



Culinary Masterclass

Grand Copthorne Waterfront Hotel Singapore

Presented by:

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St. Hubertus, Italy

Wasabi Risotto with Marinated Smoked Eel



World Gourmet Summit 2005

Serves 4

INGREDIENTS

Wasabi Risotto

25ml	extra virgin olive oil
25g	finely sliced shallot
300g	Carnaroli rice
100ml	white wine
1.3 ltr	chicken broth
80g	unsalted butter
20g	wasabi paste, to taste
	Salt and pepper, to taste

Marinade

1 ltr	water
150g	bonito flakes
50ml	soy sauce
35ml	mirin
35ml	rice vinegar
25ml	sesame oil

Smoked Eel

160g	eel fillet
	Sea salt, to taste
	Toasted sesame seeds
	Coriander sprigs
	Lime zest, to taste

Method:

- For the Wasabi Risotto:** Heat the olive oil in a saucepan and sauté the shallots until they are translucent, then add in the rice and mix well. Add the white wine, then leave to simmer until the liquid is reduced. Gradually add the chicken broth in small amounts, stirring continuously, until the rice is tender outside but still firm inside. Stir in the unsalted butter and season the risotto to taste with wasabi, salt and pepper.
- For the Marinated Smoked Eel:** Bring the water to 80°C in a saucepan, then add the bonito flakes and remove the saucepan from the stove. Cover with cling film and set aside to infuse for about 40 minutes. Strain the marinade into an elongated bowl and then add the soy sauce, mirin, rice vinegar and sesame oil. Place the eel fillet in the marinade, cover and set aside in the refrigerator for at least 12 hours. Then remove the eel and smoke for about 4 minutes. Season to taste with sea salt and garnish with sesame seeds, coriander and lime zest. Lightly caramelize with a salamander just before serving.