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WORLD GOURMET SUMMIT

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*A masterclass with*  
**Ben Shewry**

16 April 2010

3.00pm to 4.30pm

Singapore Tourism Board, Auditorium

*A masterclass with*

# Ben Shewry

**F**ood is more than simply for our consumption – it can be evocative, emotional and thought-provoking, according to New Zealand chef Ben Shewry, who believes the key lies in ensuring the purity of ingredients is reflected in the dish. His childhood is the source of his inspiration and Shewry's dishes reflect the rugged coastal terrain of North Taranaki where he grew up, such as marron, snow crab and potato cooked in the earth it was grown. Currently residing on the Bellarine Peninsula in Victoria, Chef Shewry maximises his proximity to the sea and the abundance of wild plants and vegetables by personally harvesting them for his restaurant Attica everyday. His numerous accolades include the noteworthy two Chef Hats awarded by *The Age Good Food Guide* last year and an exclusive invitation to present his cuisine at this year's Madrid Fusion in Spain.



## *MENU*

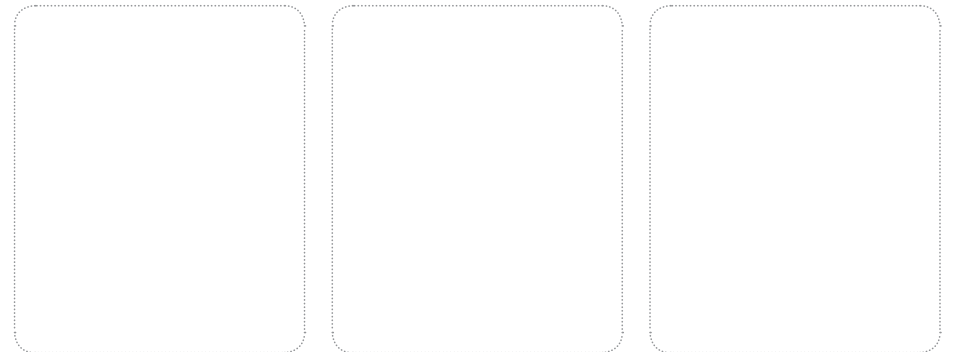
*snow crab*



*a simple dish of potato cooked in the earth it was grown*



*terroir*





- 1 snow crab (about 1kg), blanched, refreshed and meat extracted
- ½ tbsp white balsamic vinegar
- ½ tsp lemon juice
- ½ tsp grapeseed oil
- Sea salt, to taste

**Horseradish Oil**

- 200g fresh horseradish roots, peeled and chopped
- 200ml grapeseed oil
- 250g tapioca extract
- Sea salt, to taste

**Grated Egg White**

- 2 whole eggs, boiled, refreshed, egg yolks removed and egg whites grated and chopped

**Grilled Leek**

- ¼ leek stalk
- 1 tsp squid ink

**Frozen Pink Verjus**

- 250ml pink verjus

**Garnish**

- 4 tbsp puffed white rice
- 2 tsp barberries, soaked in warm water
- 20g salted salmon roe
- 20g dried coconut
- 4 wild purslane leaves

**Method:**

- Place the snow crab meat into a mixing bowl and season with the white balsamic vinegar, lemon juice and sea salt. Set aside.
- For the horseradish oil: Place the chopped horseradish roots and grapeseed oil into an electric mixer and pulse until smooth. Transfer the mixture into a rotary evaporator and distill at 30°C until all the moisture has evaporated. Pass the resulting oil through a muslin cloth to discard all solids. Then mix the horseradish oil with the tapioca extract until a powder forms. Season with the sea salt to taste. Set aside.
- For the grilled leek: Grill the leek in a hot grill until charred. Place the charred leek into a mixing bowl and coat lightly with the squid ink and dehydrator for 24 hours, until crispy. Store in an airtight container.
- For the frozen pink verjus: Pour the pink verjus into a small steel tray and freeze. Stir the frozen pink verjus with a fork every 30 minutes to break up the ice crystals until it is completely frozen.
- Place a spoonful of the chopped egg whites onto the centre of a serving bowl. Top with the snow crab meat and garnish with the puffed white rice, barberries, charred leek, salted salmon roe, dried coconut and a wild purslane leaf. Top with the frozen pink verjus and drizzle with the horseradish oil. Serves 4

*Notes:*

15 horizontal dashed lines for notes.



