



## Culinary Masterclass

### Four Seasons Hotel Singapore

Presented by:

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### Turbot stuffed with Norwegian Langoustine and Fennel Tartar Bell Pepper and Parmesan Timbale, Mushroom Risotto Crispy Salsify, Langoustine-Anise Sauce



Serves 10

#### **INGREDIENTS**

3kg turbot, scaled, cut into 4 fillets  
2 fennel bulbs, finely diced  
2 tbsp butter  
1kg Norwegian langoustines, shelled and finely chopped  
Salt and pepper, to taste

#### **Bell Pepper and Parmesan Timbale**

2 (each) red and yellow bell peppers  
1 garlic clove, peeled, finely chopped  
50ml olive oil  
1 tbsp lemon juice  
100g grated Parmesan cheese  
Salt and pepper, to taste

#### **Mushroom Risotto**

3 tbsp chopped shallots, divided  
1 tbsp butter  
500g Arborio rice  
50ml white wine  
200ml chicken stock  
20g grated Parmesan cheese  
200g fresh chanterelle or shiitake mushrooms, diced  
fresh cream  
100ml chopped parsley  
1 tbsp Salt and pepper, to taste

#### **Crispy Salsify**

400g salsifys, scrubbed clean

#### **Langoustine-Anise Sauce**

50ml olive oil  
Shells of the langoustines  
30g diced celery  
4 garlic cloves, peeled and chopped  
1 onion, peeled and diced  
½ carrot, peeled and diced  
¼ leek, diced  
Fresh thyme and rosemary  
2 tbsp tomato puree  
2 tomatoes, chopped  
200ml white wine  
10 star anise  
1 ltr fish stock  
300ml fresh cream  
A squeeze of lemon juice

Salt and pepper, to taste  
Whipped cream, for serving

**Method:**

- 1. For the Stuffed Turbot:** Cut a slit in each turbot fillet that is deep enough to contain the stuffing. Pan-fry the diced fennel in some butter until it is tender, then set aside to cool. Mix the cooled fennel with the langoustine meat and stuff this filling into the turbot 'pocket'. Season to taste with salt and pepper, then lightly sear the stuffed turbot in a pan, and finish by baking in an oven until the fish is completely cooked outside but still relatively raw inside. Cut the 4 baked fillets into 10 pieces.
- 2. For the Bell Pepper and Parmesan Timbale:** Place the red and yellow bell peppers in a tray and burn the skin with a blow torch or salamander. Peel off the burned skin, finely dice the bell peppers and then sauté them with garlic and olive oil until tender. Stir in lemon juice and Parmesan cheese. Immediately remove the saucepan from heat and spoon mixture into a timbale.
- 3. For the Mushroom Risotto:** Sauté 2 tbsp of chopped shallots in butter in a pot until they are tender, then add the rice and mix well. Add the wine and simmer until the liquid is reduced. Slowly add the stock in small amounts until the rice is almost completely cooked (about 15 minutes). Then mix in the Parmesan cheese. Sauté the mushrooms and the remaining chopped shallots in a separate pan, then add in the cream and mix into the risotto, along with the chopped parsley. Season to taste with salt and pepper.
- 4. For the Crispy Salsify:** Thinly slice the salsifys with a vegetable peeler, then roll the slices around a metal cylinder. Deep-fry the rolled slices in hot oil until golden brown to produce spiraled salsify 'chips'. Remove the fried chips from the cylinder and season to taste with salt.
- 5. For the Langoustine-Anise Sauce:** Heat some olive oil in a pot and sauté the langoustine shells with all the diced vegetables, herbs and tomato puree. Then add the star anise, chopped tomatoes, white wine and fish stock. Cover and simmer for 30 minutes. Strain and reduce the sauce, then add fresh cream, and reduce further to a thick sauce. Add lemon juice and season to taste with salt and pepper. Add some whipped cream just before serving.