



Culinary Masterclass

Four Seasons Hotel Singapore

Presented by:

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Crispy Norwegian Salmon Medallion with Glazed Fava Beans Hazelnut-Coated Salsify and Baked Carrots, Mustard Beurre Blanc



World Gourmet Summit 2005

Serves 10

INGREDIENTS

Crispy Norwegian Salmon Medallion

1.5kg Norwegian salmon fillet
Salt and pepper, to taste
1 loaf frozen white bread, thinly sliced and thawed
200ml corn oil

Glazed Fava Beans

1kg fresh fava beans, peeled
100g butter
100g chopped shallots
Salt and pepper, to taste

Hazelnut-Coated Salsify

500g salsify, peeled and cut into matchsticks
1 whole egg, lightly beaten
50g flour
100g hazelnuts, skinned and chopped
100g bread crumbs
Salt and pepper, to taste
Oil, for deep-frying

Baked Carrots

500g carrots, peeled and julienned
200ml olive oil
3 tsp lemon juice
Salt and pepper, to taste
Fresh thyme, to taste
2 garlic cloves, peeled and finely sliced

Mustard Beurre Blanc

500g dry white wine
200ml mussel stock
3 tsp chopped shallots
fresh cream
unsalted butter
2 Dijon mustard
Salt, pepper and sugar, to taste

Method:

- For the Crispy Norwegian Salmon Medallion:** Season the salmon with salt and pepper. Wrap the thawed bread slices around the salmon and pan-fry with some corn oil for about 2 minutes on each side. Cut the crispy salmon into small medallions.
- For the Glazed Fava Beans:** Sauté the beans with butter and chopped shallots until tender, then season to taste with salt and pepper.

3. **For the Hazelnut-Coated Salsify:** Boil the salsify until tender, then drain and set aside to cool. Dredge the cooled salsify with flour, then dip in the beaten egg, and coat with a mixture of chopped hazelnuts and bread crumbs. Deep-fry until golden brown.
4. **For the Baked Carrots:** Toss the julienned carrots with olive oil, lemon juice, thyme and garlic slices. Season to taste with salt and pepper, then arrange on a greased baking tray and bake in an oven until tender (about 20 minutes).
5. **For the Mustard Beurre Blanc:** Heat the white wine, mussel stock and chopped shallots in a saucepan until the liquid is reduced to about 50ml. Then add in the fresh cream and the butter. Finally, add in mustard, salt, pepper and sugar and whisk until smooth.