinctive coriander cream sauce has flavour characteristics familiar to Hong Kong cuisine, it is the chef’s childhood memories of dining out and eating home-cooked food that gives this dish its inspiration. Follow the recipe and you’ll discover that while it uses western cooking methods, it brings out some distinctively Chinese flavours.
Stir-fry Crab with Ginger and Scallion Ravioli

Ingredients

SERVES FOR 12 - TOTAL TIME 1 HR 30 MIN

For Crab stuffing
Crab meat 250 g
Ginger 50 g, finely chopped
Scallion 125 g, finely chopped
Shallots 50 g, finely chopped
Garlic 30 g, finely chopped
Vegetable oil 50 g
Huadiao wine 30 g
Water 90 g
Soy sauce 15 g
Dark soy sauce 8 g
Oyster water 12 g
Cornstarch 20 g
Sesame oil 8 g

Photo courtesy of Chef Ho Lam Shek
STIR-FRY CRAB WITH GINGER ANDSCALLION RAVIOLI

For Pasta dough
White flour 300 g
Eggs 3
Black garlic 30 g
Dark soy sauce 10 g
Water 10 g

For Coriander cream sauce
Cream 300 g
Coriander 5 g
Step 1

For the crab stuffing
Finely chop the ginger, spring onions, shallots and garlic.
Step 2

Place a pan on a medium heat, add the oil, brown the ginger, then sweat the shallots, spring onions and garlic.
**Step 3**

Add the wine and then the water and soy sauce. Add oyster sauce and cook until boiling.
Step 4

Add the corn starch (mixed with a little bit of water) and mix very well. Add the sesame oil and cool down to 2-6°C. Then add the crab meat.
For pasta dough
Place the egg, garlic, soy sauce and water in a blender and blend for a few min.
Place all ingredients in a large bowl, mix together, slowly incorporating the flour mixture until the dough is combined. Put under cling film to rest for 30 min.
Step 7

For the coriander cream sauce
Put all ingredients in a pan, boil, and reduce by half.
Step 8

For the ravioli
Roll out the dough very thinly (thickness about 1mm), rest the filling on the first sheet layer tortellini, then cover with the second pastry sheet.
Without leaving edges of pasta dough with a cylindrical cup and place the ravioli on a plate. To cook, use a bit of water broth that will have to be increased to 80/85°C, and immerse gently for 3 min.
Stir-fry Crab with Ginger and Scallion Ravioli

CHEF HO LAM SHEK
Vaucluse Trout with a Variation of Carrots
The ingredients in Vivien Rouleaud’s recipe for a simple “land and river” dish are ultra-local to the French chef, who discovered them shortly after his recent move to Vaucluse in the Provence-Alpes-Côte d’Azur region of southeast France.

“It was while going fishing on the banks of the Sorgue, which flows past my restaurant, that I realised that wild carrots were omnipresent on the river. It then seemed logical to me to bring them together with fresh trout in this recipe,” the young French chef explains.

Rouleaud encourages home cooks to try his creation at home as it’s easy to make, inexpensive, full of flavour, visually interesting. What’s more, the ingredients can be adapted to products found local to wherever you are, and the recipe allows them to shine.
Vaucluse Trout with a Variation of Carrots

Ingredients

SERVES FOR 2 - TOTAL TIME 40 MIN

Carrots 300 g (carotte des sables)
Beurre Noisette 100 g
Yellow baby carrots 6
Red baby carrots 6
Oranges 3
Caster Sugar 150 g
Savagnin vinegar
Cress 200 g
Cream 10 cl
Fish Stock 10 cl
Trout 240 g (2 fillets approx 120g each)
VAUCLUSE TROUT WITH A VARIATION OF CARROTS

Step 1

Carrot puree
Cook the carrots with a bay leaf then blend with the clarified butter.
Step 2

Carrot Top
Slice the baby red carrots, blanch, and then roast in a pan.
Yellow carrots
Cook the Grand Marnier with a little honey until it caramelize, deglaze with orange juice, then cook the yellow carrots in it until they are glazed.
Step 4

Carrot crystalline
Slice the carrots into 1.5 mm slices on a mandolin, then place in a 25% syrup solution for 12 min. Then spread them out on a silicone baking sheet and dry in the oven at 60°C.
Step 5

