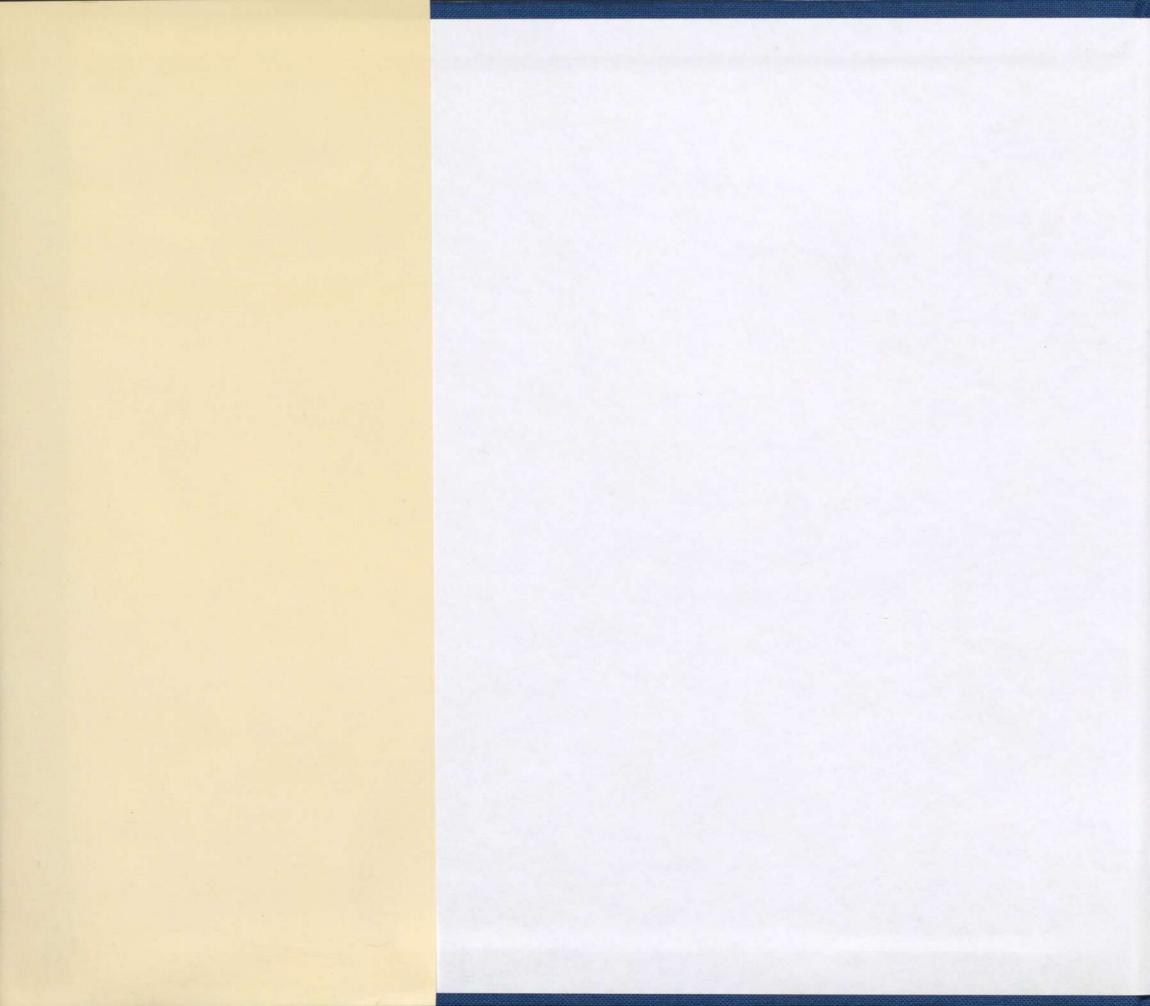


Mediterranean Olive Oil in the Cuisines of the World











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This book is the end product of a collaboration between the International Olive Oil Council and the Italian Culinary Institute for Foreigners, which took tangible shape in the International Conference on Mediterranean Gastronomy organized in Stresa, Italy, from 17th to 20th May 2000.

This conference coincided with a particularly significant anniversary for the International Olive Oil Council, the celebration of the fourth World Olive Year. The Stresa conference in May and a later conference in Palma de Mallorca in October were held to mark this celebration, with the former concentrating on the gastronomic aspects of Mediterranean eating habits and the latter on their scientific aspects. Although celebrated in different ways in each Country, one essential, common thread has run through these anniversary celebrations: the leading part of olive oil, the cornerstone of the cuisines of the Mediterranean.

During the Stresa conference, the Italian Culinary Institute for Foreigners held an International Competition on May 18th in which nine chefs from around the world submitted the dishes they created to the judgement of a select panel of judges.

In the first national rounds of the competition, held in Brazil, Canada, China, Germany, Japan, Korea, Taiwan, Thailand and the United States, competitors presented their recipes, all strictly elaborated with olive oil.

Readers now have before them the end result of this gastronomic fusion. Fifty-four recipes are presented along with photos of the dishes and chefs.

The book also features news items on Mediterranean olive oil, the extraordinary food that is a fountain of health and wellbeing for anyone who consumes it. Helping consumers to learn about the biological and nutritional characteristics of olive oil and the host of ways in which it can be used in the kitchen plays a pivotal role in the institutional promotional activities carried out by the International Olive Oil Council, on this occasion in conjunction with ICIF.

The International Olive Oil Council contributed readily to this book, which is intended for international distribution and which we hope will mark a further step forward in promoting the nutritional-health benefits of olive oil to consumers worldwide.





Olive oil is the chief source of fat in the Mediterranean diet, which has lately been attracting growing interest as a result of its "rediscovery" in recent studies on disease prevention.

The key to the biological potential, nutritional properties and organoleptic characteristics of olive oil lies in its composition, which is also central to understanding its functions. Being a natural fruit juice, it retains the taste, aroma, vitamins and properties of the olives.

Olive oil has two fractions. The saponifiable fraction accounts for around 98.5-99% of the oil and is made up of triglycerides. The unsaponifiable fraction accounts for approximately 1-1.5% and is made up of so-called minor components which, though contained in small quan-

tities, are very important.

The constituent fatty acids of the triglycerides in olive oil can vary to a certain extent depending on the variety of olive and the growing conditions. Oleic acid is predominant, holding as much as an 83% share of the fatty acid composition. Oleic acid is monounsaturated, i.e. has only one double bond. This makes it more resistant to autoxidation because double bonds are what makes fatty acids prone to attack from oxygen. This suitable degree of unsaturation, combined with the large amount of antioxidants it contains, makes olive oil very stable.

The minor components in olive oil, particularly the large amount of antioxidants and vitamins (tocopherols, phenolic compounds - hydroxytyrosol, oleuropein - and carotenoids), lend it very important properties. A host of new research is shedding new light on the metabolism, bioavailability and many biological effects of these minor components, which protect against free radical-induced damage and prevent cancer formation and ageing.

Beside its sensory attributes and gastronomic properties, olive oil has numerous, docu-

mented benefits in the prevention of many diseases.

There is a body of scientific evidence on the earth-healthy role of olive oil in the primary and secondary prevention of cardiovascular disease. It prevents arteriosclerosis and its related risks, high blood pressure, acute myocardial infarction, heart and kidney failure and cerebrovascular accidents.

An olive oil-rich diet lowers total cholesterol, LDL cholesterol and triglycerides, and raises HDL cholesterol. It reduces LDL oxidation and stimulates the secretion of nitric oxide, thus preventing arteriosclerosis. It has been demonstrated to have an antithrombotic and antiplatelet-aggregating effect, and it has become one of the best options for preventing and controlling diabetes.

Olive oil is of great biological value. Although it has a high caloric value, like other oils (9 Kcal. per gr.), experience shows that the Mediterranean peoples, who consume the most

olive oil, suffer less from obesity.

Olive oil stimulates growth, it encourages calcium absorption and bone mineralization and it plays an important part during growth and in the prevention of osteoporosis. It enhances the functioning of the digestive and epato-biliary system and it has a protective, toning effect on the skin, preventing the appearance of skin lesions and diminishing the signs of ageing.

Olive oil has been reported to provide protection from cerebral ageing and in experiments it has been observed to enhance life expectancy. Consumption of olive oil bolsters the immune system against external attacks caused by micro-organisms such as bacteria or viruses. Epidemiological studies have suggested that olive oil may exert a protective effect against certain malignant tumours (breast, prostate, endometrium, digestive tract, ...).

The monounsaturated fatty acids in olive oil make it more resistant to heat and more stable. It is very suitable, therefore, for frying and can be used several times over without undergoing processes that eliminate its beneficial effects on lipid metabolism or that affect its

digestibility.

RECIPES

BRAZIL







MARIA ANTONIA BEGLIOMINI Maria Antonia's Restaurant - São Bernardo do Campo

SALT COD SURPRISE

INGREDIENTS FOR 6 SERVINGS

Salt cod gr. 800 Mediterranean olive oil ml. 500 Eggs no. 4 Potatoes gr. 400 Milk ml. 500 Liquid cream no. 1/2 a cup Red and yellow peppers gr. 200 Broccoli gr. 300 Pink pepper to taste Poppy seeds to taste Salt to taste

PROCEDURE

Soak salt cod in water for 48 hours to remove salt. Remove skin and bones and cut it into slices. Soak the slices in ice-cold water for one hour.

Whip egg-whites stiff-peak. Dry the salt cod slices well, pass them in egg-whites and fry in hot oil till nicely golden. Keep warm.

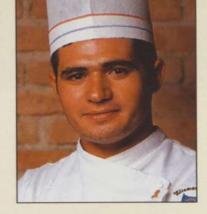
Sift the egg-yolks. Beat them while adding, a little at a time, the filtered frying oil still warm till you obtain a smooth cream. Adjust with salt.

Boil the potatoes, peel and strain them; add one cup of hot milk, butter and cream, adjust with salt and set aside.

Arrange the potato cream and a slice of salt cod in each plate.

Garnish with peppers, blanched broccoli, poppy seeds and pink pepper.





ELISMAR ANSELMO DA SILVA

Trattoria Fa Bene - Florianopolis

GROUPER IN AN OLIVE SEA

INGREDIENTS FOR 6 SERVINGS

Grouper fillets kg. 1 Mediterranean olive oil ml. 500 Dry white wine ml. 100 Large sweet potatoes gr. 500 Dried black olives gr. 150 Soft bread gr. 150 Medium-sized onions no. 2 Chilli pepper no. 1 Medium-sized lemons no. 2 Artichoke hearts in oil with garlic no. 6 Red chicory no. 6 leaves Spinach gr. 300 Fresh thyme gr. 5 Chives gr. 5 White pepper to taste Salt to taste Pork cauls no. 2

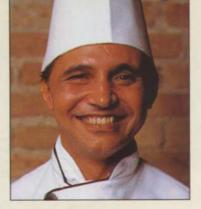
PROCEDURE

Put the grouper fillets in a large baking dish with ml. 150 of olive oil, salt and pepper; sprinkle with thyme leaves and drizzle with white wine and lemon juice. Cut six slices of a medium thickness from the potatoes, skin on, and cut the onions into rings which you will arrange around the fish fillets; bake in the oven, covered, for about 20 minutes at 180 °C.

