



World Gourmet Summit 2004 Culinary Masterclass

The Cuisine of
Justin Quek
JQ Concepts Pte Ltd
Representing Eu Yan Sang

Poached Stuffed Zucchini Flower with Chicken Mousse, King Oyster Mushrooms, Ganoderma Mushroom and Cordyceps Jus



Serves 4

INGREDIENTS

Mushroom Broth (makes 60ml)

1	whole chicken
3g	dried ganoderma mushrooms
10g	cordyceps
50g	ham
1.5 ltr	water

Stuffed Zucchini Flower

20ml	Dandaragan Estate Olive Oil
120g	king oyster mushrooms, cleaned and diced, divided
	Salt and pepper, to taste

60g	chicken meat, minced
1	egg white
10g	fresh cream
	Salt and pepper, to taste
4	zucchini flowers

60 ml	<i>veal jus</i>
20g	dehydrated US Potato, diced and soaked in hot water

A dash of Martell Cognac

Garnish

10g	parsley leaves
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Method:

1. For the Mushroom Broth: Blanch the whole chicken in hot water, then place in a double boiler together with the ganoderma mushrooms, cordyceps, ham and water. Cover, bring to a boil, and then allow to simmer for about 4 hours.
2. Saute some of the king oyster mushrooms in a pot, season to taste, and then set aside. Mix the minced chicken meat with egg white and fresh cream in a bowl. Season with salt and pepper and continue whisking until light and fluffy. Add in the sauteed king oyster mushrooms. Adjust seasoning. Fill a piping bag with this mixture and pipe it into the zucchini flower. Poach the stuffed zucchini flower in some broth in a pre-heated oven.
3. Warm the *veal jus* in a pot, then add the prepared mushroom broth and bring the liquid to a boil. Add in the soaked dehydrated potatoes and simmer until they are cooked.
4. Saute the rest of the king oyster mushrooms with some **Dandaragan Estate Olive Oil** and season to taste.