**Candied Orange Condiment**
Blanch the sliced oranges 3 times, then cook them in syrup and mix with orange juice. Then mix them adding Savagnin vinegar and Timut pepper.
Step 6

**Cebette condiment**
Blanch the carrot tops then mix them into the juice. Whip this juice in cebette oil.

**The sauce**
Cream the fish stock, then mix with the watercress and a little butter to make a nice emulsion.
Step 7

**Trout**

Cut a 120 g rectangle of trout from the centre of the fillet, score the skin then cook it skin-side down. Add a piece of butter, turn the fish to baste it before removing it from the heat, and leave it to finish cooking on its own.
Vaucluse Trout with a Variation of Carrots

CHEF VIVIEN ROULEAD
Between Greens and Sea
Abraham Almazán Castro

Acqua Panna Award for Connection in Gastronomy winner
- Latin America

Mexican chef Abraham Almazán Castro's recipe 'Between Greens and Sea' comprises honey, tuna, green pipian and green leaf chips. The pipián is a typical Mexican preparation, where its main ingredient is pumpkin seed, fresh green chillies and leaves. It is a simple dish that represents the Mexican custom of moles and long-cooking preparations, as well as a tribute to Mexico's magnificent vegetation and natural ecosystems.
Between Greens and Sea

Ingredients

SERVES FOR 4 - TOTAL TIME 5 HR

Pumpkin seeds 350 g, peeled without salt
Sesame seeds 200 g
Jalapeños 200 g
White onion 200 g
Garlic 2
Lard 150 g
Coriander 1 bunch
Spinach leaves
Lettuce 3 large leaves
Green tomatoes 350 g
Water
Salt

Tuna
Tuna loin 600 g
Orange juice 600 ml
Ginger 5 g, grated
**Green leaf chips**
Potatoes 500 g
Aromatic Herbs 100 g, mint, spearmint, coriander, basil
Garlic 1
Salt
Step 1

Place lard in a pot and heat until melted. Once hot, add the onion cut into quarters and sauté for a few minutes, add the tomato cut into halves and continue cooking until the tomato changes colour and begins to reduce in size. Add the garlic and continue cooking. Meanwhile begin to toast the sesame in a frying pan. Once golden, add it to the pot with the sauce, then toast the seed and
add it to the preparation, taking care to toast the seed and sesame separately since they each have different browning times. Once you have your sauce with the seeds and sesame, add a little salt and cook it for another 5 minutes, all the preparation is over low heat, add a little water if necessary, then add the leaves to the preparation and remove it from the heat, mix well and let the leaves cook for a few seconds.
Step 2

Once everything is perfectly cooked, the vegetables and seeds, it is time to blend perfectly with a little water - not much, just a little to help the process until we have our sauce (pipian)
Once ready, take it to fire and season, put aside.
Step 3

Reduce the juice, water, honey and ginger until it has the consistency of syrup. Cool the preparation and then spread it on the tuna, let it marinate for 2 hours. Then in a hot pan with a little olive oil, brown each side of the tuna for a few seconds, cut and put aside.
Step 4

Cook the potatoes in boiling water with the skin until they are very soft. Meanwhile, start to make a puree with the leaves, salt and garlic in a mortar until obtaining a green paste. Peel the potatoes and put them in a processor for a fine puree. Add the minimum amount of water for the puree so there is not too much moisture.

Add a little of the green puree to the potato paste, then spread the fine green puree on a tray and dehydrate in an oven at 100 degrees until you have a completely dry (the time will depend on your altitude) puree and it is kind of crunchy. Remove from the oven, cool and chop the crunchy one up.
Between Greens and Sea
CHEF ABRAHAM ALMAZÁN CASTRO
Godefiche – Ceviche of Scallops and Turnip with Vanilla, Coconut and Lime
'Godefiche' is the term used by Gustave Flaubert for scallops in his novel *Madame Bovary*, 1856, and is also the name for the coquille Saint-Jacques in the French region of Calvados. This dish is clean, pure and refined, and the complexity is hidden. The light mousse melts in your mouth and obscures a delicate ceviche of scallops and turnip, with a surprise ending of fresh flavours of vanilla, coconut and lime. The surprising flavours and simplicity make this dish by Timothée Martin-Nadaud perfect for entertaining.
Ceviche of Scallops and Turnip with Vanilla, Coconut and Lime