In a pan, sauté the spinach, previously boiled, and the artichoke hearts cut julienne, using the artichoke oil infused with garlic. Remove the baking dish from the oven, put in a bowl the crumbled soft bread, the artichokes and the spinach, amalgamate and soften in their cooking liquid and ml. 50 of olive oil. Add the fish fillets in little bits, divide the mix into 6 portions and wrap them up in the pork caul so to obtain 6 small bundles which you will sauté in olive oil till golden.

Arrange the bundles on the potato medallions and onion rings in a baking dish, put in the oven for 5 minutes at 160 °C. Plate up, placing each bundle on a red chicory leaf, then pour all around a sauce obtained by amalgamating, in ml. 100 of olive oil, black olives, seeded chilli pepper and finely chopped chives, all of them cold. Garnish with fresh thyme sprigs and chives.





MAURO M. MAIA Cafè Antique Restaurant - São Paulo

TROPICAL MADNESS OF THE SEAS

INGREDIENTS FOR 6 SERVINGS

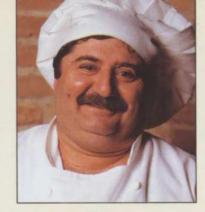
Small sole fillets no. 6 - Large prawns no. 12 - Glavlax no. 12 thin slices - Medium sized cuttlefish no. 6 Salt cod gr. 100 - Fresh salmon gr. 300 - Chives gr. 10 - Green olives no. 30 - Fresh basil gr. 100 Ripe tomatoes no. 4 - Garlic no. 4 cloves - Cashew juice ml. 30 - Orange juice ml. 15 Lemon juice ml. 15 - Pineapple no. 12 slices - Cashew no. 6 fruits - Mango no. 6 slices Orange no. 12 wedges - Olive oil from Liguria ml. 300 - Butter gr. 45 - Sugar gr. 15 Parsley gr. 5 - Mustard gr. 5 - Dill gr. 5 - Salmon roe gr. 40 - Salt and white pepper to taste

PROCEDURE

Cut the sole fillets into halves lengthwise, add salt and brush them with plenty of oil. Sprinkle them with chopped parsley and chives. Lay one slice of glavlax on one side of the sole, adding a pinch of pepper and a little chopped dill. Shell the prawns, leaving the tail and add salt. Place each prawn on a sole fillet and wrap up together with the glavlax, fixing with sticks. Grind the olives with gr. 40 of chopped basil, the cuttlefish tentacles, a little oil, salt and pepper; salt the cuttlefish lightly and stuff it with the olive paste, sealing with the sticks. Steam for 7 minutes cuttlefish and sole-and-prawn rolls; remove the sticks and set aside. Break up the salt cod slice, after soaking it in milk for 24 hours, eliminating any possible bones, sauté in oil, adjust with salt and set aside. Peel and seed the tomatoes, cut them into cubes, cut gr. 20 of basil leaves, cut garlic cloves into halves, piercing each piece with a stick. Put all the ingredients in a bowl, add ml. 250 of oil and the orange juice. Season with salt, sugar and pepper, cover and put into the fridge for 75 minutes; remove garlic and set aside.

Cut salmon into cubes, dress with salt, pepper and a few olive oil drops. Cut cashew into cm 0.5 thick slices, setting the nut aside for the garnish. Heat up the butter and gr. 15 of sugar, golden in it the slices of pineapple, mango and cashew for about 2 minutes per side, seasoning with salt and pepper. Set the cashew aside for the final plating up. Grease with butter 6 metal rings cm. 7 in diametre and put 1 pineapple slice on the bottom of each of them. Place a little salmon and 2 basil leaves on the pineapple. Continue the procedure by alternating orange wedges and mango slices with salmon; top with a pineapple slice. Bake for 5 minutes at 180 °C. Whisk together lemon juice and mustard; slowly add ml. 45 of oil and whip the sauce. Add salt and pepper and incorporate the cashew juice and 1 spoonful of chopped chives. Arrange 2 prawns and 1 stuffed cuttlefish in each plate. Place a little salt cod in between and one spoonful of salmon roe on the sole fillets. Put the top part of the cashew in the middle of the plate and make a V with the orange wedges and the two pieces of mango. Place a small timbale on top of the V and 4 cashew slices on it. Pour the marinated sauce over the prawns and the vinaigrette over the flan. Garnish with chopped parsley.





GIANCARLO MARCHEGGIANI

Terrazzo Italia Restaurant - São Paulo

OLIVE SCENT IN THE SEA AND IN THE EARTH

INGREDIENTS FOR 6 SERVINGS

Chucus (brazilian legume pear-shaped) no. 3 Mandioquinha (brazilian root similar to a carrot) gr. 500 Eggplants no. 2 - Fresh tuna gr. 500 Sardines no. 18 - Cuttlefish gr. 500 Giant capers no. 12 - Dried tomatoes gr. 200 Chinese garlic no. 1 bunch - Red pepper gr. 150 Italian anchovies gr. 550 - Garlic no. 3 cloves Chopped parsley gr. 7 - Breadcrumbs no. 3 spoonfuls Mediterranean olive oil ml. 750 White wine ml. 500 - Lemons no. 2 Fresh oregano gr. 30 - Fresh basil gr. 30 Grana Padano gr. 200 Balsamic vinegar gr. 20 Pitted black olives no. 10 Sugar gr. 20 Salt and pepper to taste

PROCEDURE

Cook vegetables (chucus, mandioquinha and eggplants) and prepare with each of them, separately, a purée seasoned with salt, pepper, 1 spoonful of grated Grana Padano and oil. Keep warm. Debone sardines and roll 6 of them up with 1 olive and 1 caper and other 6 with a dried tomato. Put everything into a baking dish, season with chopped basil and oregano, salt and pepper, a little white wine and oil. Bake in a hot oven for 5 minutes and keep warm.

Blend red peppers, anchovies, garlic, 1 spoonful of chopped parsley, breadcrumbs and a little oil till you obtain a thick mousse. Spread the mousse out on the tuna medallions, dress with a little oil and put into a hot oven for 5 minutes. Keep warm. Clean cuttlefish and cook in water, white wine, lemon and one spoonful of olive oil for 3 or 4 minutes.

Arrange one spoonful of each purée in a plate. Place sardines next to the eggplant purée, the tuna next to the mandioquinha purée and the cuttlefish next to the chucus purée.

Garnish with chinese garlic, balsamic vinegar caramel (obtained by reducing gr. 20 of balsamic vinegar with gr. 20 of sugar) and small pieces of black olives, capers and dried tomatoes. Finish with a little oil and drops of balsamic vinegar.





MARIO SOLTAK Europa Restaurant- São Paolo

FILLETS AND CROUTONS WITH PREVADURA

INGREDIENTS FOR 6 SERVINGS

Beef fillet no. 6 medallions (gr. 150 each)
Mediterranean olive oil ml. 100
Pork fat gr. 300
Large onions gr. 200
Garlic gr. 20
Arak no. 1/4 of a glass
Sweet paprika gr. 100
Toasted cumin seeds gr. 30
Fennel seeds gr. 30
Leek leaves no. 3
Stale bread no. 6 slices
Salt and black pepper to taste

PROCEDURE

Soak the bread slices in cold water for one hour, then squeeze them well.

Grind the pork fat with onions, garlic, arak, paprika, cumin and fennel seeds and mix to obtain a homogeneous result. Wrap the fillet medallions up in the blanched leek leaves, season with salt and pepper. Put them on a grill with little oil, till done.

Toast the bread slices quickly in 2 spoonfuls of oil. In a non-stick pan fry the mix of pork, garlic, onion and spices (called "prevadura") with 6 spoonfuls of oil for 5 minutes on a medium heat, while stirring. Arrange in the plates the medallions, one fried crouton and a good helping of prevadura; finish with a drizzle of oil and garnish with parsley leaves.





MARIO LUIZ STOCK La Fenêtre Restaurant - Porto Alegre

BIGOLI IN A SAUCE

INGREDIENTS FOR 6 SERVINGS

00 flour gr. 800 Eggs no. 6 Chopped parsley gr. 5 Chopped chives gr. 5 Mediterranean olive oil ml. 70 Garlic-infused oil ml. 5 Salted anchovies gr. 200 Chopped onion gr. 40 Tomato sauce ml. 100 Chopped bacon gr. 150 Basil gr. 20 Salt to taste

PROCEDURE

Make the dough with flour, eggs, parsley, chives, salt and garlic-infused oil. Knead well, cover with a wet cloth and let rest for 10 minutes. Working the dough well, prepare the bigoli rolling them up by hand (like spaghetti). Sweat onion and bacon in the olive oil, melt the anchovies, after removing salt and bones, and add tomato sauce and basil leaves. Let flavour for a few minutes, adding a little cooking water. Cook the pasta al dente and dress with the above mentioned sauce.

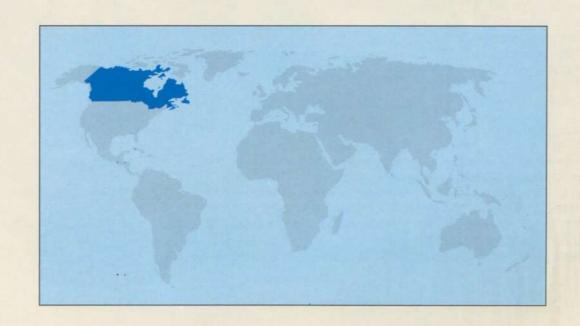


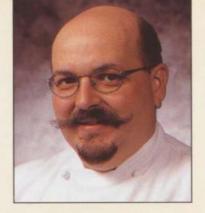


RECIPES

CANADA







MASSIMO CAPRA Mistura Restaurant - Toronto

SPAGHETTI WITH SQUIDS, CLAMS, AND BABY SHRIMPS IN GARLIC, WINE AND OLIVE OIL

INGREDIENTS FOR 6 SERVINGS

Spaghetti gr. 500
Squids gr. 150 (clean, cut into rings)
Manila clams gr. 350
Baby shrimps gr. 150
Mediterranean olive oil ml. 200
Tomatoes gr. 400
White onion gr. 75
Garlic no. 3 cloves
White wine ml. 150
Parsley gr. 20
Fresh chilli pepper to taste
Salt and pepper to taste

PROCEDURE

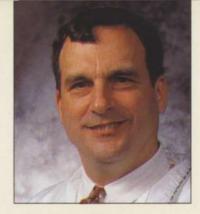
Pour ml. 100 of oil in a pan, heat it up and add finely chopped onion, thinly sliced garlic, the squids cut into rings and the clam fruits, well cleaned.

