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CULINARY

PERSPECTIVES

Vol. 2 A CROSS-CULTURE JOURNEY IN TASTE

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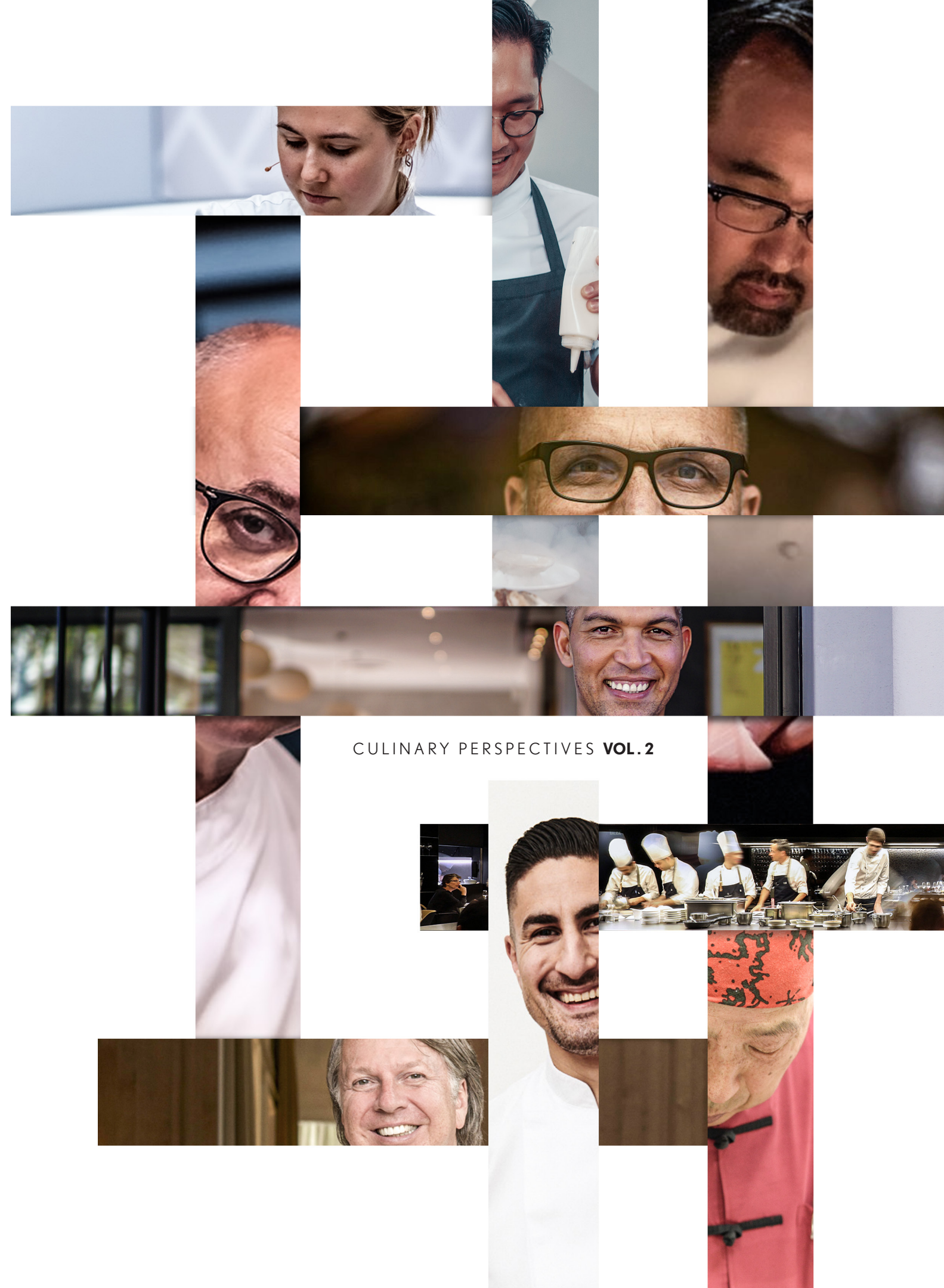
Introduction by Nyeshia J. Arrington

Recipes embody both the spirit of the chef's journey and the data he or she has collected along the way. This data is gathered and refined through a series of trials by which the intangible thoughts of the creator are brought to the plates and bellies of the people. Constructing a dish embodies the story of ingredients, technique, and culinary history. From a cultural standpoint, food can be seen therefore, as a time machine into the past, into the present, and into the future.

