

大食汇



Miso Scallop Pasta 意大利风味扇贝

材料

半壳扇贝(带卵) Half shell scallop with roe 4个(pcs)
甜味噌酱 sweet miso paste 20毫升(ml)
奶油白酱 cooking cream 100克(g)
鱼子 tobiko (fish roe) 适量(adequate)
海苔 seaweed 适量(adequate)
天使发意大利面 Capellini pasta 130克(g)

做法

1 扇贝洗净,以盐和胡椒粉调味。煎扇贝至呈金黄色。Washed and clean the scallop. Then season with salt & pepper. Seared scallop on pan until golden brown.



2 热另一镬,将奶油白酱与甜味噌酱一起烹煮。In another pan, cooked cream together with sweet miso paste.



3 加入天使发意大利面一起翻炒,盛起放入碟中。Add in capellini pasta and tossed with the cream sauce. Place pasta into plate.



4 将扇贝摆放在意大利面周围,以鱼子和海苔点缀即可。Arrange the 1/2 shell scallop around the pasta. Garnish with tobiko & seaweed, serve.

复合式料理近年盛行,已是多家餐馆菜单上不可缺少的菜肴。有请到Dome和Olio餐馆的主厨萧师傅为大家示范一系列复合式料理,本期率先推出日式与西式合并美食做法。

文:王瑞雯 摄影:ELIZA PHUA

日西合并美食

名厨教学系列 萧健强 Bernard Seah

34岁的萧师傅是本地Olio Café与Dome Café的厨务总监,负责为餐馆研发新菜单、培训属下厨师等。萧师傅平日爱观赏各国烹饪节目,上网搜寻美食灵感,因此擅长烹制多国料理,以炮制复合式菜肴最为拿手。

萧师傅说...

“扇贝只需煎2分钟,肉质才不会太干硬。味噌、海苔和鱼子都是日式料理的元素,将它们与意大利面结合,也别有风味。”

串烧意大利炖饭 Crayfish Yakitori Skewer on Italian Risotto

材料

虾婆 crayfish 1只(pc)
蘑菇(切半) button mushroom (halved) 1个(pc)
红椒 Red Pepper 适量(adequate)
日式烧烤酱 Yakitori sauce 适量(adequate)
意大利炖饭(煮好) Italian Risotto rice (cooked) 70克(g)
番茄酱 tomato sauce 20克(g)
洋葱(切碎) onion (chopped) 15克(g)
蒜茸 garlic (minced) 5克(g)
海苔 seaweed 适量(adequate)
橄榄 olive 适量(adequate)

萧师傅说...

在欧洲国家旅游时,瞧见当地人的传统烹调方式,就灵机一动,想与亚洲烹调法结合。意大利炖饭向来搭配海鲜,而日式串烧又常使用鸡肉,因此想改以海鲜为串烧。”

做法



1 准备意大利炖饭:热镬,加入牛油,爆香葱头。加入意大利炖饭和少量水,煮滚后转小火,盖好焖20分钟再拌入橄榄。Precook Risotto - Sautéed onion in cooking pot with butter. Add in risotto rice and water, leave to boil. Lower the heat and cover for 20min. Stirred in olive when ready.



2 热另一镬,以牛油爆香蒜茸。加入煮好的意大利炖饭和适量的水。以盐、胡椒粉和番茄酱调味。熄火后,待饭粒软化呈乳汁状再盛上碟。In another pan, sautéed minced garlic with butter. Add in cooked risotto rice and water. Season with salt, pepper and tomato sauce. Off the heat and plate when rice is soft and creamy.



3 准备串烧:将虾婆肉取出,切成4份。以沙爹枝顺序串起虾婆肉、红椒、蘑菇和虾婆肉。Prepare yakitori - Remove crayfish meat from shell and cut into 4 pcs. Using satay stick to do the skewer, in order of crayfish, red pepper, mushroom then crayfish.



4 为串烧沾上日式串烧酱,在不沾锅上煎烤至呈金黄色,再放入烤箱烘烤至熟。为串烧再涂上一层串烧酱。将串烧摆在意大利炖饭上,以海苔点缀,即可上桌。Dip skewers in yakitori sauce and seared on non-stick pan for color. Place skewers into oven until cooked. Glaze skewers with yakitori sauce again. Place skewers on risotto rice, garnish with seaweed, serve.