Wet with white wine and let evaporate. Add the peeled and seeded tomatoes, cut into cubes. Season with salt, pepper and chilli and add the baby shrimps.

Simmer on a low heat for a few minutes and set aside. Cook the pasta al dente in plenty of salted water, drain and add to the sauce.

Sauté in the pan and add chopped parsley and the remaining raw oil.





MICHAEL CARLEVALE
Prego dalla Piazza Restaurant - Toronto

WHOLE-WHEAT SPAGHETTINI AND TURNIP FLOWERS SICILIAN STYLE

INGREDIENTS FOR 6 SERVINGS

Whole-wheat spaghettini gr. 500
Mediterranean olive oil ml. 100
White onion gr. 100
Garlic no. 3 cloves
Anchovies no. 6 fillets
Salted capers gr. 150
Hot chilli peppers no. 2
Toasted pine nuts gr. 120
Chopped mint gr. 20
Red orange no. 1
Turnip broccoli gr. 400
Chicken stock to taste
Black olives gr. 200
Basil gr. 50
Salt to taste
Pepper to taste

PROCEDURE

Prepare a base by sauteeing in mediterranean olive oil chopped onion and garlic, de-salted capers, anchovies, chilli peppers and pitted black olives; stew the turnip broccoli in this base for five minutes, wetting with little stock, add the fresh chopped mint, the zest and the chopped pulp of the orange, amalgamate and distribute the sauce on the whole-wheat spaghettini, after cooking them "al dente" in plentiful salted water.

Serve the pasta hot, sprinkled with toasted pine nuts and broken up basil leaves.





MARK ELSNER
The Academie of Spherical Arts Restaurant - Toronto

SURF AND TURF (ZUCCHINI GALETTES WITH CHERRY TOMATOES AND MUSHROOMS)

INGREDIENTS FOR 6 SERVINGS

Whole shrimps no. 18 Beef tenderloin gr. 150 Green zucchini gr. 300 Yellow zucchini gr. 300 Cherry tomatoes no. 16 Rapini gr. 200 Mediterranean olive oil ml. 300 White wine ml. 60 Butter gr. 15 Small red potatoes gr. 300 Garlic no. 2 cloves Cognac ml. 30 35% cream ml. 30 Black peppercorns no. 1 teaspoon Thyme sprigs no. 6 Salt and pepper to taste

PROCEDURE

Pour ml. 30 of oil in a frying-pan and add the beef tenderloin. Cook on both sides till medium-rare. Adjust with salt and pepper.

In another pan pour ml. 30 of oil with chopped garlic, add the shrimps and cook for about 2 minutes, then drizzle with ml. 60 of white wine. Season with salt and pepper and let the sauce reduce.

Slice the zucchini and make layers in a round mould, alternating them with cherry tomatoes, pour a little oil on top, dust with salt and pepper and bake at 180 °C for 15 minutes.

Boil small potatoes and rapini. When cooked, sauté them in oil and butter for a few minutes.

Remove shrimps from the sauce and put it back on the stove, adding the crushed peppercorns, till aromatized. Take off the heat and add cognac. Put back on the heat and let the alcohol evaporate. Add cream and let reduce.

Put the sauce in a plate and arrange on top the tenderloin, zucchini and shrimps; garnish with potatoes, rapini and thyme sprigs.





PETER GEORGE
360 CN Tower Restaurant - Toronto

FRESHWATER PERCH SALAD WITH SHALLOT CONFIT AND CITRUS RELISH

INGREDIENTS FOR 6 SERVINGS

Perch fillet kg. 1
Mediterranean olive oil ml. 220
Orange juice ml. 480 - Sherry vinegar ml. 30
Shallot gr. 120 - Oranges no. 2 - Grapefruit no. 3 wedges
Lime no. 3 wedges - Thyme gr. 10 - Chives gr. 5
Lemon no. 1 - Flour to taste
Salt and pepper to taste
Rugola gr. 50 - Baby watercress gr. 100
Blonde frisse gr. 200
Asparagus no. 6 tips
Red onion gr. 20 - Chervil gr. 5
Yellow cherry tomatoes no. 6
Red cherry tomatoes no. 6

PROCEDURE

Boil the orange juice and reduce it to ml. 60. Mix gr. 20 of diced shallot with sherry vinegar and half of the reduced orange juice. Slowly add ml. 90 of oil. Set aside to dress the salad.

Grate the zest of 1 orange. Mix half of it with 3 orange wedges, 3 grapefruit wedges, 3 lime wedges, the remaining half of the reduced orange juice, ml. 30 of oil, chopped chives and 1 thyme sprig. Adjust with salt and pepper and let rest at room temperature for at least one hour.

Cut the remaining shallots into rings and put them in a pot with oil on a medium heat. Cook slowly for about 20 minutes till shallots get translucent. Remove from the heat and add the grated lemon zest. Set aside for the salad.

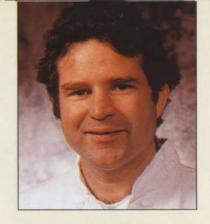
Prepare the salad with rugola, watercress and lettuce thinly sliced, blanched asparagus tips, 6 onion rings, 6 orange wedges, red and yellow cherry tomatoes cut into halves, the grated zest of half an orange, the leaves of 3 chervil sprigs, dress with ml. 30 of the citrus vinaigrette previously prepared. Alternate the different vegetables in a plate with a diametre of cm. 30.

Rub perch fillets with chopped thyme, season with salt and freshly ground black pepper.

In a pan, heat up the remaining oil (the quantity necessary to cover the pan bottom). Flour the fish and cook it skin side up. Cook on a medium heat till golden.

Turn the fish and finish cooking making sure the skin is nicely crispy. Arrange the fish fillets on the salad. Top with a little shallot confit and the citrus sauce. Garnish with chervil.





ANTONY NUTH
Herbs Restaurant - Toronto

BUFFALO MOZZARELLA MARINATED IN OLIVE OIL AND CORIANDER

INGREDIENTS FOR 6 SERVINGS

Buffalo mozzarella no. 3 Mediterranean olive oil ml. 350 Red peppers gr. 200 Yellow peppers gr. 200 Green peppers gr. 200 Spinach gr. 500 Coriander gr. 100 Bay-leaf no. 1 leaf Chopped cumin gr. 15 Oregano gr. 15 Thyme gr. 15 Pepper gr. 15 Onion gr. 30 Garlic gr. 20 Distilled white vinegar ml. 60 Salt to taste

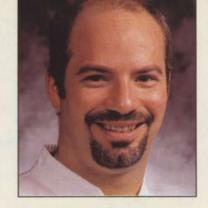
PROCEDURE

Blend together coriander, bay-leaf, cumin, oregano, thyme, pepper, gr. 10 of salt, onion and garlic. Incorporate the vinegar and ml. 120 of oil to obtain a smooth consistency.

Drain the mozzarella and marinate it for 12 hours in oil and in the above described mix. Grill peppers on all sides, peel and seed them. Cut them into strips.

Blanch the spinach leaves in salted boiling water for 10 seconds and shock them in iced water. Drain them well and place them in a plate, giving them a round shape; dress with a little raw oil. Heat peppers in oil infused with the herb mix and place them on the spinach. Slice the marinated mozzarella and arrange it on top.





PEDRO SOBRINO
La Fenice Restaurant - Toronto

GRILLED SQUIDS AND SHRIMPS WITH OLIVE OIL

INGREDIENTS FOR 6 SERVINGS

Shrimps gr. 800 Whole squids gr. 800 Garlic no. 2 cloves Mediterranean olive oil ml. 80 Red wine vinegar ml. 15 Lemon no. 1 Parsley gr. 5 Tarragon gr. 10 Salt to taste

PROCEDURE

Cut the squids into cm. 1.5 rings. Season shrimps and squids with salt and drizzle with ml. 15 of olive oil infused with garlic.

On a very hot grill place the shrimp meat side down and cook for about 45 seconds. Turn them and drizzle with vinegar. Grill the squids on both sides, till golden. Arrange shrimps and squids in a plate and pour the remaining olive oil. Garnish with lemon, chopped parsley and tarragon.

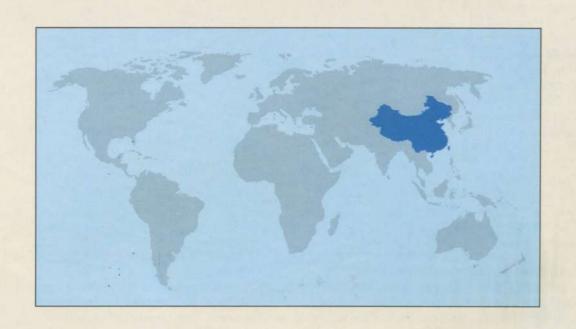




RECIPES

CHINA







XU DONGLAN Shanghai Thames Western - Shanghai

MACCHERONI WITH BRAISED MANDARIN FISH ROLLS

INGREDIENTS FOR 6 SERVINGS

Mandarin fish gr. 500 Shrimp meat gr. 100 Onion gr. 50 - Celery gr. 20 Carrots gr. 30 - Garlic no. 1 clove Red chilli pepper no. 1 Potatoes gr. 300 Fresh cream ml. 20 Fresh mushrooms gr. 20 White wine ml. 150 Mixed herbs gr. 5 Grana Padano gr. 50 Ketchup gr. 100 Mediterranean olive oil ml. 150 Lemon no. 1/2 Maccheroni gr. 100 Eggs no. 2 Spicy soy sauce gr. 5 Salt and pepper to taste

PROCEDURE

Peel the carrots and the seeded tomatoes; dice tomatoes, carrots, chilli pepper (seeded), celery and mushrooms and add the chopped garlic.

Cut the fish fillets into 6 pieces, mix the chopped shrimp meat with one third of the mixed vegetables and place it on the fish fillets making small rolls; marinate with salt, pepper, wine and lemon juice. Steam the fish rolls with one third of the vegetables and the herbs, then remove the cooked rolls. In a pan, sauté the fish rolls in olive oil, add white wine and cook till golden. Heat up another pan with oil, add the remaining vegetables, sauté for a few minutes, then add ketchup and cream, thin out with oil, add the vegetable cubes you used to aromatize the rolls and keep braising; after 10 minutes add the fish rolls and the soy sauce and cook them for a short while.

Beat the eggs with the cheese and pour them on top of the rolls; prepare a potato purée which you will arrange around the rolls and put into the oven; remove when golden.

Pour the sauce of garlic, oil and herbs on top of the maccheroni, previously cooked.