Just as we chefs grow, travel, expand our horizons and take in the world, so too do our recipes intermingle our own "native" cuisines with other cultures'

techniques, cuisines and traditions with which we come into contact. The result, what we call hybrid cuisine or fusion cuisine, is the natural progression of food history. Hybridization doesn't mean simply two cuisines on one plate. Rather it is the conversation between the two. This can take the form of using the technique of one with the ingredient of the other, or vice versa. Often it is more complex and nuanced than a simple substitution. At its best, there are no limits to the exchange, no borders to the possibilities of being open to the world and no end to the story of an ever evolving cuisine.

 @nyeshajoyce



CULINARY PERSPECTIVES VOL. 2



Chef
Ricardo Sanz

ABOUT

Chef Ricardo Sanz began his career firmly embedded in traditional Spanish cuisine. Chef Sanz met Masao Kikuchi and began his twenty-year journey in Japanese cuisine. Sanz founded Spain's Kabuki in 2000 and is the first restaurant of its kind to earn a Michelin star. Here, Chef Sanz demonstrates his mastery of traditional Japanese cuisine while imaginatively working in elements.

“...authentic fusion does not arise spontaneously. It is the result of reflection, experimentation and trial and error.

PERSPECTIVE

In my opinion, there is not a cuisine—European, Asian, nor American—that has not been affected by relations with other country's cultures. Yet, authentic fusion does not arise spontaneously. It is the result of reflection, experimentation and trial and error. In this tartare, a classic on the Kabuki menu, I mix traditional tuna belly with tiny baby eels, a Spanish delicacy. The combination of creamy egg yolk, spicy wasabi, finely chopped chives and the salinity of caviar make each bite of this dish a real luxury for the palate.

TUNA TARTARE



PREP TIME
20 MIN



COOK TIME
0 MIN



SERVES
2



DIFFICULTY
3/5

CHEF RICARDO SANZ

INGREDIENTS

20g of elvers, baby eels
20g chives, thinly sliced
.5g ginger, grated
120g tuna belly, diced
3 egg yolk
1 tbsp soy sauce
1.5g wasabi
10g Beluga caviar
Arbequina olive oil, to garnish

DIRECTIONS

Bring a small pot of water to boil. Add elvers for 10 seconds, remove and cool down.

Carefully yet thoroughly, mix together chives, ginger and tuna.

In a large bowl, mix together one egg yolk, soy sauce and wasabi. (Depending on how spicy you like your fish, use more or less.) Add the tuna tartare mixture to the bowl and mix carefully until every piece of tuna has been dressed.

To serve, equally divide tartare between two plates. (We use a metal hoop or cookie cutter to create a perfect circle). Form elvers into a nest upon the tartare, leaving a hole in the middle for the egg yolk. Add caviar atop the nest then, carefully, break the yolk into the nest. Finish with a drizzle of olive oil.





Chef
Nickolas Martinez

ABOUT

After graduating the Culinary Institute of America in 2003, Illinois-native Martinez went on to work with luminaries such as Alain Ducasse at the Essex House and Joel Robuchon at L'Atelier de Joël Robuchon at the Four Seasons. In 2018, Martinez was named the executive chef at Intersect by Lexus, where he presides over the kitchen and works alongside rotating chefs-in-residence such as Gregory Marchand of Frenchie and more.

“ ... the intersection of a classic Spanish dish, gazpacho, with Japanese flavors...”

PERSPECTIVE

My first thought behind this dish was my love for tomatoes. The second is the intersection of a classic Spanish dish, gazpacho, with Japanese flavors, such as rice wine vinegar and white soy, which add the umami flavor. Dressing the tomatoes with the yuzu vinaigrette adds lightness and balance. Though I love to use different ingredients from all over the world, the reason why I used Japanese ingredients here is that the ingredients don't overpower the tomatoes, but the flavor is powerful enough to bring lots of umami to the dish.

