

“This dish embodies part of my life story as a chef. Like many locals, laksa is one of my favourite comfort food but my first attempt at cooking laksa when I was training at Mount Sophia turned out to be a complete disaster. Today my homemade laksa is a crowd-puller. My culinary journey is as such, it is all about embracing my passion and perfecting my skills through tribulations of failures and relentless hard work. I am proud to create this laksa dish at SHATEC’s 35th Anniversary, it is truly a homecoming dish.”

- Chef Teo Yeow Siang



# Fish: Pan Seared Barramundi

LAKSA EMULSION | SAUTEED ASIAN GREENS | CRISPY BEANCURD PUFF

## METHOD OF PREPARATION

### Laksa Carpet

1. Combine all the ingredients together.
2. Lay the combination flat on cling film and roll to desired thickness and let it set in the chiller till solid before cutting.

### Pan Seared Barramundi

1. Trim fish to desired grammage
2. Season with salt, pepper and olive oil and lay in a flat tray.
3. Pre bake the fish at 160°C for 7 minutes.
4. Transfer to another clean tray, lay the laksa carpet over the fish and finish the cooking at 190°C for 6 minutes

### Pickled Mussels

1. Sauté onion, garlic and red capsicum till slight caramalized.
2. Deglaze with white wine. Add in thyme and reduce to 1/2.
3. Add in all liquid ingredients except mussels.
4. Leave the solution to infuse for 2 hours and strain the ingredients.
5. Leave the warm solution in a container and add in mussels to pickle for 1 day.
6. Strain away liquid before use.

### Laksa Emulsion

1. Heat up pan, add in olive oil.
2. Add all ingredients together and cook till flavorful.
3. Add in coconut cream last, season to taste.
4. Pour cooked ingredients into an espuma bottle and charge 2 cream charges.

### Herb Oil

1. Boil a pot of water, add in parsley leaves and boil for 30 seconds.
2. Drain of the leaves and cool down in ice water bath for 2 minutes.
3. Combine oil and leaves in a blender and blend till smooth.
4. Let it drain over a fine strainer with cheese cloth overnight.

### Nasi Lemak Rice Sushi

1. Wash the rice before steaming.
2. Combine all ingredients together and steam at 100°C for 1 hour.
3. Use a wooden fork to stir the rice once it is cooked.

### Garnish

1. Fry taupok till crispy.
2. Blend sambal till smooth and transfer to squeeze bottle to pipe.
3. Fry white bait till crispy.
4. Sauté the beansprouts till soft.

## INGREDIENTS

(Serves 10)

### Barramundi Seasoning

Fresh Barramundi	10 pcs
Salt	To Taste
Pepper	To Taste
Olive Oil	To Taste

### Laksa Carpet

Flour	50 gm
Bread Crumbs	40 gm
Dried Shrimps	10 gm
Butter	64 gm
Laksa Paste	40 gm
Sugar	20 gm
Laksa Leaves, blended	25 gm
Salt	1 gm

### Pickled Mussels

Onion, slice	100 gm
Red Capsicum	70 gm
Garlic, crushed	25 gm
Thyme	5 gm
White Wine	100 ml
Water	200 litres
Scallop Bouillon	To Taste
Sushi Vinegar	200 ml
Mussel Meat	10 pcs

### Laksa Emulsion

Laksa Paste	500 gm
Coconut Cream	100 ml
Dried Shrimps	20 gm
Laksa Leaves	30 gm
Lemongrass, pound	100 gm
Salt	To Taste
Sugar	To Taste
Pepper	To Taste
Olive Oil	To Taste

### Herb Oil

Parsley	100 gm
Corn Oil	1 litre

### Nasi Lemak Rice Sushi

Glutinos Rice	100 gm
Short Grain Rice	200 gm
Pandan Leaves	5 Stalks
Salt	To Taste
Pepper, white	To Taste
Coconut Cream	200 ml
Water	360 ml

### Garnish

Tau Pok, fried, brunoise	30 gm
Sambal	100 gm
White Bait, fried	50 gm
Beansprout, Saute	50 gm

All rights reserved. No part of this recipe may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, for commercial purposes without the written permission of SHATEC.