

World Gourmet Summit 2008

Singapore Tourism Board Auditorium

17 APRIL 2008 / 9.00AM – 10.00AM

EGGPLANT CUSTARD & YAM BEAN SALAD

**Presented by
Chui Lee Luk**

	Ingredients:
	<u>Eggplant Custard</u>
250ml	vegetable oil
3	eggplants, sliced
2	whole eggs
100ml	champagne (optional)
25ml	mirin
	Extra virgin olive oil, Salt and freshly ground white pepper, to taste
	<u>Harissa Oil</u>
30ml	rose petal syrup
30g	dried chillies
30g	fresh chillies
1	garlic clove
15g	coriander leaf
5g	salt
3g	coriander seeds
3g	caraway seeds
3g	dried mint leaf
100ml	extra virgin olive oil
	<u>Yam Bean Salad</u>
100g	sago pearls, soaked
300g	enoki mushrooms
30ml	seasoned white chicken stock
5g	butter
1	large yam bean, diced
300g	shiitake mushrooms, diced
300g	sea asparagus, blanched in salted water



Recipe Notes:

Method for Cooking:

For the eggplant custard:

Heat a frying pan with vegetable oil and sear the sliced eggplants until golden browned. Transfer the sautéed eggplants to a baking tray and bake in a preheated oven at 200°C until tender. Pass the baked eggplants through a sieve and then set aside. Beat the whole eggs with the champagne and then pass through a sieve (ensure there's no foam) and mix with the eggplant purée. Add in the mirin, salt and freshly ground white pepper. Pour the mixture into a lightly-oiled oven proof serving dish, half-submerge it in a water bath and bake in a preheated oven at 200°C until set, for about 20 minutes.

For the harissa oil:

Reconstitute the rose petal syrup and the dried chillies in a blender. Add the rest of the ingredients (except the olive oil) into a food processor and blend with the rose petal syrup and olive oil until smooth.

For the yam bean salad:

Mix the sago pearls with the harissa oil and set aside. Lightly blanch the enoki mushrooms in seasoned white chicken stock with butter and then set it aside. Heat a clean sauté pan with extra virgin olive oil and sauté the yam bean and shiitake. Deglaze with champagne and season with salt and freshly ground white pepper. Mix the enoki mushrooms and sago pearls and place on top of the custard. Serve