HEIRLOOM TOMATO SALAD WITH CITRUS YUZU VINAIGRETTE



PREP TIME
90 MIN



COOK TIME
0 MIN



SERVES
2



DIFFICULTY
3/5

CHEF NICKOLAS
MARTINEZ

INGREDIENTS

750g Heirloom tomatoes, cleaned and cut into various sizes, trimmings reserved

For the herb oil

50g mint
50g basil
50g parsley
50g cilantro
50g chives
200g grapeseed oil

For the gazpacho consommé

500g heirloom tomato trimmings
20g spring onion bulbs
25g jalapeno peppers
50g baby red bell pepper
100g cucumber, peeled
25g cilantro stems
25g parsley stems
25g basil stem
25g mint stems
60g rice wine vinegar
20g white soy
salt, to taste

For the yuzu vinaigrette

50g lemon juice
50g lime juice
50g yuzu juice
200g grapeseed oil

To garnish:

spring onion, thinly sliced
baby bell pepper, thinly sliced
bird's beak chili, torched
chives
mint
cilantro
basil
sunflower petals
bronze fennel
sea salt

DIRECTIONS

FOR THE HERB OIL:

Pick all the leaves off the herbs—Reserve the stems for gazpacho consommé. Wash leaves. Use a salad spinner to dry the leaves well. Add herb leaves and grapeseed oil into the blender and blend on high speed for three minutes. Strain the herb mixture through a coffee filter and chinois in the refrigerator overnight for clear results.

FOR THE GAZPACHO CONSOMMÉ:

Deseed jalapeno, bell peppers, and cucumbers, put all ingredients in the blender on high speed for one minute. Marinate mixture for an hour in the refrigerator. Strain through a coffee filter and chinois for clear results. Readjust seasoning with salt, if necessary.

FOR THE YUZU VINAIGRETTE:

Combine all citrus juices to add into the blender. Blend on medium speed and slowly stream in oil and season with salt.

TO ASSEMBLE:

Combine all citrus juices in the blender. Blend on medium speed and slowly stream in oil—season with salt. Lastly, pour about 100g of the gazpacho consommé atop the tomatoes. Finish with herb oil droplets all around and sea salt.





Chef
Dean Fearing

ABOUT

Chef Dean Fearing grew up near the border of the United States and Mexico. His cuisine honed over 20 years at the award-winning Mansion on Turtle Creek and now at Fearing's namesake restaurant at the Ritz-Carlton, encapsulates the heady mix of flavors from both north and south of the border. Known as the "Father of Southwestern Cuisine" Fearing cooks with a no-holds-barred philosophy, he calls bold flavors no borders. "I cook what people want to eat," he says.

“ The name Lobster Taco perfectly illustrates the casual elegance that characterizes Southwestern Cuisine.

PERSPECTIVE

I created this dish in early 1986 and it quickly became my signature appetizer on The Mansion on Turtle Creek menu. The name Lobster Taco perfectly illustrates the casual elegance that characterizes Southwestern Cuisine. Its appeal is rooted in the combination of rich lobster and a simple flour tortilla. The salsa and salad garnishes produce an explosion of color that promises exciting dining.

WARM LOBSTER TACOS WITH YELLOW TOMATO SALSA AND JICAMA SALAD



PREP TIME
25 MIN



COOK TIME
10 MIN



SERVES
6



DIFFICULTY
2/5

CHEF DEAN FEARING

INGREDIENTS

For the yellow tomato salsa:

2 pounds yellow tomatoes, cored and chopped
2 small shallots, minced
1 clove garlic, minced
1 cup cucumber, peeled, seeded and chopped
1/2 cup yellow bell pepper, chopped
1 jalapeño, minced
Lime juice to taste
Salt to taste
1 tablespoon maple syrup (use only if tomatoes are not sweet enough)

For the jicama salad:

1 small jicama, peeled and cut into fine julienne strips
1 small red bell pepper, membranes removed, cut into fine julienne strips
1 small yellow bell pepper, membranes removed, cut into fine julienne strips
1 small zucchini (only part that has green skin attached), cut into fine julienne strips
1 small carrot, peeled and cut into fine julienne strips
1 cup green cabbage, vein removed, fine julienne
1/4 cup smoked pecans
4 tablespoons extra virgin olive oil
2 tablespoons lime juice
2 teaspoons maple syrup
1 teaspoon cumin powder, toasted
Salt to taste
Cayenne pepper to taste

For the lobster tacos:

3 one-pound lobsters, cooked and meat removed from shell
1 tablespoon olive oil
Salt to taste
1 cup spinach leaves, cut into fine julienne
1 cup grated jalapeño Jack cheese
6 six-inch fresh flour tortillas, warm
1/4 cup cotija cheese, grated
6 sprigs cilantro

DIRECTIONS

FOR THE YELLOW TOMATO SALSA

In a meat grinder, using the small die, or in a blender on medium speed, add the first six ingredients and grind into a mixing bowl. Season mixture with lime juice and salt, add maple syrup, if needed, to balance flavor and sweeten slightly. Do not make ahead. The mixture must be fresh.