JACK LIU HUAXIN Holiday Inn Crown Plaza Hotel - Shanghai

TUNA SLICE ALLA BUON APPETITO

INGREDIENTS FOR 6 SERVINGS

Tuna slices gr. 900 (no. 6, gr. 150 each) Mediterranean olive oil l. 1 Eggplants gr. 200 Zucchini gr. 200 Tomatoes gr. 200 Potatoes gr. 200 Red peppers gr. 200 Black olives gr. 100 Capers gr. 15 Fresh egg fettuccine gr. 600 Basil gr. 30 Parsley gr. 15 White wine ml. 200 Garlic no. 1 clove Fish stock ml. 100 Pepper ham gr. 20 Salt and pepper to taste

PROCEDURE

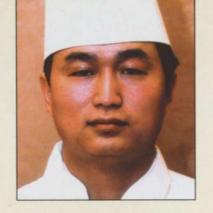
Clean all the vegetables and cut them into a large brunoise and make a ratatouille, adding the chopped pepper ham.

Cook the fettuccine "al dente", then make 6 baskets cm. 14 wide and cm. 5 high with them and deep-fry them in olive oil.

Marinate the tuna slices in oil. Put them in a pan with one garlic clove, gr. 15 of basil cut julienne, olives, parsley, chopped capers and the fish stock.

Cook for a couple of minutes, then add the white wine, let simmer and adjust with salt and pepper. Place the fettuccine basket, filled with ratatouille, on one side of a large plate; arrange the tuna slice in the middle of the plate and coat with its cooking sauce; garnish with the remaining basil leaves, fried.





XU JIN Yangtze New World Hotel - Shanghai

HALIBUT BUTTERFLIES IN A HERB CRUST WITH PERNOD

INGREDIENTS FOR 6 SERVINGS

Halibut kg. 1 Mediterranean olive oil ml. 400 Spinach gr. 600 Chopped lobster meat gr. 240 Red peppers gr. 500 Pernod ml. 60 Cream ml. 180 Chopped thyme gr. 30 Chopped basil gr. 40 Chopped oregano gr. 30 White breadcrumbs gr. 100 Carrots gr. 400 - Garlic gr. 80 Black olives gr. 150 Dry white wine ml. 240 Butter gr. 40 Taro waffles no. 6 Salt and pepper to taste

PROCEDURE

Roast the peppers, seed them and cut them into fillets. Cut the halibut into butterflies and pound it slightly. Arrange on it gr. 200 of spinach leaves, previously blanched in salted water, and spread it with a stuffing obtained by amalgamating the cold lobster meat, gr. 100 of chopped roasted peppers, ml. 100 of cream, Pernod, salt and pepper.

Roll up in a plastic film and steam for 8 minutes; remove the film and brush the fish roll, still lukewarm, in olive oil and bread it in breadcrumbs mixed up with part of the chopped herbs; dust with fine salt and fry in oil on both sides till golden.

In the meantime prepare a carrot and spinach flan which you will bake in a bain-marie in the oven. Fry the whole garlic cloves and the pitted olives in olive oil, add the white wine, adjust with salt and pepper and let reduce. Thicken this sauce by adding fresh butter.

Now plate up by arranging the halibut slices on the pepper fillets in the middle of the plate, next to the vegetable flan and to the taro waffles.

Drizzle with oil, pour the sauce obtained from olives and garlic and garnish with fresh herbs.





LING ZHENGGU Cypress Hotel - Shanghai

OVEN-BAKED MARINATED SCALLOPS WITH SHRIMPS ON A BASIL CREAM

INGREDIENTS FOR 6 SERVINGS

Scallops with shell kg. 1 - Shrimps gr. 200
Mediterranean olive oil ml. 100
Round lettuce gr. 200 - Carrots gr. 150
Onions gr. 200 - Garlic gr. 30
Tarragon gr. 10 - Dill gr. 20 - Basil gr. 15
Lemon balm gr. 30 - Lemons no. 3
Cherry tomatoes gr. 120 - Parsley gr. 15
Milk ml. 125 - Cream ml. 80 - Sour cream ml. 30
White wine vinegar ml. 50
White flour gr. 20 - Butter gr. 25
White wine ml. 70 - Bay-leaf to taste
Sugar gr. 25 - Sandwich loaf
Worcestershire sauce ml. 10
Salt and pepper to taste

PROCEDURE

Boil ml. 500 of water, add salt, white wine, half of the onions, carrots and half of the herbs, then blanch the shrimps in the boiling water for 2 minutes, strain and set aside. After cleaning them, cook the scallops in the shrimp cooking water for 4-5 minutes. Strain them and cool down on ice.

Mix ml. 30 of vinegar with gr. 15 of sugar, ml. 10 of Worcestershire sauce, gr. 15 of garlic, gr. 10 of pepper, chopped fresh dill, ml. 20 of oil and marinate the scallops, previously boiled, for 10 minutes. Cut all the vegetables, let them marinate in ml. 20 of oil, ml. 20 of vinegar, gr. 10 of sugar for 20 minutes in a cool place. Heat gr. 25 of butter with ml. 25 of oil, add gr. 20 of flour and warm up slightly. Add ml. 125 of milk and ml. 80 of cream and simmer on a low heat; add gr. 15 of broken up basil and gr. 30 of sour cream. Put the sauce in the plates and arrange the shrimps on it, topping with a lemon slice. Place half of the scallops on the flat side of their shell.

In a casserole heat up ml. 15 of oil, add gr. 10 of garlic and gr. 15 of onion, both sliced, and let them get golden; add gr. 120 of cherry tomatoes, cook for 10 minutes to thicken the sauce, season with salt, pepper and the reamaining chopped herbs and keep warm. Slice the bread and let it golden in a pan with ml. 20 of oil. Arrange the meat of the remaining scallops on the toast slices, place them in the scallop shells, pour the sauce on top and bake till golden.

Serve them with the other ingredients, garnishing to taste with the vegetables.





RICHARD SHOU YUANQING
Hilton Hotel - Shanghai

WOK STIR-FRIED LOBSTER WITH OLIVE OIL AND SHARK FINS

INGREDIENTS FOR 6 SERVINGS

Lobster kg. 2 Soaked shark fin kg. 1 Mediterranean olive oil ml. 300 Asparagus gr. 500 Powdered chicken extract to taste Cornstarch to taste Bay-leaf no. 3 leaves Garlic gr. 6 Salt and pepper to taste

PROCEDURE

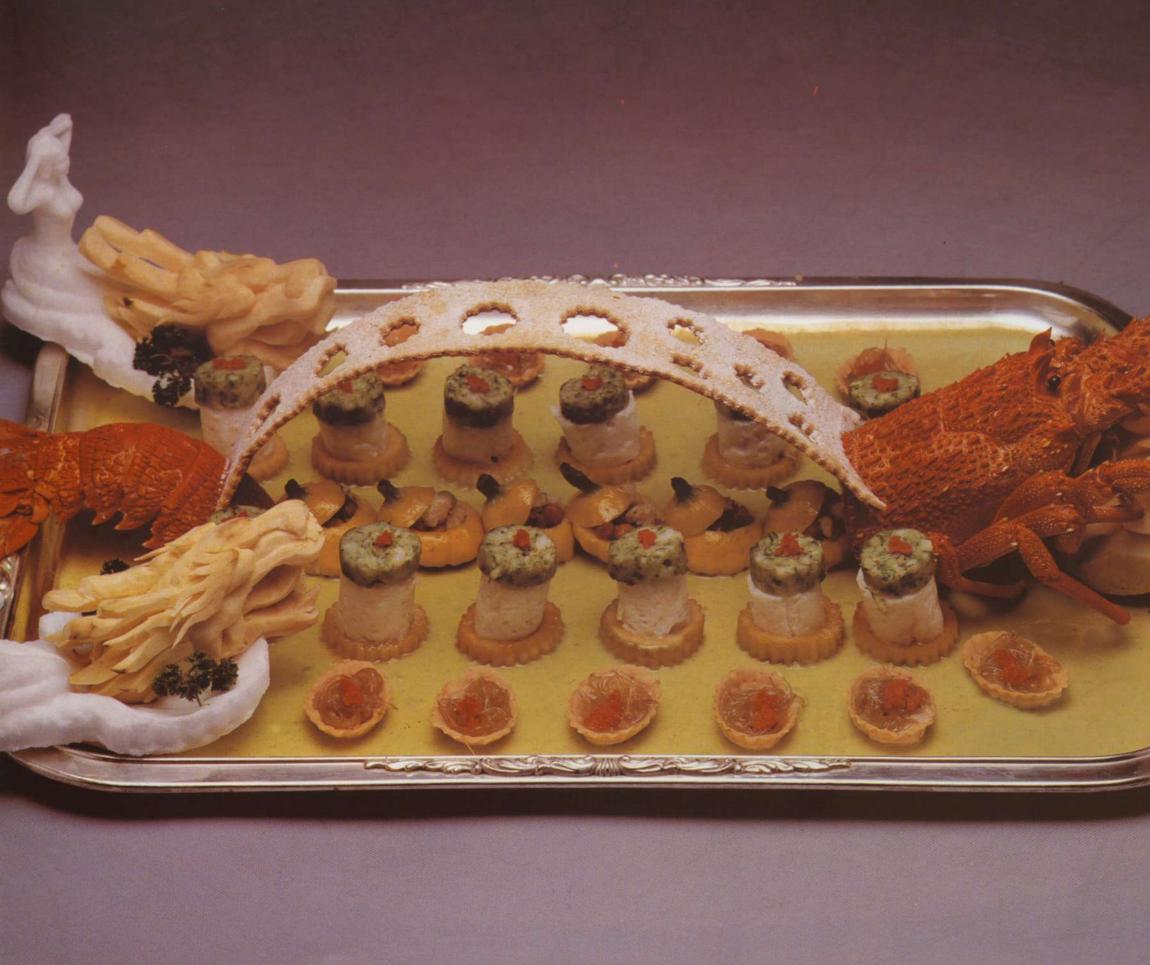
Remove the lobster meat from its shell, leaving it whole; slice the meat finely and marinate it in oil, bay-leaf, garlic, salt and pepper for about one hour.

Make a lobster stock with the scraps and set the shell aside for the service. Peel and cut the asparagus into small pieces.

Braise the shark fin with oil in the lobster stock, season with salt, pepper and chicken extract and thicken with cornstarch.

Sauté the lobster in oil in a wok, add the asparagus, season with salt, pepper and chicken extract. Put the lobster meat back into its shell with the asparagus.

Serve the lobster with the sauce and the shark fin.





CAI XIONG
Shanghai Institute of Tourism - Shanghai

SEAFOOD ROLL

INGREDIENTS FOR 6 SERVINGS

Fresh cuttlefish gr. 200 Shrimp meat gr. 100 Scallop meat gr. 200 Banana gr. 25 Sandwich loaf no. 18 slices Eggs no. 2 White breadcrumbs gr. 20 Wild cabbage no. 1/2 Ginger gr. 10 Onion gr. 20 Mediterranean olive oil ml. 200 Olive oil to fry l. 1 Celery gr. 10 White wine to taste Monosodium glutammate to taste Cornstarch to taste Fried potatoes kg. 1 Salt and pepper to taste

PROCEDURE

Mix one egg-yolk with oil to obtain a salad dressing.

