

# World Gourmet Summit 2008

Singapore Tourism Board Auditorium

23 APRIL 2008 / 1.30 PM – 2.30 PM

## CONSOMMÉ OF SEA BREAM

**Presented by  
Kiyomi Mikuni**

	<b>Ingredients:</b>
	Serve 1
60g	sea bream fillet, de-boned and cut into 6 pieces
8g	fresh chervil
5g	fresh dill
5g	chopped Welsh onion
	<u>Consommé of Sea Bream</u>
100ml	egg whites
30ml	white wine
500ml	sea bream stock
10g	diced carrots
10g	diced leek
10g	diced celery
1	bay leaf
4g	kelp
2g	dried bonito
10ml	sherry vinegar
7g	fresh parsley
	Salt and freshly ground pepper, to taste
	<u>Caviar Cabbage Wrap</u>
1	Savoy cabbage leaf
5g	caviar
	<u>Garnish</u>
15ml	avocado oil
5	pink peppercorns



### Recipe Notes:

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### **Method for Cooking:**

Place the sea bream fillets with the fresh chervil, dill and chopped onion into a baking dish and bake in a preheated oven at 180C for 20 minutes.

#### For the consommé of sea bream:

Whisk the egg whites and white wine in a saucepan over low heat. Add in the sea bream stock, diced carrots, leeks, celery and bay leaf and bring liquid to a boil. Add in the kelp, dried bonito and sherry vinegar. Season with salt and freshly ground pepper to taste. Add in the fresh parsley. Strain and keep hot.

#### For the caviar cabbage wrap:

Blanch the cabbage leaf in a pot of boiling salted water for 2 minutes. Remove and immediately plunge into cold water. Drain and pat dry with a clean towel. Add some caviar onto the blanched cabbage leaf and fold into a parcel. Set aside.

#### To serve:

Spoon the avocado oil onto a serving plate and add the baked sea bream fillets. Place the caviar cabbage wrap on top of the fish and ladle consommé of sea bream over. Garnish with pink peppercorns.