FOR THE JICAMA SALAD

Combine vegetables and nuts, oil, lime juice, maple syrup, cumin, salt and cayenne to taste and toss to mix well.

FOR THE LOBSTER TACOS

Preheat oven to 300°F. Place tortillas in oven, heat until warm.

Meanwhile, cut lobster meat into mediu- sized dice.

Heat oil in a medium sauté pan over medium heat. Add lobster, season with salt and sauté until just heated through, about one minute. Add spinach and wilt in pan, about 30 seconds. Remove pan from heat and stir in cheese until melted and creamy, about one minute.

Spoon equal portions of mixture into the center of each warm tortilla. Roll tortillas into a cylinder shape and place each one on a warm serving plate.

Surround the taco with yellow tomato salsa; top the taco with the Jicama Salad; garnish with cotija cheese and cilantro sprig.





Chefs
Hermanos Torres

ABOUT

The twin brothers Sergio and Javier Torres discovered cuisine through their grandmother, Catalina, a chef for a private family in Linares's Andalusian city. Embued with her love of high-quality ingredient and refined palate, the twins then embarked on an over 20-year odyssey at some of the world's most avant garde restaurants like Girasol in Alicante, Raco de Can Fabes in Barcelona and Plaza Athénée in Paris before opening their own culinary fantasia, Cocina Hermano Torres in 2018. The expansive restaurant housed in an industrial building in Barcelona combines cutting edge technique with what the brothers call "memory cuisine." It earned two Michelin stars in 2019.

“ This dish comes from
one of our trips to
Sapporo, Hokkaido.

PERSPECTIVE

This dish comes from one of our trips to Sapporo, Hokkaido. There the squid is caught one by one with a finely cut knife hook and seasoned with Saku (Japanese vinegar) and Kefir lime. At our restaurant, where this is one of the iconic dishes, we put our own twist on the squid by serving it with a taste of cured beef fatback, that we've cured in the cellar for 100 days, as well as a clarified poultry broth and, to finish, a quenelle of Beluga caviar. For a more economical substitution, you can substitute the caviar for the pearls of a finger lime. Also, at home, where you might not have a cellar or 100 days to spare, regular fatback (also called lardo) works just as well.

CURED SQUID WITH CHICKEN AND CAVIAR



PREP TIME
90 MIN



COOK TIME
0 MIN



SERVES
2



DIFFICULTY
4/5

CHEFS HERMANOS TORRES

INGREDIENTS

For the chicken broth:

3 medium chicken breasts, approximately 5 oz each.
1 onion, chopped
1 leek, chopped
2 cloves garlic, chopped
1 stalk celery, chopped
1 fennel bulb, chopped
1 tablespoon white soy sauce
Salt to taste
Pepper to taste

For the mayonnaise:

1 teaspoon Japanese vinegar, such as Saku
1 egg
200ml grapeseed oil
Salt to taste
1 lime

For the cured oil:

10 ml extra virgin olive oil
50g pork loin fat

For the squid:

300-400g squid, cleaned (approximately 2 squid)
10g am Beluga Caviar "000" or
10g finger lime pearls
White pepper, to taste
5g, Iberico back fat, cubed

DIRECTIONS

FOR THE CHICKEN BROTH

In the bowl of a blender, blend chicken breasts with 1 tablespoon of water to form a fine paste.

Meanwhile, bring two liters of water to boil. Once boiling, add chopped vegetables. After 10-15 minutes, add chicken paste and let simmer, over low heat, for 40 minutes. Add soy sauce, salt and pepper to taste. Remove from heat and let cool completely. Store, covered, in refrigerator until ready to use.

FOR THE SAKU MAYONNAISE

In a small bowl, whisk together vinegar, egg, lime and salt. In a slow steady stream, add grapeseed oil, whisking continuously until emulsified. Finish with a lime juice and salt to taste.

FOR THE CURED OIL

In a small oven-proof container, place loin fat in olive oil. Cook at 65°C/ 150°F for one hour. Strain, discarding pork fat and set aside.

FOR THE SQUID

Clean the squid, discarding the legs. Cut the body into very small cubes to make a tartare.

Toss the squid with Saku mayonnaise, a drizzle of the cured oil, a few cubes of fatback and white pepper until well mixed.

Using two smaller spoons, form another quenelle of caviar, or finger lime pearls if using, and set upon the squid quenelle.

Using two smaller spoons, form another quenelle of caviar and set upon the squid quenelle.