*a simple dish of potato cooked in the earth it was grown*

- 6 Cecil potatoes, peeled
- 1 tsp grapeseed oil
- River salt, to taste
- 2kg soil (in which the potatoes were grown in)
- 350ml water
- 2 cabbage leaves
- 2 Hessian sacks, soaked in water
- 2 tea towels, soaked in water

**Smoked Curd**

- 250g fresh goat's milk curd
- 250g fresh cow's milk curd
- Salt, to taste

**Garnish**

- 1 tbsp burnt coconut husk ash
- 1 tbsp freshly ground coffee
- 100g finely grated mojama
- 1 salt bush branch, dehydrated

**Method:**

- Season the potatoes with the grapeseed oil and river salt to taste. Place a kilogramme of soil into a deep roasting pan and moisten with some water. Place a cabbage leaf on top of the soil and top with a Hessian sack and tea towel. Place the seasoned potatoes on top of the tea towel and cover with another tea towel. Top with the other Hessian sack and cabbage leaf. Top with the remaining soil and cover tightly with an aluminium foil. Bake the potatoes in a preheated oven at 150°C for about 6 hours. Then lower the temperature to 50°C and bake for a further 2 hours. Remove the baked potatoes from the oven and set aside to rest for an hour.
- For the smoked curd: Place the curds into a cold smoker and smoke at 4°C for 15 minutes. Remove the smoked curds from the cold smoker and transfer into a bowl and season with salt to taste.
- Place a small spoonful of the smoked curd into the centre of a serving bowl. Sprinkle the smoked curd with the burnt coconut husk ash and ground coffee. Top with the baked potato and garnish with the dehydrated salt bush branch and grated mojama. Serves 4

*Notes:*

15 horizontal dashed lines for taking notes.



**Beetroot Cake**

- 1kg castor sugar
- 385g freshly ground almond
- 385g flour, sifted
- 29g baking powder, divided
- Salt, to taste
- 1 ltr egg whites
- 550g butter, cooked until nut brown and cooled to room temperature
- 4 beetroots, peeled and finely grated

**Fromage Blanc Sorbet**

- 350ml milk
- 150g sugar
- 100g liquid glucose
- 1 lemon, for juice
- 500g fromage blanc

**Sorrel Ice**

- 2 sorrel bunches
- 250ml water
- 125g sugar

**Seasoned Fruit Mix**

- 250g beetroots, grated and dehydrated
- 125g (each) frozen dried raspberries, frozen dried blackberries, dried cranberries, traditionally dried raspberries, finely chopped
- ½ tsp toasted ground barley
- ¼ tsp spice
- Murray River salt, to taste

**Garnish**

- 1 golden kiwi, peeled, diced and dressed with lime juice
- 16 borage flowers
- 1 sorrel shoots punnet, leaves trimmed

**Method:**

- Whisk the castor sugar, freshly ground almond, sifted flour, 20g baking powder and salt in an electric mixer. Add in the egg whites and continue whisking for another 30 seconds. Add in the cooked butter and whisk until smooth. Transfer the cake batter into a mixing bowl and add in the grated beetroots and the remaining baking powder. Mix well. Pour the batter into a grease proof paper-lined baking tin and bake in a preheated oven at 150°C until cake is well cooked, for about 35 to 40 minutes. Remove the cake from the oven and set aside to cool to room temperature. Grate the cake with a grater and store in an airtight container.
- For the fromage blanc sorbet: Heat the milk, sugar and liquid glucose in a saucepan until it simmers. Remove saucepan from the heat and set aside the mixture to cool. Once cool; pour the mixture into a mixing bowl. Add in the lemon juice and fromage blanc and whisk until smooth. Transfer the mixture into a PacoJet canister and freeze. Blend the chilled fromage blanc sorbet when ready to serve.
- For the sorrel ice: Place the sorrel, 250ml water and sugar into an electric mixer and pulse until smooth. Pass the mixture through a fine sieve. Pour the resulting sorrel water into a small tray and freeze for about 5 to 6 hours; breaking up the ice crystals with a fork as they form.
- For the seasoned fruit mix: Mix all the ingredients in a mixing bowl.
- Mix the seasoned fruit mix with the grated beetroot cake and place onto the centre of each serving bowl. Top with 3 dices of the golden kiwi. Place a scoop of the fromage blanc and cover with the seasoned fruit mix and grated beetroot cake. Garnish with 2 borage flowers and sorrel shoots and scatter with the sorrel ice. Serves 8

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