Dice the fresh cuttlefish and the shrimp meat small, chop the scallops and dice the banana. Mix everything and add wine, egg-white, cornstarch, chopped onion, ginger and celery, glutammate, salt and pepper, to obtain the stuffing for the rolls.

Cut sandwich loaf into cm. 6 wide and cm. 0.5 thick slices, roll the stuffing up in the bread slices, sprinkle with breadcrumbs.

Heat up the oil in a pan and fry the rolls till slightly golden.

Arrange the rolls in the middle of a plate, pour the salad dressing all around, place the fried potatoes on the side and garnish with the wild cabbage, thinly sliced.

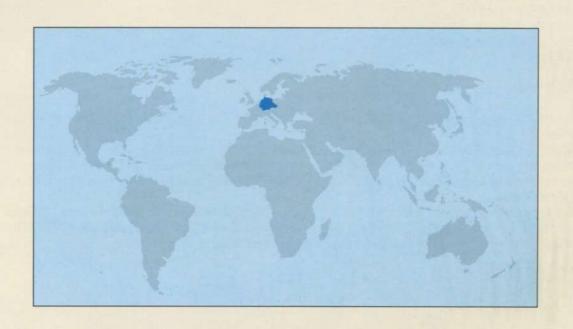




RECIPES

GERMANY







DOMENICO DI ERMENEGILDO

Trattoria Toscana - Berlin

ORANGE MOUSSE IN AN OLIVE OIL SAUCE

INGREDIENTS FOR 6 SERVINGS

Egg-yolks no. 4
Oranges no. 6
Mediterranean olive oil ml. 100
Sugar gr. 130
Cream ml. 500
Orange juice ml. 500
Gelatine sheets no. 5
Mixed green salad gr. 500
Salt to taste

PROCEDURE

Peel the oranges, keep their zest and cut it into small strips. Cut off the wedges and break them into pieces.

Whip the egg-yolks with gr. 100 of sugar in a bain-marie, add the gelatine sheets, previously softened in water, the juice and pulp of the oranges. Mix everything well and let cool down for about 10 minutes. Whip the cream and amalgamate it into the orange mix. Pour everything into single moulds and put into the refrigerator.

Boil the orange zests in half a litre of water and gr. 30 of sugar on a low heat for about one hour, till slightly creamy. Let cool down and slowly add the oil, while whisking. Adjust with a pinch of salt. Serve the orange mousse together with mixed green salad and mediterranean olive oil sauce.





FABIO FIORESI
Hilton Hotel - Berlin

FLOWERS

INGREDIENTS FOR 6 SERVINGS

Clams gr. 500
Salmon, cleaned gr. 200
Monkfish, cleaned gr. 200
Sword-fish, cleaned gr. 200
Tuscan olive oil ml. 200
Green apples no. 3
Red apples no. 3
Assorted wild berries gr. 250
Balsamic vinegar ml. 50
Raspberry vinegar ml. 50
Trout roe gr. 100
Edible flowers no. 30
Gold leaves no. 6
Salt and pepper to taste

PROCEDURE

Cut and caramelize the apples, set alight with balsamic and raspberry vinegars. Arrange them in the plates after decorating the brims with the gold leaves.

Roll up together salmon, monkfish and swordfish fillets, tighten them up with a transparent film and steam them for 20 minutes. Season with salt and pepper, slice them and arrange them on top of the caramelized apples.

Garnish with the previously cooked clams, wild berries, trout roe and flowers and dress with olive oil. Serve lukewarm.





ANDREA GIRAU Langhans Restaurant - Berlin

SEA BASS FILLETS WITH TOMATOES AND RUGOLA TORTELLI

INGREDIENTS FOR 6 SERVINGS

Sea bass no. 3 (gr. 500 each)
Sardinian olive oil ml. 200
Tomatoes gr. 500
Ciabatta bread no. 3/4
Black olives no. 2 spoonfuls
Rugola no. 1 bunch
Basil no. 25 leaves
Black beans gr. 100
Wan-tan no. 7 leaves
Cream gr. 150
Garlic gr. 5
Thyme gr. 5
Rosemary no. 1 sprig
Salt and pepper to taste

PROCEDURE

Soak beans in lukewarm water for 24 hours and then boil them in plenty of salted water. Blanch tomatoes, peel and cut them into fillets and marinate them in olive oil, garlic, thyme, salt and pepper. Then bake them for 3 hours at about $90\,^{\circ}\mathrm{C}$, drying them up.

Scale and fillet the sea bass.

Cut bread into small pieces, wetting it with cream and add the finely cut rugola, the chopped and pitted olives and half the baked tomatoes. Season with olive oil, salt and pepper.

Stuff the wan-tan leaves with this mix, making medium-sized tortelli.

Add the remaining tomatoes and the broken-up basil leaves to the beans. Dress with oil, salt and pepper.

Salt and pepper the sea bass fillets, put them in a baking-dish with olive oil, one rosemary sprig and the tortelli and bake at 180 °C for about 8 minutes. Arrange the sea bass fillets and the tortelli in a plate, together with the warm mix of beans and tomatoes.





GELSOMINO MASTRANGELO

Arcino's Restaurant - Berlin

RED SNAPPER CILENTANA STYLE

INGREDIENTS FOR 6 SERVINGS

Red snapper no. 1 (kg. 1.5)
Potatoes gr. 800
Mediterranean olive oil ml. 100
Pecorino romano cheese gr. 70
Garlic no. 2 cloves
Cherry tomatoes gr. 200
Parsley gr. 20
Oregano gr. 5
Fennel seeds gr. 3
Bay-leaf no. 2 leaves
Salt and pepper to taste

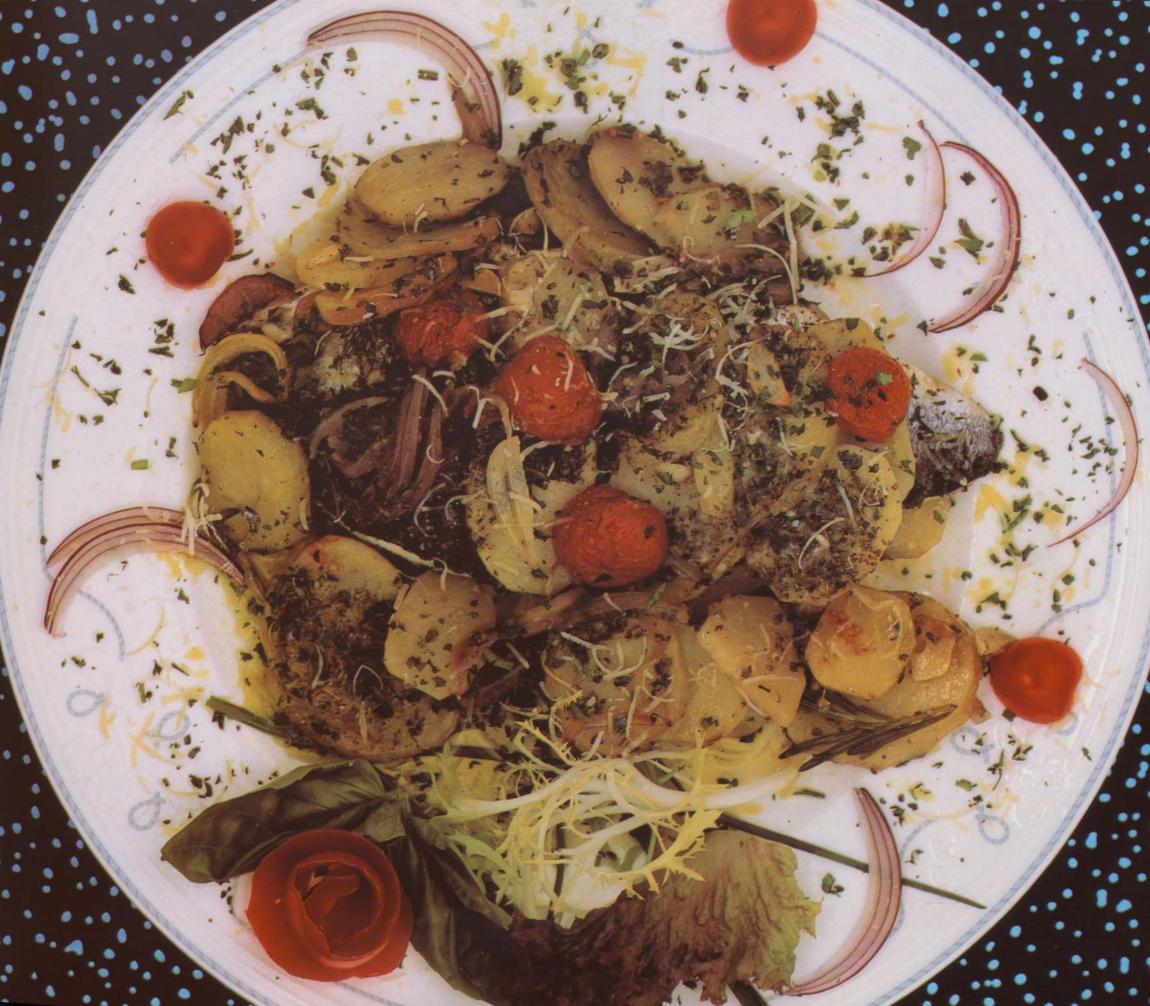
PROCEDURE

Peel potatoes and cut them into mm. 2-3 slices. Rinse and dry them up. Gut the red snapper, scale it and season with salt, pepper and herbs.

Pour half of the oil into an oval baking-dish, slightly bigger than the fish, sprinkle with half of the chopped parsley, cover with half of the potatoes and garlic cloves, dust with half the pecorino and oregano.

Place the red snapper on top, dust with the remaining parsley and pecorino and cover with the rest of the potatoes. Season with salt and pepper, drizzle with oil, cover with a tin-foil and put into a pre-heated oven at 200 °C for about 30 minutes.

Garnish with the halved cherry tomatoes and serve hot in the same baking dish.





