



Culinary Masterclass

The Oriental Singapore

Presented by:

Ramón Freixa

El Raco d'en Freixa, Spain

Cereal Stew in Milanese-style Risotto Grilled Scampi and Parmesan Bunuelo



Serves 1

INGREDIENTS

Cereal Stew

30g (each) Arborio rice and integral rice
10g (each) Canadian savage rice, green rice, red rice and
sarrasin wheat

Chopped shallots
Olive oil
Saffron
White wine
100ml chicken stock
10g butter
Fresh cream
Grated Parmesan cheese
Salt and pepper, to taste

Grilled scampi, for serving

Bunuelo (For 15 pax)

40g flour
40g corn flour
3g powdered yeast
1 whole egg
20ml sunflower oil
20ml water
1 egg white
Salt, to taste
Vegetable oil, for deep-frying

Cheese Filling

1 ltr milk
¼ ltr fresh cream
240g egg yolks, lightly beaten
300g grated Parmesan cheese
Sunflower oil, for deep-frying

Method:

- For the Cereal Stew:** Boil all the rice and wheat grains separately until they are tender but still firm to the bite. Refresh them in separate sieves under cold running water, then mix them and set aside.
- Sauté the shallots in olive oil until they are tender. Add the saffron and the white wine, stirring continuously until the liquid has been reduced. Add all the grains and the chicken stock and bring the mixture to a boil. Then remove the pot from heat and stir in the butter, fresh cream and grated Parmesan. Mix well and season to taste with salt and pepper.
- For the Bunuelo:** Sift the flour, corn flour and yeast together in a mixing bowl. Beat the whole egg with 20ml water and slowly add sunflower oil and mix it well with the flour. In a separate bowl, whip the egg white with salt until it doubles in volume. Slowly mix this into the batter. Divide the batter into portions and deep-fry in vegetable oil until

golden.

- 4. For the Cheese Filling:** Bring the milk and cream to a boil in a saucepan, then remove the saucepan from heat and mix with the egg yolks and grated Parmesan. Pour this mixture into small ice-cube trays or moulds and freeze. Once frozen, unmould and puncture each with a toothpick, then deep-fry in hot sunflower oil.