Ingredients

SERVES FOR 4 - TOTAL TIME 1 HR 15 MIN

- Scallops 4 pcs
- Turnips 2 each
- Baby turnips 10 each
- Vanilla pods 1 each
- Lime juice
- Dill 1⁄4 bunch
- Crème crue 150 g
- Yoghurt 150 g
- Milk 200 g
- Coconut cream 30 g
- Gelatine bronze 2.5 leaves
- Apple cider vinegar 300 g
- Sugar 200 g
GODEFICHE - CEVICHE OF SCALLOPS AND TURNIP WITH VANILLA, COCONUT AND LIME

Water 100 g  
Maldon salt 10 g  
Olive oil 10 g

Step 1

For the pickles jus
Mix in a pan the apple cider vinegar, the sugar and the water. Bring to boil. Leave to cool in the fridge.

For the shaving
Slice the baby turnip thinly with a mandolin, and the large turnip peeled. Place in the cold pickled jus.
For the turnip and vanilla puree
Cut with a knife the rest of the peeled turnip and the turnip trimmings. Sweat the turnip in a saucepan with olive oil. When the turnip is translucent, add the milk. Cook until there is no more jus or milk inside the pan and the turnips are glazed. Mix in the blender until it is completely smooth. Season, pass through a chinois. Add half of the vanilla pods.
Step 3

For the turnip tops puree
Cut the baby turnip tops and wash in a bowl of water. Blanch for one minute, and then put in ice water. Drain well. Mix in the blender until completely smooth. Season with a pinch of salt then pass through a chinois.
Step 4

For the mousse
Soak the gelatine leaves in a bowl of water. Heat half the crème cru in a saucepan. Dissolve the gelatine inside the hot crème cru. In another bowl, mix the coconut cream, the other half of the crème cru, the yoghurt and half of the lime jus. Season with Maldon salt. Add the crème cru and the gelatine into the mix. Whisk until it has become a light mousse (be careful not to over whip it).
Step 5

For the ceviche
Slice the scallops very thinly. Season with Maldon salt, lime jus and lime zest.
Step 6

**Plating**

Feel free to express yourself with the plating, although it is important to 'hide' the ceviche of scallops and turnip under the light mousse.
Godefiche - Ceviche of Scallops and Turnip with Vanilla, Coconut and Lime

TIMOTHEE MARTIN-NADAUD
Canary Pork Belly
Óscar Dayas Rodríguez chose this dish because it mixes local products with techniques influenced by different parts of the world. "It's a very simple dish to make and with a perfect balance of flavours (salty, sweet, sour and with bitter touches). My philosophy as a chef is marked by always working to highlight the local product, but, at the same time, by using French and Asian techniques. It's 'zero kilometre' food, but without turning our backs on the world. In addition, I used the yellow sweet potato as I did with my dish for the competition since it's one of my favourite ingredients," he says.

"My dish is directly related to my region in its ingredients. The black canary pork is a unique breed, and the local vegetables and honey are from my own harvest. This dish is a version of a plate that my mother used to make on special occasions with roasted pork and roasted sweet potato - a dish directly related to sharing with the family."
Black Canary Pork Belly

Ingredients

SERVES FOR 4 - TOTAL TIME 4 HR

Pork belly 2 kg
Lemon zest 1
Herbs
Water 2.5 L
Dark soy sauce 0.5 L
Sesame oil 0.1 L
Maple syrup 0.2 L

For the mashed sweet potatoes
Sweet potatoes 0.5 Kg
**Step 1**

**For the pork belly**
Cut it into pieces of approximately 10x15 cm. introduce the pork belly into a pot with water, the soy sauce, the maple syrup and the sesame oil and we cook it at maximum heat until boiling, at this moment we turn the heat down to ¾ of the power and we cook it without letting the water boil, for 90 minutes or for oven, at 100º C for 4 hours (in this case, we use a metal oven-safe pot with a top). Let the pork belly stand out of the fridge, in the broth for 6 to 8 hours.

