



**SATURDAY, 10 APRIL 2010**

**“QUAY AT LIKULIKU”**

**BRETT KRYSKOW – EXECUTIVE CHEF  
ARCHIE ROUNDS – EXECUTIVE SOUS CHEF  
CHLOE KRYSKOW – EXECUTIVE PASTRY CHEF**

**PRESENT AN INDO / PACIFIC MASTERCLASS**

**We have put together a range of dishes all originating from Fiji.  
Many of the ingredients have been picked from the Likuliku garden and  
resort grounds today.**

## **CRAYFISH LOLO CURRY**

2 green crayfish  
1tbl ghee  
2tbls black mustard seeds  
10 shallots  
6 garlic cloves  
1tbl ginger  
4tbls vinegar  
8 small red chillis  
600ml coconut cream  
20 fresh curry leaves  
2tsp ground turmeric  
2tsp chilli powder  
picked coriander for garnish

Portion lobster as per demonstration. Finely dice shallot, ginger, chilli & garlic. Pick curry leaves.

Place portioned lobster in a steamer basket, steam until cooked. Heat ghee in a medium size pan, add mustard seeds, shallot, garlic & ginger sauté until mustard seeds pop. Add vinegar and chilli, coconut cream, curry leaf, turmeric, chilli powder. Bring to simmer, adjust the seasoning with salt. Set sauce aside until crayfish is ready

Place the cooked crayfish in the saucepan and turn through the lolo until well coated, spoon onto serving platter, pour lolo over garnish with picked coriander leaves.

## **PRAWN, CRAB & PORK SUGARCANE**

1kg	sugar cane sticks (lemongrass is a great substitute)
100g	pork mince
100g	prawn mince
100g	cooked crab meat
10g	wood ear mushroom
100g	dalo ( substitute with sweet potato)
2tbls	French shallots
2tbls	coriander
2tbls	fish sauce
1tbls	sugar
1tsp	ground white pepper
6tbls	rice flour

Peel and cut sugarcane into finger size pieces skewers. Soak wood ear mushrooms & dice. Peel & grate the dalo. Pick crab ensure all bone & cartilage is removed. Dice all ingredients finely. Place all ingredients in a bowl, mix well until fully combined. Using a wet hand mould the mix onto the sugar cane sticks. Place in a steamer basket over high heat steam for 3-5 mins, remove and deep fry until golden brown. Serve instantly with a lime & palm sugar dressing.

## **LIME & PALM SUGAR DRESSING**

2Tbbs	palm sugar
2Tbbs	lime juice
2Tbbs	fish sauce
1	clove garlic
1	red chilli

Crush garlic clove & dice chilli finely. In a small pot gently heat all ingredients, until sugar is dissolved, ensure not to boil, strain and serve.

## **MANGO KULFI**

2 1/2 C      milk  
                 200g condensed milk  
1/4C         milk powder  
1 1/2 C       mango puree

Heat milk, condensed milk and milk powder on a medium heat for 10 mins. Remove cool completely. Add mango freeze in moulds.

## **PISTACHIO GULAB JAMUN**

2C            powdered milk  
2/3C         plain flour  
1tsp         baking soda  
1 1/2 C       cream

Mix all. Roll into balls. Deep fry, then soak in flavoured sugar syrup.

## **ROSEWATER SYRUP**

500ml       water  
250g        palm sugar  
1tbl         rosewater

Bring sugar and water to boil over a medium heat, add rosewater and reduce to low, cook stirring for 3mins.

QUAY



**“QUAY AT LIKULIKU”**

Saturday 10<sup>th</sup> April 2010

Amuse Bouche

Sashimi of yellow fin tuna with young coconut, lime, papaya, palm heart, cucumber, flowers and basil shoots

*Palliser Estate Methode Champenoise 2005*

Mud crab congee

*Rockford Semillon 2001*

Seared sea scallops, garlic custard, pumpkin shoots, roasted scallop juices

*Bouchard Aine & Fils Pouilly –Fuisse 2005*

White Pyrenees lamb loin, young vegetables, nuts and grains, parsnip puree

*Stonyridge Larose 2001*

Snow egg, guava granita, fool and vanilla ice cream

*Yalumba Botrytis Viognier 2006*



Coffee, Tea, Petits Four



Q U A Y



SUNDAY, 11 APRIL 2010

“QUAY AT LIKULIKU”

PETER GILMORE – EXECUTIVE CHEF

PRESENT DISHES FROM THE DEGUSTATION DINNER,  
SATURDAY 10 APRIL

## **SASHIMI OF YELLOW FIN TUNA WITH YOUNG COCONUT, LIME, JACKFRUIT AND PALM HEART**

This is a refreshing tropical salad made from local Fijian ingredients.