Finish with two tablespoons of the cold clarified chicken broth.





Chef
Jun Sakamoto

ABOUT

Leonardo Jun Sakamoto is a Brazilian chef, born in 1965 in the small town Presidente Prudente to Japanese immigrant parents. His culinary journey began in a Japanese restaurant in New York in the 1990's, but he opened his own namesake restaurant in 2000 in Sao Paulo, a small, very discreet, very exclusive high temple dedicated to the perfection of sushi. As one of the preeminent sushi chefs in Brazil, Sakamoto frequently appears on television shows and media and is well-known for his painstaking attention to detail and humility.

“ Though I am Japanese, I was born in Brazil and see Japan through Brazilian eyes.

PERSPECTIVE

Chawanmushi, or savory egg custard, is a very traditional, very simple Japanese dish. Yet it is deceptively complex. It relies on dashi, a sort of stock, which can be very difficult and time consuming to make. (At my restaurant, Jun Sakamoto, we use katsuobushi and dehydrated seaweed. But at home, you can use instant dashi.) Though I am Japanese, I was born in Brazil and see Japan through Brazilian eyes. The sushi rice we use here is less acidic. The fish in Brazil is year-round as opposed to seasonal variation in Japan. As it pertains to the chawanmushi, I've added truffle oil, which of course, is not a traditional ingredient. Now it is quite common but when I first began making it 18 years ago, it was quite an unusual combination. Today, it is less unusual now but no less delicious.

CHAWANMUSHI WITH TRUFFLE OIL



PREP TIME
25 MIN



COOK TIME
10 MIN



SERVES
4



DIFFICULTY
3/5

CHEF JUN SAKAMOTO

INGREDIENTS

3 eggs

½ spoons (tablespoon) of shoyu

250ml of dashi (Japanese fish stock)

4 small pieces of chicken breast
(pre-cooked)

4 small and fresh shiitake

4 small shimeji bouquets

3 egg yolks

4 tablespoons of truffle oil

4 teaspoons of flower of salt

DIRECTIONS

In a medium sized bowl, whisk together the eggs, shoyu and dashi.

Equally divide the egg mixture into three small ramekins. Then equally distribute mushrooms and chicken amongst the three bowls. Seal the bowls with plastic wrap and steam for ten minutes.

Meanwhile, beat and strain the egg yolks together. After 10 minutes, remove plastic wrap from containers and place egg yolks over the custard. Drizzle with truffle oil and sprinkle with fleur de sel.





Chef
Reuben Riffel

ABOUT

Born in Franschhoek, South Africa, Reuben Riffel is one of South Africa's best-known chefs. His name-sake restaurant, Reuben's, which opened in 2004, has won numerous awards, including Best Restaurant in South Africa while Riffel himself is the author of a slew of bestselling cookbooks and regularly makes appearances on television from serving as the judge for Masterchef South Africa to the subject of a 13-part documentary series called 5 Sterre met Reuben.

“ The broccoli ‘rice,’ is an homage to my son, Max, who has loved broccoli since he was born.

PERSPECTIVE

While working in one of the first kitchens in Monneaux, I came across a book by chef Nobu Matsuhisa of Nobu. That served as my introduction to miso which, at the time, was quite difficult to find in South Africa. Now you can find it anywhere, and, in this dish, its sweetness pairs well with the salmon. On the other hand, the broccoli “rice,” is an homage to my son, Max, who has loved broccoli since he was born..

SPICY MISO SALMON WITH BROCCOLI RICE



PREP TIME
15 MIN



COOK TIME
10 MIN



SERVES
2



DIFFICULTY
2/5

CHEF REUBEN RIFFEL

INGREDIENTS

350g head of broccoli
2 teaspoons coconut oil
600g wild salmon fillets, skin in (about two fillets)
sea salt
black pepper
2 spring onions, finely sliced (or 1 tablespoon snipped chives)
1 radish, thinly sliced
Lime wedges

Miso Sauce

1 tablespoon (or to taste) unpasteurized miso paste
2 teaspoons maple syrup
4 tablespoons hot water
1 tablespoon lemon juice
Pinch of chilli powder or cayenne pepper
Sea salt or soy sauce to taste

DIRECTIONS

Grate the broccoli, including the stalk, into rice-sized pieces, either by hand (using the coarse side of the grater) or in a food processor (using the S-curved blade or grater attachment) set aside.