**For the sauce**
Strain the broth from the cooking of the pork belly and reduce it at high heat until it have a sauce texture.
Step 2

Cut the pork belly into cubes of 5x5 cm and prick the skin. Sear the pork belly in a non-stick pan on the side of the skin until it’s golden brown, and cook it in the oven at 180º for 4 minutes.
Step 3

For the mashed sweet potatoes
Cook the sweet potatoes in plenty of boiling water, without the skin, until it be “al dente”. Crush the sweet potatoes and the butter with a food processor until you get a uniform and flat mix, and adjust the seasoning.
Step 4

Plating
Put the mashed sweet potatoes on the bottom of a plate with a spoon, put the pork belly on the top and over it, the sauce.
Step 5

Cover the dish with fresh herbs and finish it with a citrus fruit zest and ... enjoy.
Black Canary Pork Belly

ÓSCAR DAYAS RODRÍGUEZ
Lightly Marinated Cherry Tomatoes, Tomato Water Flavoured With Lemon Thyme, Shrimps and Salmon roe
Chef Lari Helenius has created an ode to summer with his flavourful and seasonal recipe. In the dish, the umami of marinated cherry tomatoes meets the sweetness of Arctic shrimps and lightly smoked salmon roe from Finland. The creaminess of the sour cream gives creaminess to the recipe refreshed by tomato water flavored with lemon thyme.

It’s a simple dish to prepare, but it’s unique taste will dazzle your guests.
Photo courtesy of Lari Helenius

Lightly Marinated Cherry Tomatoes, Tomato Water Flavoured with Lemon Thyme, Shrimps and Salmon Roe

**Ingredients**

**SERVES FOR 4 - TOTAL TIME 4 HR**

**Lightly marinated cherry tomatoes**
Ripe cherry tomatoes, different colours 20pcs
- Vinegar 100 g
- Sugar 200 g
- Water 300 g
- Salt and black pepper
- Poppy seeds 20 g

Tomato water with lemon thyme oil:
- Over ripe tomatoes 600 g
- Glove of garlic 1
- Grated lemon zest 1
- Salt
LLIGHTLY MARINATED CHERRY TOMATOES, TOMATO WATER FLAVOURED WITH LEMON THYME, SHRIMPS AND SALMON ROE

**Lemon thyme oil**
Lemon thyme leaves 0,5 dl
Neutral oil 1 dl

**Sour cream**
Sour cream (fatty smetana is the one I used)
100 g
Lemon juice 10 g
Salt

**Shrimps:**
Arctic ocean shrimps 30
Lemon juice 10 g
Olive oil 10 g

**To finishing**
Salmon roe (Salted and lightly smoked finnish salmon roe) 60 g
Horseradish 20 g
Roasted almonds 20 g
Start by making the brine

Boil vinegar, sugar and water and let it cool to room temperature.
Cut the tomatoes in half and pour the brine over. Let it marinate about three hours. Season with freshly grounded black pepper and salt.
Roast the poppy seeds in a hot pan and sprinkle on top of tomatoes.
Step 2

**Tomato water**

Wash the tomatoes and cut into quarters. Add tomatoes, garlic, grated lemon zest and salt to a food processor and process until coarsely chopped.

Line a sieve with cheesecloth and set over a bowl. Pour pureed tomatoes into the sieve with the cheesecloth. Cover and chill for four hours or overnight. Do not press on the tomato mixture, let it strain by itself.
Step 3

**Lemon thyme oil**

Pick the leaves from a stem of lemon thyme. Put the leaves and the oil in to the food processor and process about 60 seconds. Sieve through the cheesecloth. Split the tomato water with lemon thyme oil.
LIGHTLY MARINATED CHERRY TOMATOES, TOMATO WATER FLAVOURED WITH LEMON THYME, SHRIMPS AND SALMON ROE

Step 4

**Sour cream**
Lightly whip the sour cream and season with lemon juice and salt. Put it in to the piping bag.

**Shrimps**
Peel the shrimps and toss them with lemon juice and olive oil.
Step 5

To finish

Spread the marinated tomatoes on the plate. Pipe the sour cream and top the tomatoes with shrimps and salmon roe. Grate the roasted almonds and horseradish and finish with lemon thyme leaves, chevril stems and chrysanthemum. Serve together with tomato water and lemon thyme oil. Serve everything lightly chilled and enjoy.
Lightly marinated cherry tomatoes, tomato water flavoured with lemon thyme, shrimps and salmon roe

