

World Gourmet Summit 2003 Culinary Masterclasses

The Cuisine of
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Steamed Tile Fish Fillet with Blossoms, Sea Urchin and Lily Buds



Serves 20

Ingredients

800g	tile fish
180ml	rice wine
50g	carrots
50g	shitake mushrooms
100g	grape blossoms
400g	sea urchins
200g	lily buds
30g	salt
1	egg
100g	mountain yam
360ml	soup stock
800ml	soup stock
90ml	sweet wine
50g	spring onions
1 ltr	water
200g	bonito flakes
90ml	light soya sauce
20g	bonito powder

Method

For the tile fish: Marinate the fish in the rice wine for about 5 minutes, then dress the fish with carrots and mushrooms and steam for 5 minutes. After steaming, add the grape blossoms and steam for a further 2 minutes. Add sea urchins and steam another 1 minute.

For the soup: Mix the soup stock, water and sweet wine with the spring onions, bonito flakes, light soy sauce and bonito powder. Adjust seasoning.

Serving

Dress a plate with the sauce from the steamed fish, lay the fish on top and serve a bowl of soup on the side.