Melt the coconut oil in a wide frying pan on medium heat. Season the salmon, then fry, skin side down, for 3 min until crispy. Carefully turn over and fry the flesh side for a minute or two until just cooked through and transfer onto individual plates to keep warm.

Add the grated broccoli into the same pan with two tablespoons of water, turn up the heat, cover with a lid, and leave to steam for three minutes, stirring halfway through, until tender but still with a little bit of bite. Season to taste, then add the spring onions or chives.

6. Season to taste, then add the spring onions or chives.

Whisk the miso sauce ingredients together in a bowl or shake in a glass jar with a lid on. Divide the broccoli rice between the plates, pour the sauce over the fish, garnish with radish slices, and serve with lime wedges.



Chef
Matsuo Nagasaka



ABOUT

Born in 1949, Chef Nagasaka was appointed head chef of Houou, the Chinese restaurant at the Takamatsu Grand Hotel in his twenties. In 1983, he opened his own restaurant, Saikan Choukou in Takamatsu, a city in Kagawa Prefecture, before opening Azabu Choukou in Tokyo in 1997. As one of the best known Japanese chefs interpreting Chinese cuisine, Nagasaka has appeared in numerous publications and on many television programs. In 2010, he returned to Takamatsu to open his restaurant Sorae Choukou.

“ Chilled dan dan udon noodles
is an adaptation of Szechuan
dan dan noodles, a noodle dish
that incorporates sesame paste
and spicy chili oil.

PERSPECTIVE

Chilled dan dan udon noodles is an adaptation of Szechuan dan dan noodles, a dish that incorporates sesame paste and spicy chili oil. Traditionally, dan dan noodles utilizes Chinese noodles, but I have proposed a menu that uses udon, Japanese wheat-flour noodles, which Kagawa Prefecture is famous for. I regularly eat chilled udon noodles served with Japanese yams, eggs and soy sauce, which is a typically Japanese dish. However, I would like to introduce a twist on the normal recipe by making it “Chinese style”.

Enjoy the fusion of Japanese noodles and Chinese sauce.

CHILLED DAN DAN UNDON NOODLES



PREP TIME

10 MIN



COOK TIME

10 MIN



SERVES

2



DIFFICULTY

1/5

CHEF MATSUO NAGASAKA

INGREDIENTS

300g udon (Japanese wheat-flour noodle)

150g chicken breast

200ml water

2 tbsps Japanese sake

3 tbsps soy sauce

1.5 tbsps tianmian Sauce

sweetened soybean paste

1 tsp sugar

1 tbsp rice vinegar

3 tbsps sesame paste

20g green onion

150g Japanese yam

1 pack microgreens

6 cherry tomatoes

chili oil

DIRECTIONS

Boil udon noodles in plenty of hot water for the indicated time on the packet. Once cooked, drain in a colander and cool in running water. Rub and rinse the noodles to remove the sticky starch.

Cut the chicken into 1cm cubes. Put the chicken in a frying pan with 200ml of water and sake and cook removing the scum that come to the surface. After 3-4 minutes, add soy sauce, tianmian sauce and sugar. Cook for an additional 2 minutes, then let it cool.

After the chicken has cooled, add in the rice vinegar, sesame paste, chopped green onion and grated Japanese yam and mix well.

Pour the mixture over the noodles in a bowl ready to serve.

Garnish with microgreens and cherry tomatoes. Add chili oil if desired.





Chef
Zdeněk Pohlreich

ABOUT

Zdeněk Pohlreich is the chef and owner of three restaurants in Prague: NextDoor by Imperial, Divinis Praha and Café Imperial. An early and ardent champion of Czech cuisine, Pohlreich hails from a family of Czech restaurateurs. Nevertheless, he trained in Holland and Australia, under the master chef Jean-Jacques Naudin at La Guillotine, before returning to Prague. Pohlreich can be seen not only at his restaurants but on television shows such as *Ano, šéfe!* (Yes, chef!), *Ted' varí šéf!* (Now It's The Chef's Turn To Cook!) and *Superšéf: 24 hodin do pekla a zpět* (Superchef: 24-hours To Hell And Back Again).

“ When I think of
hybridization, I think
primarily of flavors.

PERSPECTIVE

When I think of hybridization, I think primarily of flavors. In this dish the rich fattiness of the goose melds beautifully with the acidity of the sauerkraut and the sweetness of the raisins. But it is true, in terms of technique, though this recipe features classic ingredients such as goose, cabbage and dumplings -- dumplings being the cornerstone of Czech cuisine -- the techniques are French. The sauce, for instance, is lighter than would be traditional. Our method of roasting is French and the jus is as well. It's perfect harmony, I would say, between Czech and French cuisine.