LARI HELENIUS
A world of tasteful experience
Like the Young Chefs who created them, the recipes in this book span the globe. Just click on a pin to find the recipe from that location.
Abraham Almazàn Castro - Latin America, Mexico
Acqua Panna Award for Connection in Gastronomy Award
“Between Greens and Sea”

Abhijit Dey - Pacific, New Zealand
Fine Dining Lovers Food for Thought Award
“Brined Cauliflower with Macadamia Miso”

Alessandro Bergamo - Italy & South East Europe Region, Italy
S.Pellegrino Young Chef Award
“Crisp gnocchi with asparagus”

Albert Manso Miras - Iberian & Mediterranean Country, Spain
S.Pellegrino Young Chef Award
“Mango Gazpacho”

Alexandre Alves Pereira - North West Europe, France
S.Pellegrino Young Chef Award
“Salted Codfish with Cucumber and Eucalyptus”

Andrea Ravasio - Iberian & Mediterranean Country, Spain
Fine Dining Lovers Food for Thought Award
“Atun Embarrado y su Ensalada Umami (Dirty Tuna with Umami Salad)”

Antonio Romano - Italy & South East Europe Region, Italy
Fine Dining Lovers Food for Thought Award
“The Ultimate Mac ’n’ Cheese”

Callan Austin - Africa & Middle East, South Africa
S.Pellegrino Award for Social Responsibility
“Franschhoek Valley Verdure”

Cyntia Xrysw Ruelas Diaz - Latin America, Mexico
S.Pellegrino Young Chef Award
“Pink Mole and Charcoal-Grilled Beetroot”
<table>
<thead>
<tr>
<th>Name</th>
<th>Region</th>
<th>Award</th>
<th>Recipe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Davide Marzullo</td>
<td>Italy &amp; South East Europe Region, Italy</td>
<td>S.Pellegrino Award for Social Responsibility</td>
<td>“Stuffed Onion with Cocoa Crumble and Parmigiano Reggiano Mousse”</td>
</tr>
<tr>
<td>Eliodoro Xicum Cobá</td>
<td>Latin America, Mexico</td>
<td>Fine Dining Lovers Food for Thought Award</td>
<td>“Chanchamito de La Villa”</td>
</tr>
<tr>
<td>Elissa Abou Tasse</td>
<td>Africa &amp; Middle East, Lebanon</td>
<td>Acqua Panna Award for Connection in Gastronomy</td>
<td>“Burst of Beirut”</td>
</tr>
<tr>
<td>Evens Lopez</td>
<td>North West Europe, Monaco</td>
<td>Fine Dining Lovers Food for Thought Award</td>
<td>“Micuit Mackerel, Porcini Mushrooms, Glazed Potatoes and Parsley Puree”</td>
</tr>
<tr>
<td>Ho Lam Shek</td>
<td>Greater China, Hong Kong</td>
<td>Acqua Panna Award for Connection in Gastronomy</td>
<td>“Stirfry Crab with Ginger and Scallion Ravioli”</td>
</tr>
<tr>
<td>Ivan Kamenev</td>
<td>Euro Asia, Russian Federation</td>
<td>S.Pellegrino Award for Social Responsibility</td>
<td>“Young Carrots with Leaf Pesto and Labneh Cheese”</td>
</tr>
<tr>
<td>Jeremy Stephens</td>
<td>North America, United States</td>
<td>Acqua Panna Award for Connection in Gastronomy</td>
<td>“Blackened Speckled Trout, Shellfish Sauce Piquant, Crab Fat Popcorn Rice”</td>
</tr>
<tr>
<td>Jerome Lanmark Calayag</td>
<td>UK &amp; North Europe, Sweden</td>
<td>S.Pellegrino Young Chef Award</td>
<td>“Sourdough, Savoy Cabbage and Browned Butter”</td>
</tr>
<tr>
<td>Jose Lorenzo Morales</td>
<td>Pacific Region, Australia</td>
<td>Pellegrino Young Chef Award</td>
<td>“Halang Halang - Crocodile Curry”</td>
</tr>
<tr>
<td>Kathryn Ferries</td>
<td>North America, Canada</td>
<td>S.Pellegrino Award for Social Responsibility</td>
<td>“Buffalo Ricotta Gnudi with Smoked Ham Hock, Summer Squash, Corn and Herbs”</td>
</tr>
<tr>
<td>Kevin Wong</td>
<td>Asia, Singapore</td>
<td>S.Pellegrino Young Chef Award</td>
<td>“Tuna Salad Reimagined”</td>
</tr>
</tbody>
</table>
Kezia Kristel - Pacific, Australia
**S.Pellegrino Award for Social Responsibility**
“Potato and Pumpkin Dauphinoise and Panroasted Toothfish”