LORENZO PIZZETTI
Bacco Restaurant - Berlin

PANZANELLA TERRINE WITH A TOMATO SORBET

INGREDIENTS FOR 6 SERVINGS

Mediterranean olive oil ml. 500 Ripe San Marzano tomatoes gr. 500 Red onions gr. 50 Stale home-made bread gr. 500 Boiled spelt gr. 100 Basil gr. 30 Gelatine gr. 4 Red wine vinegar to taste Sugar gr. 50 Lemon no. 1 Egg-whites no. 2 Mixed green salad gr. 500 Watercress gr. 50 Chervil gr. 10 Aged Traditional Balsamic Vinegar from Modena to taste Salt and pepper to taste

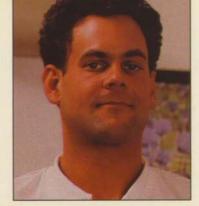
PROCEDURE

Dissolve the sugar in boiling water and make a syrup. Let it cool down and add ml. 100 of olive oil, half the peeled tomatoes, the lemon juice, 5 basil leaves, salt and pepper. Blend everything, strain and add the egg-whites, whipped stiff-peak. Put everything into an ice-cream machine till you obtain a sorbet. Remove the bread crust, slice the bread, drizzle with little water and vinegar and use it to line a terrine mould. Peel the remaining tomatoes, seed them and bake them in the oven.

Dissolve the gelatine in ml. 100 of water, add ml. 300 of oil, salt, pepper and one basil leaf; emulsify in a mixer to obtain a cream with which you will cover the layer of bread. Make one more layer with the tomatoes, then a central layer with the spelt, previously cooked on a low heat, mixed with chopped basil and onion and a little olive cream, cover with one more layer of tomatoes, the olive cream and top with a bread layer.

Cover and put into the fridge under a weight till you obtain the consistency you desire. Cut the terrine into slices, arrange them in the plates with a scoop of sorbet and garnish with the salad dressed with oil and balsamic vinegar, watercress and chervil.





OLIVER TONNDORF
Cristallo Restaurant - Berlin

MILLE-FEUILLE OF BEEF CARPACCIO WITH FOIE GRAS PRALINES

INGREDIENTS FOR 6 SERVINGS

Beef fillet gr. 500 Mediterranean olive oil ml. 100 Puff-pastry disks no. 20 Black truffles gr. 200 Traditional Balsamic Vinegar from Modena ml. 10 Sugar gr. 100 Goose foie gras gr. 300 Black olive paste gr. 300 Green olive paste gr. 300 Shallot gr. 20 Thyme gr. 10 Rosemary gr. 10 Oregano gr. 5 Sage gr. 10 Marjoram gr. 10 Parsley gr. 10 Coarse salt kg. 2

PROCEDURE

Bake the frozen puff-pastry disks (cm. 4 in diametre) at 180 °C till golden and let them cool down. Marinate the beef fillet for 24 hours in coarse salt and sugar, after rolling it up in mixed chopped herbs. Blend separately the two olive patés with shallot, olive oil and gr. 3 of thyme, rosemary and oregano. Chop gr. 80 of truffle. Prepare a vinaigrette with olive oil and balsamic vinegar.

Spread the puff-pastry disks, alternatively, with the green and black olive patés, the fillet (very thinly sliced with a knife) and truffle shavings.

Make pralines with the foie gras and roll them up in the chopped truffle. Arrange the mille-feuille in the middle of the plate, surrounded by the foie gras pralines. Dress with the vinaigrette and garnish with fresh garden salad.





HOLGER ZURBRÜGGEN Langhans Restaurant - Berlin

LOBSTER SMOKED IN TEA AND OLIVES WITH VEAL SWEETBREADS IN A BRIQUE STRUDEL

INGREDIENTS FOR 6 SERVINGS

Lobsters kg. 3
Veal sweetbreads gr. 600
Olive oil from Umbria ml. 400
Green tea gr. 200
Sheets of brique dough no. 4 (dough for spring rolls)
Small peppers no. 6
Semolina for cous-cous gr. 200
Large chard leaves no. 4 - Egg-yolks no. 2
Soft part of bread no. 8 spoonfuls
Thyme gr. 3 - Shallot gr. 30
Butter gr. 60 - Chives gr. 10
Black olives gr. 200 - Cream ml. 80
Salt and pepper to taste

PROCEDURE

Rinse sweetbreads in running water for about 10 minutes and clean them.

Boil lobsters for one minute and open them. Put tea leaves, dried olives and the thinly sliced shallots in a baking dish brushed with olive oil, top with lobsters and sweetbreads and seal with a tin foil.

Put the baking dish into the oven at 180 °C and, after 10 minutes, remove the lobsters; after 5 more minutes remove sweetbreads and season with salt and pepper.

Boil chards and let them dry. Spread the brique dough out and lay the chard leaves on it. Make a roulade by rolling up lobsters and sweetbreads, a little soft part of bread, egg-yolks and ml. 200 of olive oil and bake it in the oven at 180 °C for about 20 minutes. Then cut into slices and set aside.

Dress peppers with salt and ml. 20 of olive oil and bake them for 10 minutes at 180 °C. When done, clean and peel them.

With a little lukewarm water and the semolina prepare the cous-cous and let it rest for 10 minutes. Steam-cook the cous-cous and finish cooking in a covered pot for 10 more minutes. Season with salt, pepper and ml. 100 of olive oil, aromatize with thyme and stuff with it the clean peppers.

Prepare the sauce by heating up the cream with salt and pepper, then add cold butter and ml. 80 of olive oil. Arrange one slice of roulade and one stuffed pepper in each plate, drizzle with the warm sauce and garnish with small pieces of sweet-pepper and chives.

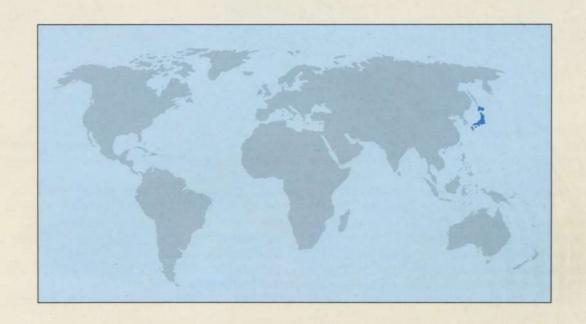




RECIPES

JAPAN







MASAHIKO HAGIWARA
El Toulà Restaurant - Tokyo

STUFFED ARTICHOKES AND RASPBERRY CRAYFISH

INGREDIENTS FOR 6 SERVINGS

Artichokes no. 6 - Garda olive oil ml. 100
Tuscan olive oil ml. 220 - Frog legs gr. 600
White wine ml. 800 - Vermouth ml. 40
Cut shallot gr. 30 - Crayfish no. 18
White asparagus no. 18 - Milk ml. 100 - Onion gr. 150
Carrots gr. 70 - Celery gr. 40 - Watercress gr. 100
Eggs no. 2 - Turnip gr. 70 - Cherry tomatoes no. 10
Raspberry vinegar ml. 40 - Grana Padano gr. 20 - Thyme gr. 5
White pepper and salt to taste
Garlic gr. 5 - Basil gr. 20 - Lemon juice ml. 10

PROCEDURE

Debone gr. 200 of frog legs and set them aside.

Sauté gr. 15 of cut shallot and the remaining frog legs in ml. 20 of olive oil, wet with white wine and vermouth and cook covered on a low heat. When cooked, remove the legs, debone them and put the meat back into the pan.

Prepare a stock by bringing to a boil ml. 750 of wine and ml. 750 of water with the frog bones, onion, carrots, celery, salt and some black pepper corns, where you will boil the artichokes, cleaned and ready to be stuffed; remove them and place them on a kitchen towel to dry up.

Prepare the stuffing chopping the frog meat you set aside with grated turnips, one egg, thyme, garlic, Grana Padano, salt and pepper. Stuff the artichokes with this mix and steam them.

Boil the asparagus in salted water and milk and then marinate them with the cherry tomatoes, ml. 100 of tuscan oil, the remaining shallot, raspberry vinegar, salt and pepper.

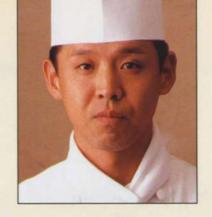
Boil the crayfish in the stock where you boiled the artichokes, shell and marinate them together with the asparagus.

Prepare two sauces, the first one by blending the watercress with one egg, ml. 70 of oil from Garda, half the lemon juice, salt and pepper; the second one by blending basil, ml. 70 of tuscan oil and the remaining lemon juice.

Alternate the two sauces on the bottom of each plate, arrange one stuffed artichoke in the middle, then the asparagus and the crayfish all around it.

Before serving, pour some oil from Garda on the artichokes and some oil from Tuscany on the crayfish and on the asparagus.





SHIGERU HONAGA Musashino Cooking College - Tokyo

ROASTED SILLAGHI WITH AROMATIC HERBS AND CANNELLINI BEANS

INGREDIENTS FOR 6 SERVINGS

Sillaghi no. 6, gr. 300 each Ligurian olive oil ml. 200 Scampi no. 12 Grana Padano gr. 200 Breadcrumbs gr. 200 Cannellini beans gr. 200 Basil leaves gr. 30 - Parsley gr. 10 Mint gr. 10 - Shallots no. 5 Lemons no. 2 - Pine nuts gr. 30 Garlic no. 2 cloves' Chives gr. 10 - Sage no. 1 sprig Dill gr. 10 - Thyme gr. 10 Tarragon gr. 10 - Chervil gr. 10 Salt and pepper to taste

PROCEDURE

Debone the sillaghi, leaving the tails, and shell the scampi. Peel tomatoes, after blanching them for a short while in boiling water, and dice them. Chop garlic and aromatic herbs fine (except for basil and mint).

Cook the beans, after soaking them in water with the herbs for one day.

Amalgamate the chopped herbs with half the chopped garlic, half the breadcrumbs and ml. 50 of oil. Season the scampi with salt and pepper and spread them with the chopped herbs.

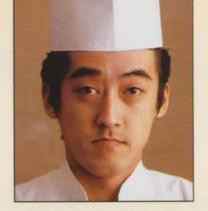
Sprinkle half the sillago fillets with the remaining breadcrumbs. Take the other half and make small cuts in their skin, flip them over and arrange the scampi on the other side, roll them up and fix with toothpicks. Place everything in a baking dish, pour ml. 100 of oil, bake for about 15 minutes at 180 °C.

Prepare the pesto "alla genovese" by blending the basil with pine nuts, oil, gr. 100 of Grana Padano and the remaining garlic.

Put the chopped shallots in a pot with ml. 30 of oil and let them colour, add diced tomatoes and mint, season with salt, pepper and lemon juice. Add the beans, previously cooked in water and herbs. Incorporate the remaining grated cheese, stir well and finish with oil.

Arrange the fish in the plates, pour the tomato-and-bean sauce on top and sprinkle with pesto alla genovese.