YOUNG GOOSE WITH SAUERKRAUT



PREP TIME

0 MIN



COOK TIME

3.5 HRS



SERVES

6



DIFFICULTY

4/5

CHEF ZDENĚK POHLREICH

INGREDIENTS

For the goose

- 1 goose (approx. 4 lbs)
- 1 tbsp salt
- 1 tbsp caraway seeds
- 2 apples, cored and diced 1 onion, finely diced
- 2 to 3 cloves
- 1 thyme sprig, leaves only
- 2 tbsps all-purpose flour
- 300 ml (1 cup) meat stock or water

For the cabbage

- 1 onion, finely diced
- 500 g (1 lb) sauerkraut Salt
- 1 tbsp caraway seeds 1 bay leaf
- Approx. 1 tbsp sugar
- Approx. 100 ml (1/2 cup) water
- Approx. 100 ml (1/2 cup) meat stock
- 1 potato, grated

For the potato dumplings

- 2 l (2 quarts) water
- Salt
- 500 g (1 lb) boiled potatoes (all-purpose or floury), grated
- 400 g (14 oz) raw potatoes (all-purpose or floury), grated
- 2 eggs
- 100 g (1 cup) all-purpose flour
- 1 tbsp potato starch

DIRECTIONS

FOR THE GOOSE:

Preheat the oven to 140 °C (280 °F). Cut off the wings and place them on the bottom of a larger casserole dish or use a rack. Season the goose generously, both inside and out, with salt and caraway seeds.

Combine the diced apples with the onion, thyme and cloves. Stuff the goose with the mix and put any excess on the bottom of the casserole dish. Place the goose breasts down into the casserole dish and bake covered with a lid or tin foil for about 3.5 hours or until the meat is tender and soft. About 1 hour into the baking, turn the goose breasts over.

FOR THE CABBAGE:

In the meantime, prepare the cabbage. Sauté the onion in a pot in a tablespoon of the goose fat until it turns translucent. Add the cabbage, season with salt, bay leaf and sugar, add 100 ml (1/2 cup) water and stew for about 20 minutes. Stir occasionally and in case the water evaporates, add some stock. When almost finished, add the grated potato to thicken the cabbage, cover and let sit for about 5 minutes.

FOR THE POTATO DUMPLINGS:

Bring a large pot of saltwater to a boil. Combine the boiled potatoes with a part of the grated raw potatoes, flour and the egg. Season with salt, add the rest of the raw potatoes and knead into a smooth, springy dough. If you only have new potatoes, thicken the dough with potato starch. Use two tablespoons to make the dumplings and boil them in the saltwater for about 5 minutes or until soft.

TO ASSEMBLE:

Remove the goose from the casserole dish, strain the rendered fat into a saucepan and place on medium heat until the water evaporates. Add the flour and stock or water. Reduce the gravy to the desired thickness. Carve the goose into separate portions and place them on a serving plate. Add the baked potatoes. Prepare the cabbage and dumplings on four plates, strain the gravy in a gravy boat and serve.

* Substitute for duck or pork shank of equal weight if necessary.



Chef
Mark Singson



ABOUT

Drawing from his lively heritage and childhood years in Manila, Mark Singson utilizes skill refined in esteemed kitchens to honor Filipino cuisine. His time on Top Chef Canada in 2018 challenged experience built from cooking in restaurants such as Boneta and AnnaLena in Vancouver, and Vue de monde and Saint Crispin in Melbourne; inspiring him in his independent career as a private chef to make confident, charismatic dishes that leave a lasting impression.

“Halo Halo simply means “mix mix.” For this version, I’ve simplified the components to four and looked to my home of Vancouver for inspiration.

PERSPECTIVE

The traditional Filipino dessert Halo Halo normally contains seven or eight components including crushed ice, beans, jellies, nuts, puffed rice and much more. Halo Halo simply means “mix mix.” For this version, I’ve simplified the components to four and looked to my home of Vancouver for inspiration. This recipe uses the beautiful local stone fruit of British Columbia as a garnish but during the fall months, I might use pumpkin as a garnish or whatever else inspires me from the area. If you’re in a rush, this is a perfect dessert since all ingredients can be made ahead of time.

