



World Gourmet Summit 2007

The Ritz- Carlton, Millenia Singapore

24 April 2007 / 9.30am to 2.30pm

CURED OCEAN TROUT WITH ROCK OYSTER MELON GHERKIN, AVOCADO

Presented by Mark Best

Ingredients: Pickling Stock 500ml Water	
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250ml White Wine Vinegar	
100gms Sugar	
1 Cloves	
1tbsp White Peppercorns	
1tbsp Roasted Coriander Seeds	
A Bunch Dill	
Melon Gherkin	
½ Honeydew Melon	
150ml Pickling Stock	
Oyster Mayonnaise	
2 Egg Yolks	
150ml Vegetable Oil	
150ml Olive Oil	
1tbsp Sherry Vinegar	
6 Pacific Oysters, Shucked	
To Taste Salt	
To Taste Freshly Ground Pepper	
To Taste Lemon Juice	
Egg Cream	
200ml Cream	
1tbsp Sherry Vinegar	
1tbsp Salt	
½tbsp 5-Spice Powder	
<u>Avocado Mousse</u>	
2 Fresh Avocados	
2 Limes, for Juice	
200ml Egg Cream	
To Taste Salt	
To Taste Freshly Ground Pepper	
Cure Mix	
200gms Sugar	
200gms Salt	
3 Lemons, for Zest	
6 Ocean Trout	
6 Oysters	



Recipe Notes:	

Method for Cooking:

1. For the Pickling Stock:

Bring all the ingredients for the pickling stock to a boil in a saucepan. Remove pan from the heat and set aside to cool.

2. For the Melon Gherkin:

Soak the melon slices in the pickling stock and refrigerate for 3 hours.

3. For the Oyster Mayonnaise:

Whisk egg yolks with a hand-held blender until frothy. Gradually add in vegetable oil, olive oil and sherry vinegar in a thin stream and continue to whisk vigorously until sauce emulsified. Add oysters and season to taste with salt, freshly ground pepper and lemon juice.

4. For the Egg Cream:

Whisk together the cream, sherry vinegar salt and 5-spice powder in a bowl until the mixture becomes light and fluffy.

5. For the Avocado Mousse:

Blend avocado, lime juice, egg cream in a food processor until smooth. Season to taste with salt and freshly ground pepper.

6. For the Cure Mix:

Mix together the sugar, salt and lemon zest in a bowl. Rub the cure mix onto the ocean trout and allow it to cure for 90 minutes.

7. To Serve:

Spoon the avocado mousse onto a serving plate, top with a slice of the ocean trout and garnish with the melon