### **Ingredients**

Serves 8

1 kg sashimi grade yellow fin tuna  
2 young coconuts  
1 wedge ripe jackfruit  
1 heart of palm  
2 Lebanese cucumbers  
1 lime  
Fish sauce to taste  
Palm sugar to taste  
50 mls grapeseed oil  
Selection of micro herbs (baby coriander, baby basil)  
Daikon shoots  
8 pea flowers  
2 sprigs bronze fennel  
8 society garlic flowers

### **Method**

Make a simple dressing using lime juice, fish sauce, palm sugar and grapeseed oil, mix together and adjust the quantities to suit your personal taste.

Shell the young coconuts and remove the flesh with a spoon. Cut the flesh into thin ribbons about ½ cm wide. Peel the cucumbers and with a small Parisienne cutter make 64 small balls. Break the jackfruit into small threads. Slice the centre of the palm heart into 1 mm thin slices. Trim the micro herbs and mix together. Cut the tuna into 3 mm thick slices about 10 cm by 4 cm in shape. You will need 3 slices per person. Combine the young coconut, jackfruit, palm heart and cucumber balls in a small bowl. Dress with half of the lime dressing and mix well and place a small mound of these ingredients in the centre of each serving plate. Lightly marinate the tuna slices in the remaining dressing for a few seconds then place 3 slices of tuna on top of each salad mound. Garnish with micro herbs and flowers, serve immediately.

# Mud Crab Congee

**This dish is a textural treat. It differs from the traditional Chinese congee in the use of cracked sticky rice which has a denser, stickier consistency. This is then topped with a lighter slightly thickened broth containing the sweet juicy crab meat which gives the effect of a combination of textures.**

## Ingredients

*Serves 8*

1.5 kg mud crab (preferably male with large claws)  
160 gms crushed sticky rice  
3 litres fresh chicken stock  
70 gms sliced fresh ginger  
70 gms finely sliced green spring onions  
30 gms peeled and sliced carrot  
30 gms sliced white celery  
60 gms whole Japanese sweet rice  
1 punnet spring onion sprouts  
1 punnet mustard cress  
16 pea flowers  
24 garlic chive buds  
Sea salt

## Method

Place 3 litres of chicken stock into a saucepan, add 30 gms of sliced ginger and 30 gms of spring onions and bring to the boil. Take off the heat and allow the ginger and spring onion to infuse for 10 minutes. Strain and keep warm while proceeding on to cooking the sticky rice. Add the sticky crushed rice into a small saucepan, pour on ½ a litre of the infused chicken stock. Set over a low heat stirring occasionally while adding more infused stock as it is absorbed by the rice. Cook out the rice for 30 minutes very gently. It should absorb at least 1 ½ litres of the infused chicken stock leaving you with a thick porridge like consistency to the rice. Put aside as this can be done a couple of hours in advance.

## Lightly thickened Chicken Broth

Pour the remaining 1 ½ litres of chicken stock into a saucepan, add the sliced carrot, celery, spring onions and sweet Japanese rice to the stock and heat to a gentle simmer. Simmer for 25 minutes and strain the stock discarding the vegetables and rice. Put aside the thickened stock. The starch from the rice will lightly thicken the stock.

## **Guava snow egg**

**This is my favourite dessert. It is an original creation that I first made about three years ago. The flavours change with the seasons, sometimes I make a white peach version or a mulberry version. This guava version is my favourite. Strawberry guavas have a deep pink flesh and an exotic intoxicating scent. The combination of the fool, granita and icecream filled poached meringue is a textural treat. Coating the snow egg in a maltose biscuit adds another dimension as you crack through the toffee biscuit it gives way to the soft meringue which is filled with the custard apple icecream. This dessert is incredibly refreshing and for me everything a dessert should be.**

### Ingredients

Serves 8

### Poached Meringue

300 gms egg white

300 gms sugar

### Method

For this recipe you will need a 6 cm diameter half hemisphere silicon mould sheet. Whisk the egg whites in a machine until they form soft peaks and slowly add the sugar. Once the meringue forms firm peaks and the sugar has dissolved place the meringue into 16 half hemisphere moulds. Cook the meringue in a baine marie large enough to hold the silicon mat in a pre-heated 120 o oven for approximately 15 minutes. Allow to cool then unmould the half hemispheres and store in the fridge on a silicon paper lined tray until needed.