FUMIAKI ITO
Chiacchiere Restaurant - Tokyo

OVEN ROASTED SEABREAM AND POTATOES WITH HOKKI CLAMS, BASIL SCENTED

INGREDIENTS FOR 6 SERVINGS

Seabream kg. 1.5 Hokki clams no. 18 Ligurian olive oil ml. 200 Potatoes (May queen) gr. 500 Basil gr. 50 Parsley gr. 50 Garlic no. 2 cloves Sugar gr. 10 Carrot no. 1/2 Onion no. 1/2 Bay-leaf no. 2 leaves Celery no. 1 stalk Tomatoes no. 6 Parsley no. 5 stems White wine ml. 100 Salt and pepper to taste

PROCEDURE

Debone and fillet the seabreams and prepare a fish stock by sweating in ml. 20 of oil heads, bones, carrots, onion, bay-leaf and celery. Add half the wine and water and boil till reduced by half. Peel the tomatoes after blanching them shortly in boiling water, seed them, cut into quarters and drain. Sprinkle then with salt and sugar and put them in the oven at 100 °C for about one hour. Peel the potatoes, cut them into cm. 0.7 thick slices and boil for 2 minutes. Sauté in a pan with garlic and torn basil leaves till crispy.

Shell the raw Hokki clams, lightly sauté them in a pan with ml. 30 of oil and one garlic clove.

Put the remaining garlic and basil in a pan with ml. 60 of oil; add the fish fillets and put on the stove. Pour the remaining wine and the fish stock and bake in the oven for 10 minutes.

Take out of the oven, remove the fish fillets and put the sauce back into the oven to obtain a reduced stock.

Pour ml. 30 of oil, emulsify with broth and add the Hokki clams, previously heated up.

Arrange potatoes and seabream fillets in the middle of the plate, garnish with chopped parsley and Hokki clams, drizzle with the sauce and decorate with candied tomatoes and a few basil leaves.





YOSHIKATSU KATO
Antica Osteria dell'Alba - Hokkaido

PORK LOIN WITH A GORGONZOLA, WALNUT AND APPLE SALAD

INGREDIENTS FOR 6 SERVINGS

Pork loin, bones on, no. 6 slices (gr. 200 each) Tuscan olive oil ml. 300 Ligurian olive oil ml. 300 00 flour gr. 500 - Apples no. 2 Gorgonzola cheese gr. 80 Walnuts gr. 50 - Hazelnuts gr. 50 Honey gr. 20 - Medium sized potatoes gr. 250 Dried porcini mushrooms gr. 500 Marsala wine ml. 100 Red Port wine ml. 100 Butter gr. 50 - Dry yeast Cream ml. 100 Garlic cloves no. 2 Rosemary gr. 10 Thyme gr. 5 - Sage gr. 5 Salt and pepper to taste

PROCEDURE

In order to prepare the flat bread mix flour with dry yeast, ml. 50 of ligurian olive oil, ml. 30 of water and salt. Let rise for 15 minutes, make small flat breads and let them rise once more. Add sage and rosemary to the dough, brush with ligurian olive oil and bake at 230 °C for about 20 minutes.

Slice the pork loins and marinate them in tuscan olive oil, flavoured with salt, pepper, garlic, rosemary, thyme and sage.

Slice the apples and lightly toast walnuts and hazelnuts in the oven. Amalgamate gorgonzola with ml. 200 of tuscan olive oil and add apples, walnuts and hazelnuts. Sweeten with a little honey.

Boil potatoes in salted water, sieve them and mix with cream and ligurian olive oil. Adjust with salt. Roast pork loins on both sides in the marinade oil. Remove the pork meat from the pan and deglaze the remaining sauce with Marsala wine and the porcini soaking water. Add Port wine, chopped porcini and butter, amalgamate to obtain a smooth sauce.

In a plate, make a bed with the potato purée, top with the pork loins, drizzle with the porcini sauce and arrange some apple and gorgonzola salad on the side.

Aside, serve the hot "focaccine".





HIROFUMI MORI Taiwa Gakuen Kyoto Culinary College - Kyoto

DUCKS AND EGGPLANTS IN A COOKED WINE SAUCE WITH GARLIC RISOTTO

INGREDIENTS FOR 6 SERVINGS

Small ducks no. 3 Olive oil from Umbria ml. 260 Pork loin gr. 200 Cream ml. 50 Black truffle gr. 30 Raw ham gr. 100 Duck stock ml. 180 Red wine ml. 350 Kamo eggplants gr. 300 Italian rice gr. 240 Leek no. 1/2 - Lotus root no. 1/2 Vegetable stock ml. 300 Butter gr. 30 - Garlic no. 1 clove Celery stalk gr. 10 Onion gr. 20 Carrots gr. 20 Bay-leaf no. 1 leaf Salt and pepper to taste

PROCEDURE

Debone 2 ducks, remove the breasts and cut them into large slices.

Prepare the stuffing with the remaining duck meat, duck livers, pork, raw ham and truffle, all chopped, amalgamate with the cream and stuff with this mix the duck slices, then tie them up tightly. Roast in a pan with ml. 40 of oil.

Reduce the red wine with celery, onion, carrots and bay leaf, add the duck stock and let evaporate. Adjust with salt and pepper and incorporate butter and ml. 30 of oil till you obtain a compact sauce. Remove the eggplant peel and set it aside. Cut the eggplant pulp into cubes and sauté in ml. 40 of oil, add broth and finish cooking. Pass everything in a mixer, adding stock and ml. 30 of oil till you obtain a purée. Fry the eggplant peel and the lotus root, both thinly sliced, in ml. 100 of oil.

Make a "soffritto" with ml. 20 of oil, chopped leek and garlic, add rice, let it toast and keep cooking, adding broth a little at a time. Slice the duck rolls and arrange them in a plate, surrounded by risotto

and sprinkled with fried eggplants and lotus roots.



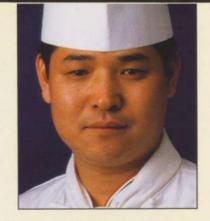


RECIPES

SOUTH KOREA







CHAN-DAE JEONG
Il Ponte Restaurant of the Hilton Hotel - Seoul

ITALIAN FANTASY WITH OLIVE OIL

INGREDIENTS FOR 6 SERVINGS

Duck breast gr. 300 - Mediterranean olive oil ml. 350
Black olives gr. 125 - Lentils gr. 100 - Green olives gr. 30
Black mushrooms gr. 100 - Avocado gr. 100 - Mixed peppers no. 5
Cherry tomatoes gr. 30 - Celery gr. 200 - Pine nuts gr. 30
Sea bass fillets gr. 300 - Scallops no. 6 - Shrimps gr. 300
Octopus gr. 300 - Dried chilli pepper gr. 3 - Grana Padano gr. 70
Pecorino cheese gr. 15 - Lemons no. 2 - Garlic gr. 5
Zucchini gr. 300 - Red chicory gr. 200 - Eggplants gr. 200
Basil gr. 100 - Chopped parsley gr. 20
Black peppercorns to taste - Salt and pepper to taste

PROCEDURE

Sear the duck breast in ml. 30 of oil, add salt and pepper and remove from the fire. Prepare a cream by blending gr. 50 of black olives with ml. 50 of oil, salt and pepper; boil lentils in salted water for about 30 minutes and let cool down.

Sprinkle a baking dish evenly with grated Grana Padano, let it melt and before it hardens shape it like a basket.

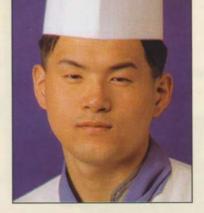
Sauté in little oil the green olives, the remaining black olives and gr. 50 of diced mushrooms. Let cool down and add the cherry tomatoes, halved, and the avocado pulp cut into pieces.

Cut lengthwise and thinly eggplants, zucchini, mushrooms and red chicory and grill them on both sides. Peel and clean the peppers, previously roasted, add 3 of them to the vegetables and let everything marinate for about 30 minutes in ml. 50 of oil, anchovies and thin garlic slices. Prepare a pesto by blending basil, pine nuts, Grana Padano, garlic, pecorino cheese and ml. 80 of oil.

In a fish-kettle, bring the water to a boil, flavouring it with celery, bay-leaf, lemon and peppercorns. Cook one after the other the sea bass fillets, scallops, shrimps and finally the octopus.

Arrange on one side of the plate the mixed sea fish, garnished with the remaining roasted peppers and sprinkled with chopped parsley. On another side distribute one spoonful of lentils, topped with the thinly sliced duck fillets and the olive cream. Remove the vegetables from their marinade and arrange them in the plate, coated with pesto. Put the cheese baskets in the centre of the plate and fill them with the mix of olives, mushrooms and avocados, sprinkled with chopped basil and ground black pepper. Drizzle everything with oil.





YUN-SUK CHO LG Restaurant Seoul Station - Seoul

MACKERELS IN A MUSHROOM SAUCE

INGREDIENTS FOR 6 SERVINGS

Mackerels gr. 240 Fresh cream ml. 50 Parsley gr. 10 Lemons no. 6 Garlic gr. 20 Tomatoes gr. 300 Shitake mushrooms gr. 120 Green scallions gr. 90 Onion gr. 40 Mushroom slices no. 12 White wine ml. 50 Bay-leaf no. 1 leaf Fish stock ml. 100 Olive oil from Umbria ml. 200 Basil gr. 90 Celery gr. 120 Brown stock gr. 50 Parslev gr. 7 Salt and pepper to taste

PROCEDURE

Fillet mackerels and sprinkle with a little salt, pepper and lemon juice.

Slice tomatoes fine and dry them in the oven at 200 °C.

Put some oil into a baking dish and sweat the onion on a medium heat. Add the mackerel fillets alternating them with half of the tomato slices and garlic, finely sliced. Bake at 200 °C for about 10 minutes. Chop celery and basil and mix them with oil, salt and pepper.

Cut into slices the white part of the scallions and sweat half of them with the shitake mushrooms in a little oil. Wet with white wine and let evaporate. Add the remaining dried tomatoes, pour the fish stock and let boil for a few minutes, then pour the brown stock, amalgamate and add the cream.

Arrange the remaining sliced scallions in the serving plates, place mackerels, tomatoes and garlic on

top. Pour the previously prepared sauce and the chopped basil and celery.

Garnish with mushroom slices, previously sauteed in a little oil, and sprinkle with chopped parsley.





JOO-WON DOH La Cuisine Restaurant - Seoul

PAN GRILLED LOBSTER AND SQUID ON A SEA-SCENTED RICE

INGREDIENTS FOR 6 SERVINGS

Small lobsters kg. 1 - Whole squids gr. 500 Ligurian olive oil ml. 350 - Garda olive oil ml. 200 Lemon juice ml. 150 - Basil no. 30 leaves Macadamia nuts gr. 30 - Dried tomatoes gr. 60 Onions gr. 160 - Rosemary gr. 2 - Rice gr. 400 Zucchini gr. 100 - Carrots gr. 60 Celery gr. 60 - Garlic gr. 30 Pomegranate syrup gr. 60 Ripe tomatoes no. 3 Ripe pumpkin gr. 100 Watercress to taste Salt gr. 20

PROCEDURE

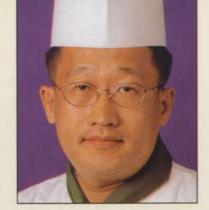
Prepare a basil oil sauce by blending basil and macadamia nuts finely with ml. 150 of ligurian olive oil. Prepare a tomato sauce by chopping dried tomatoes and mixing them with ml. 150 of ligurian olive oil. Clean the squids and cut them into cm. 5 thick rings. Remove heads from lobsters and set them aside. Clean small lobsters and squids well and marinate them in lemon juice and ml. 200 of Garda olive oil. Prepare a fish stock by boiling carrots, celery, gr. 100 of onions, squid filaments and lobster heads in 4 litres of water. Add salt and boil over moderate heat for 30 minutes.

