



Likuliku

LAGOON

FIJI

MEDIA RELEASE

A Fiji First

-Starts -

FIJI – April, 2010. Likuliku Lagoon Resort wore Three Chefs Hats for a few days when it teamed up with Sydney's Quay Restaurant and its world-renowned executive chef Peter Gilmore, for a weekend of gastronomic delights at the first "Quay at Likuliku" guest chef event, 9-12 April.

Also in partnership with Vogue Entertaining + Travel and Victoria Wines, Peter Gilmore joined with Likuliku's executive chef Brett Kryskow to present masterclasses showcasing their culinary prowess and sharing some trade secrets. The highlight of the weekend was a 7 course Degustation dinner presented by Peter Gilmore and with matched wines by Fiji's exclusive wine provedores, Victoria Wines.

The Degustation dinner menu offered a predominantly seafood theme with Peter Gilmore's signature ingredients and style combined with local Fijian influences to create a dining experience not seen before in Fiji. Guests were wowed with a starter of locally caught Sashimi of yellow fin tuna with young coconut, lime, jackfruit, palm heart and cucumber matched with a *2005 Palliser Estate Methode Champagne*.

More Fijian locals featured with the next course of Mud Crab congee accompanied by a *2001 Rockford Semillon*. Seared sea scallops, garlic custard, pumpkin shoots, roasted scallop juices followed with a superb *2005 Bouchard Pouilly –Fuisse*. Out of the ocean and onto land, the next course was a White Pyrenees lamb loin with young vegetables, nuts and grains, celeriac puree, beautifully paired with a *2001 Stonyridge Larose*. The final course was a favourite Quay signature dessert - Snow egg, guava granita, fool and icecream sharing the spotlight with a *2006 Yalumba Botrytis Viognier*.

Guests came from far and wide to experience this unique event – the first time Australia's Vogue Entertaining + Travel magazine has taken a guest chef event outside of Australia.

About the Chefs

Prior to joining Likuliku, Brett Kryskow, was second in charge at one of Sydney's icon restaurants, "The Bathers Pavilion" at Balmoral Beach. Earlier days saw him working in a variety of urban Sydney and regional NSW restaurants, broken up by a spell at Maggie Beer's Adelaide restaurant "Charlicks Food Store", an exclusive heli-skiing resort in British Columbia, Canada and another at an exclusive surfing resort in Fiji. Staying in the Pacific, Brett then spent two years as number two at "Vie Restaurant" at the award-winning Sofitel Queenstown.

Likuliku is Brett's first Executive Chef role where he is continuing and enhancing the Resort's excellent culinary reputation and providing a unique dining experience in Fiji— second to none.

Peter Gilmore needs no introduction. He has been the Executive Chef of Quay Restaurant since August 2001. Peter is a 40 year old Australian, born and bred in Sydney. Since starting at Quay Peter's creative and original style has seen Quay receive seven consecutive 3 Chefs Hat awards from the Sydney Morning Herald's Good Food Guide. In addition Quay has been named Restaurant of the Year in 2003 and 2005.

Quay has made culinary history by taking out the industry's four top gongs in the same year:

RESTAURANT OF THE YEAR 2009 The Sydney Morning Herald 2009 Good Food Guide;
RESTAURANT OF THE YEAR 2009 Australian Gourmet Traveller 2009 Restaurant Guide;
RESTAURANT OF THE YEAR 2008 Restaurant & Catering 2008 NSW Awards for Excellence and
RESTAURANT OF THE YEAR 2008 Restaurant & Catering 2008 National Awards for Excellence

Likuliku Lagoon Resort is situated on Malolo Island – part of the Mamanuca archipelago – and sits in a protected bay of azure waters and white sands. Likuliku literally means “calm waters” and it is also here, where Fiji's first and only over-water bures can be experienced. Only 25km/16m west of Nadi International Airport – Likuliku is accessible by fast catamaran, private speedboat, seaplane or helicopter.

There are 45 bures at Likuliku – 10 over the water and 35 right on the beachfront. Eighteen of the beachfront bures have their own private plunge pools, whilst all 35 have spacious decks, daybed retreats, spacious interiors and outdoor showers and courtyards. The over-water bures have spectacular views and direct swimming and snorkelling access into the Lagoon.

The associated history of Likuliku has been carried through with time-honoured Fijian and Melanesian architecture and designs. Earthy tones and natural materials - seen in the traditional thatched roofing, give the Resort a warmth and character not seen anywhere in Fiji and a guaranteed quintessential Fijian holiday experience.

Recipes for the masterclasses are available online at www.likulikulagoon.com or on [Likuliku's Facebook page](#).

For bookings and further information contact: reservations@ahuraresorts.com or phone +679 672 0978.

Recently voted “Best Overseas Resort” in the Luxury Travel 2010 Gold List Awards.

Ends –

AHURA RESORTS

The Warm Heart Of Fiji.

Ahura was an ancient god of creations who symbolized life, kindness, equality, care of the environment, charity, loyalty and faithfulness to settlement, tribe and county. The omnipresent sun was an enduring symbol of radiance, purity and life sustenance. Today, Ahura Resorts embodies these same values. As a 100% Fijian-owned company, with over 30 years experience in tourism and hospitality throughout the Pacific, Ahura is dedicated to providing quality holiday and lifestyle experiences while preserving cultural values and the surrounding environment. Ahura is the management company operating one of Fiji's most popular and well-known resorts - Malolo Island Fiji, and the newest luxury escape for couples which features Fiji's first over-water bures - Likuliku Lagoon Resort. Experience the Warm Heart of Fiji with Ahura Resorts.

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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.

Q U A Y



“QUAY AT LIKULIKU”

Saturday 10th 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

VOGUE
AUSTRALIA
ENTERTAINING + TRAVEL

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.