Kitano Yurika - North West Europe, France
**S.Pellegrino Award for Social Responsibility**
“Raw Tuna with Peaches, Clear Tomato Jelly and Parsley and Celery Oil”

Lari Helenius - Euro Asia Region, Finland
**Acqua Panna Award for Connection in Gastronomy Award**
“Lightly marinated cherry tomatoes, tomato water flavoured with lemon thyme, shrimps and salmon roe”

Levente Koppany - Central Europe, Hungary
**S.Pellegrino Young Chef Award**
“Fisherman soup”

Łukasz Moneta - Central Europe, Poland
**Acqua Panna Award for Connection in Gastronomy**
“Orange Pleasure”

Marcus Gericke - Africa & Middle East, South Africa
**Fine Dining Lovers Food for Thought Award**
“Forest Salad”

Marvin Palomo - North America Region, Canada
**Fine Dining Lovers Food for Thought Award**
“Scallop Kinilaw with XO”

Mengxin Zhou - Iberian & Mediterranean Country, Spain
**S.Pellegrino Award for Social Responsibility**
“Somiatruites’ Tomato Salad with All Parts of a Trout”

Muhammad Afif Adnanta Nasution - Asia, Indonesia
**S.Pellegrino Award for Social Responsibility**
“Coconut Delicacy”

Nicolas Fagundes Galindo - UK & North Europe, Ireland
**Fine Dining Lovers Food for Thought Award**
“Keep Your Sole Up”

Óscar Dayas Rodríguez - Iberian and Mediterranean Region, Spain
**Acqua Panna Award for Connection in Gastronomy Award**
“Black canary pork belly”
Paul Prinsloo - Africa & Middle East, South Africa
S.Pellegrino Young Chef Award
“Sunday Roast”

Pippa Lovell - UK & North Europe, Isle of Man
S.Pellegrino Award for Social Responsibility
“Summer, Unannounced”

Rafael Covarrubias - North America Region, Canada
S.Pellegrino Young Chef Award
“Whole Sea Bream ‘Al Pastor’ with BBQ Guacamole, XOXO Sauce, Gooseberries & Currants”

Sebastián Pinzón Giraldo - Latin America, Colombia
S.Pellegrino Award for Social Responsibility
“Creole Green Bean Salad”

Timothée Martin-Nadaud - UK & North Europe Region, UK
Acqua Panna Award for Connection in Gastronomy Award
“Ceviche of Scallops and Turnip with Vanilla, Coconut and Lime”

Tommaso Tonioni - Italy & South East Europe, Italy
Acqua Panna Award for Connection in Gastronomy
“Raviolo Melitta, Honey Infusion and Helichrysum Oil”

Tor Aik Chua - Asia Region, Singapore
Acqua Panna Award for Connection in Gastronomy
“Asam Laksa Broth with Grilled Tachiuo, Pineapple Kerabu Salad, Scallop Crudo & Red Plum Sambal Belacan”

Victor Wang Zhicheng - Greater China, Shanghai
S.Pellegrino Young Chef Award
“Ten Years Soup with Game and Haw Jelly”

Vitalii Savelev - Euro Asia, Russian Federation
S.Pellegrino Young Chef Award
“Flatfish Cooked in Sunflower Seeds with Potatoes Baked in a Russian Oven”

Vivien Rouleaud - North West Europe, France
Acqua Panna Award for Connection in Gastronomy
“Vaucluse Trout with a Variation of Carrots”