### Maltose tuilles

200 gms liquid maltose

100 gms sugar

20 gms flaked almonds

### Method

Heat the sugar and maltose together until it reaches hard crack stage (until it caramelizes). Add the flaked almonds and immediately pour the mixture onto a silicon mat, allow to cool completely. Process the hard caramel in a food processor to form a fine powder. Next sieve the praline mixture in a course sieve onto a silicon mat in a fine layer. Melt this mixture in a moderate oven until it forms a clear liquid paste. Remove from the oven and before the praline becomes too hard cut into a 15 cm diameter circle using a metal circle cutter. When each circle is hard store between silicon paper in an air tight container.

### Guava puree

175 gms sugar

250 mls water

½ vanilla bean

375 gms of strawberry guava flesh

### Method

Combine the sugar, water and scraped vanilla bean in a pot and bring to the boil. Lower the heat to a gentle simmer, add the guava flesh and simmer for 10 minutes. Take off the heat, remove the vanilla pods, drain the flesh from the liquid, place the flesh in a blender and add just enough of the cooking liquid to process into a thick guava puree. Pass the puree through a fine sieve and set aside in the fridge until needed.

### Guava granita

500 mls water

100 gms sugar

400 gms of peeled strawberry guavas

100 gms fresh strawberries

### Method

Roughly dice the peeled guavas and strawberries. Combine the sugar and water in a large saucepan, bring to the boil then lower the heat to a slow simmer. Add the diced fruit and gently simmer for 10 minutes. Take off the heat and allow to infuse at room temperature for 2 hours. Pass the liquid through a muslin cloth and discard the solids. Pour the guava syrup into a ceramic or stainless steel container to a depth of 5 cm. Place in the freezer for a period of no less than 12 hours and every 2 to 3 hours remove from the freezer and scrape with a fork to form the granita crystals.

### Custard apple icecream

6 egg yolks

200 gms sugar

200 mls milk

300 mls clear custard apple juice

100 mls single cream

### Method

Whisk the egg yolks and sugar together, bring the milk to the boil and pour on to the egg yolk sugar mixture while whisking. Pour the mixture into a stainless steel bowl and cook out while whisking over a pot of simmering water (approximately 10 minutes). Allow the sabayon to cool over ice. Meanwhile using extremely ripe custard apples scoop the flesh of approximately 1 large custard apple into a double muslin lined chinoix. Gather the muslin cloth at the top and squeeze the ripe custard apple flesh tightly to obtain a clear juice. When you have 300 mls of clear juice whisk it into the sabayon with the 100 mls of single cream. Place the mixture into an icecream machine and churn until ready. Place the icecream in a container in the freezer until needed.

### Vanilla Custard base

400 mls single cream  
3 egg yolks  
1 whole egg  
80 gms sugar  
2 vanilla beans

### Method

Heat the cream and the two split and scraped vanilla beans together until it just begins to boil then remove from the heat. Next whisk the eggs, egg yolks and sugar together in a stainless steel bowl. While whisking the eggs slowly pour on the hot vanilla cream. Mix well and remove the vanilla pods. Pour this mixture into 4 large dariole moulds to a depth of 5 cm, place the dariole moulds into a tray of water to form a water bath. Place the water bath into a pre-heated 150 o oven and cook the custard as you would a crème brulee for approximately 25 minutes until the custard is just set. Remove the custards from the bain marie and place them in the fridge for approximately 5 to 6 hours until they are fully chilled and set.

### Vanilla cream

100 gms vanilla custard base  
100 gms double cream

### Method

Whisk the cream and custard together to form soft peaks.

### Guava fool

400 gms of guava puree  
200 gms vanilla cream

### Method

Place the guava puree in a small bowl and fold through the vanilla cream gently to form a rippled effect. Do this just before you are ready to assemble the dessert.

### To Assemble

Take 8 of the half hemisphere poached meringues. Using a teaspoon remove a small scoop from the centre of each half hemisphere being careful not to break through the outer edge. Then place a small scoop of custard apple icecream inside the hole you have just made. Scoop a small hole in the rest of the hemispheres and invert over the icecream filled meringues to form a complete sphere. Place a maltose biscuit on top of each sphere and using a gentle blow torch melt the biscuit over the sphere. Dust all the spheres with icing sugar. Next add a generous spoonful of the guava fool in the bottom of each serving glass. Top the fool with the guava granita then place the custard apple icecream poached meringue spheres on top of the granita and serve.