HALO HALO MY WAY



PREP TIME
3-4 HRS



COOK TIME
0 MIN



SERVES
4



DIFFICULTY
1/5

CHEF MARK SINGSON

INGREDIENTS

For the stewed cherries:

200g fresh pitted cherries
20g brown sugar
1 pinch salt

For the lime tonka granita:

4 limes, juiced and zested
1 tonka bean, roughly chopped
600g water
30g tequila
60g white sugar

For the slivered almonds:

1 tablespoon olive oil
50g slivered almonds (toasted until burnt, but not too burnt that it's not pleasant)

DIRECTIONS

FOR THE CHERRIES

Bring brown sugar and 100g water to a boil in a large pot. Add cherries bring back to boil and turn down to simmer for 10-12 min. Add a pinch of salt put aside to let cool.

FOR THE LIME TONKA GRANITA

Bring white sugar and water to a boil, turn it down after the sugar has fully dissolved. Add chopped tonka bean, turn off the heat and let it infuse until the liquid has fully cooled down. Strain the liquid and add tequila, lime juice, zest into the cooled liquid. Make sure the liquid is cold, it will kill the freshness of the granita if you add while it's hot.

Add cold liquid to large container that has a good surface area that fits in the freezer. The more surface area, the faster the liquid will freeze. Check the liquid every hour, as soon as it starts to freeze, scrape it with a fork. Repeat the process until all liquid has been formed into almost crushed ice/sorbet consistency. This might take three to four hours depending on your freezer.

FOR THE GARNISH

Toast slivered almonds in the oven at 350F for 10-15 min until dark brown. Not so dark that it's too bitter. You just want to maximize on the nuttiness and that gentle bitter note from almonds being toasted to darker than normal.

TO SERVE

Scoop of vanilla ice cream in the middle of a bowl and add cherries around the ice cream and burnt almonds over the cherries. Then pour granita over the cherries and almonds surrounding the ice cream. Finishing with olive oil, adds a nice mouthfeel when cold but also adds a bitter, fruity, and nutty note to the dish to contrast with all the other components.



Chef
Emily Roux



ABOUT

The youngest of the Roux family—a culinary dynasty started by her grandfather Albert and carried on by her father, Michel—Emily Roux grew up in England and France.. Since 2010, she has worked in kitchens such as La Table du Lancaster in Paris, in Alain Ducasse's Le Louis XV in Monaco before returning to London to work with her father at Le Gavroche. In 2018, Roux opened her own restaurant alongside her husband and co-chef Diego Ferrari called Caractere in Notting Hill.

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PERSPECTIVE

I love to eat both English and French desserts. I grew up with both Eton Mess and milles feuilles. The English excel at desserts meant for sharing; the French are a bit more delicate. This definitely falls on the French side, but chocolate is a pretty universal pleasure. There are no borders to loving it.

CHOCOLATE TART



PREP TIME
6 HRS



COOK TIME
30 MIN



SERVES
8



DIFFICULTY
2/5

CHEF EMILY ROUX

INGREDIENTS

For the salted caramel:

100g of Sugar
120g of double cream
30g of salted butter

For the chocolate:

200g of dark chocolate
200g of butter
4 egg yolks
4 egg whites
15g of caster sugar
150g of brown sugar
50g of flour
75g of salted caramel (recipe below)

For the chocolate pastry casing:

450g of flour
60g of almond powder
180g icing sugar
300g butter, room temperature
2g salt
30g cacao powder
2 eggs

DIRECTIONS

FOR THE SALTED CARAMEL

Melt the sugar in a large frying pan until golden color. Preheat the cream before pouring directly over the caramel, whisking continuously. Finally, add the salted butter and leave to cool.

FOR THE CHOCOLATE MIX

Melt the chocolate and butter over a bain-marie. Whisk the egg whites and add the caster sugar. Once the chocolate/butter mixture is completely melted and at room temperature, add the yolks, flour and finally salted caramel to the mix. Delicately add the egg whites to the previous mix.

FOR THE CHOCOLATE PASTRY CASING

Place butter, salt and icing sugar together in a stand mixer. Once homogenized, add the eggs to the mixture. Finally, mix in the flour & cacao powder; knead the dough until smooth. Set aside for a couple of hours in the fridge.

TO ASSEMBLE

Preheat oven to 180C. Thinly roll out the chocolate pastry into 10cm diameter mould/ring. Place in oven for 5 minutes. Remove and let cool. Add the chocolate cake mixture to the tart and return to the oven for an additional 8 minutes. Serve with a dusting of icing sugar and cacao powder with a generous scoop of your favourite ice cream.