Cook in oil the remaining onion, finely chopped, and the rosemary. Add diced zucchini and rice and sauté for 1 more minute. Finish cooking the rice, adding fish stock little by little, leaving it al dente. Slice pumpkin fine and grill.

Arrange rice like a savarin in a serving plate, place lobsters and squids in the middle. Pour the oil and the tomato sauce and garnish with grilled tomatoes and pumpkin.

Decorate with watercress and pour the basil oil all around.





DONG-WOOK KIM Siete Belli Restaurant - Kwangju

SPAGHETTI MEDITERRANEAN STYLE WITH MONKFISH AND BOTTARGA

INGREDIENTS FOR 6 SERVINGS

Spaghetti gr. 450
Monkfish fillets, deboned gr. 210
Bottarga gr. 30
Mediterranean olive oil ml. 210
Tomatoes gr. 500
Onion gr. 60
Anchovy paste gr. 8
Capers gr. 8
Pitted black olives gr. 15
Pitted green olives gr. 15
Basil gr. 15
Carrots gr. 30
Garlic no. 3 cloves
Dried chilli peppers no. 2
Salt and pepper to taste

PROCEDURE

Blanch tomatoes in boiling water for 4-5 seconds and peel them, remove the seeds and cut them into cubes. Chop onion, carrots, capers, olives, garlic and tear up gr. 10 of basil.

In a bowl, mix the diced tomatoes with the other chopped vegetables and amalgamate well. Add oil and anchovy paste to get the desired consistency, then adjust with salt and pepper.

Cut monkfish fillets into square pieces, cm. 3 wide.

Pour the sauce into a non-stick pan and cook the monkfish on a medium heat, till the sauce thickens and the fillets are well done. Remove the fillets and arrange them in a plate.

Cook the spaghetti in boiling and salted water and drain them al dente.

Thin out the sauce left in the pan with a little water to obtain a smooth consistency; add chilli pepper to taste, then toss the pasta on top and sauté.

Place in a serving plate, arranging the fish fillets on top, add the grated bottarga and finish with a little oil. Garnish with fresh basil leaves.





KI-SU JUN François Medicis Restaurant - Seoul

RISOTTO STUFFED CHICKEN WITH OLIVE OIL INFUSED WITH GINGSENG

INGREDIENTS FOR 6 SERVINGS

Chicken breast gr. 200
Rice gr. 200
Gingseng no. 10 (medium sized)
Garlic gr. 30
Mediterranean olive oil ml. 500
Orange juice ml. 500
Assorted green salads gr. 200
Honey gr. 30
Lemon juice gr. 25
Chicken stock to taste
Salt and pepper to taste

PROCEDURE

Sauté crushed garlic in ml. 100 of oil and add rice, then pour orange juice to obtain a delicate risotto. If necessary, wet with chicken stock and finish cooking, keeping "al dente".

Season with salt and pepper the chicken breasts and stuff them with risotto and gingseng, then wrap them up in a plastic film and tie them up.

Cook them for 12/13 minutes in water at 80/90 °C, then let them golden in ml. 100 of olive oil.

Blend together the remaining oil, gingseng, honey, lemon juice, salt and pepper, till you obtain a sauce. Prepare an assortment of salads in season to garnish.

Cut the chicken into cm. 1 thick slices.

Garnish with the vegetables and coat with the sauce.





JU-EUN PARK Hye-Jun College - Seoul

OCTOPUSES IN A LEMON AND OLIVE OIL SAUCE

INGREDIENTS FOR 6 SERVINGS

Octopuses gr. 300 Mediterranean olive oil ml. 150 Small onions gr. 350 Lemon gr. 250 Basil gr. 50 Vinegar ml. 240 Red peppers gr. 50 Agaric mushrooms gr. 100 Cauliflowers gr. 200 Cucumbers gr. 500 Salt and pepper to taste

PROCEDURE

Boil the onions with the vinegar; when cooked, shock them in water and ice, dry them up and empty them in the middle, brush them with ml. 20 of oil.

Chop the mushrooms with the previously blanched cauliflowers, gr. 100 of cucumbers, dice the peppers small and mix everything with ml. 50 of oil, season with salt and pepper and stuff the onions. Boil the octopus tentacles with lemon, when cooked cut them into wheels and dress with ml. 20 of olive oil and ml. 20 of lemon juice, add the torn basil leaves and put them in the previously stuffed onions, in equal parts.

Plate up, preparing 6 lemon disks, lay 6 cucumber disks on them and top with the stuffed onions. Place a cucumber salad, cut julienne, in the middle of the plate and dress everything with the remaining oil.





RECIPES

TAIWAN







JASON CHEN Westin Hotel - Taipei

MARINATED GAROUPA FILLET ON A SMALL CHINESE MUSHROOM POLENTA

INGREDIENTS FOR 6 SERVINGS

Garoupa fillets gr. 800 Garda olive oil ml. 550 Onions gr. 200 Carrots gr. 40 White wine vinegar ml. 100 White wine ml. 100 Sesame leaves gr. 20 Parsley stems gr. 10 Cloves gr. 3 Cornmeal gr. 120 Shitake mushrooms gr. 30 Oyster mushrooms gr. 30 Thyme gr. 5 Sage gr. 2 - Bay-leaf gr. 2 Pine nuts gr. 10 Black pepper corns gr. 3 White pepper corns gr. 1 Salt and white pepper to taste

PROCEDURE

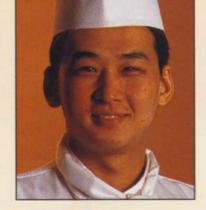
Gather in a casserole gr. 150 of onions and the carrots cut julienne, add ml. 500 of olive oil, ml. 50 of vinegar, ml. 50 of wine and the herbs and spices (sage, bay-leaf, black pepper corns and cloves). Bring to a boil for 5 minutes and after lowering the heat soak the raw garoupa fillets in this marinade for at least one hour.

Meanwhile, prepare a courtbouillon by simmering for about half an hour one litre of water with sesame, gr. 50 of onions, parsley, ml. 50 of vinegar, ml. 50 of wine and the white pepper corns. With the courtbouillon steam, cook the garoupa fillets cut into diamonds.

At this point prepare a polenta by bringing to a boil ml. 350 of water with salt and ml. 50 of oil; add the cornmeal and cook for about 40 minutes. When cooked add the mushrooms, previously sauteed with thyme.

Prepare the plates by placing the polenta in their centre and topping it with the fish fillets drizzled with some hot marinade. Garnish to taste.





JIMMY CHEN
Rebar Crowne Plaza Holiday Inn - Taipei

FRUIT AND OLIVE OIL RENDEZ-VOUS

INGREDIENTS FOR 6 SERVINGS

Mediterranean olive oil l. 1
Strawberries gr. 500
Kiwis gr. 500
Oranges no.6
Fresh tuna kg. 1
Cheese spread or mascarpone gr. 500
Chopped mixed fresh herbs gr. 60
Grana Padano gr. 500
Sugar gr. 120
Endive gr. 180
Dijon mustard gr. 120
Balsamic vinegar ml. 30
Lemon juice ml. 60
Honey gr. 120
Chives gr. 180

PROCEDURE

Squeeze 2 oranges and put the juice on the heat with gr. 40 of sugar till you get a syrup. Let it cool down and mix with mustard and ml. 100 of oil.

Crush 1/3 of the kiwis to get the juice out, add gr. 40 of sugar and reduce over the heat till you get a syrup. Let it cool down and mix it with balsamic vinegar and ml. 100 of oil. Crush 1/3 of the strawberries to get the juice out, add gr. 40 of sugar and let reduce over the heat till you get a syrup. Let it cool down and mix it with gr. 40 of honey and the lemon juice. In a pan with hot oil sauté the tuna fillet, remove from the pan, cover with chopped fresh herbs and slice it.

Reduce to a purée one more third of the 3 types of fruit and mix them up separately with the cheese spread, to obtain 3 fruit mousses. In a small, hot, non-stick pan melt the grated Grana Padano, move it to the bottom of an upsidedown glass, in order to give it a basket-like shape. Dice the remaining fruit, mix it up with the remaining honey and chopped chives and fill the Grana Padano baskets.

Spoon out the 3 fruit sauces in a plate, place the cheese basket with the fruit in the middle and arrange the sliced tuna around it. Garnish with the cheese and the fruit mousse, laid on endive leaves.





JUNG-YAO LI Far Eastern Plaza Hotel - Taipei

Lamb Loin in a Confit of Pepper Gelatine and Saffron Risotto

INGREDIENTS FOR 6 SERVINGS

Lamb chops (bones on) no.6, gr. 250 each
Olive oil from Abruzzo ml. 650 - Dijon mustard gr. 40
Red peppers gr. 600 - Carnaroli rice gr. 300
Onion gr. 80 - Fresh thyme gr. 3
Saffron gr. 2 - Chicken stock l. 2
Fresh goat cheese gr. 300
Garlic gr. 20 - Milk ml. 200
Gelatine sheets no. 6 - Basil gr. 30
Semi-dry white wine ml. 200
Parsley gr. 30 - Butter gr. 30
Lamb brown stock ml. 150
Salt and pepper to taste

PROCEDURE

In a pan with ml. 100 of oil sweat half the chopped onion and the clean peppers, seeded and diced. Cover with a little broth and finish cooking. Blend till you get a purée, strain, add the softened gelatine and season with salt and pepper. Let cool down.

Mix goat cheese with butter, salt and pepper and spread it out on the bottom of a round cake-pan. Cover with the pepper mousse, level and cool it down in the fridge for 40 minutes, till it sets.

Prepare a risotto with the remaining onion, saffron, white wine, stock, salt and pepper. When done, stir in ml. 100 of oil and spread it out in a tray. Let cool down. Make risotto disks cm. 5x2 and roast them well on both sides in a non-stick pan with ml. 100 of oil. Keep in a warm place.

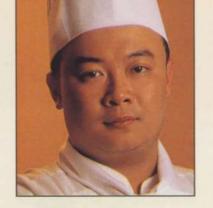
In a small pot cook garlic in milk till it softens. Drain and blend with ml. 50 of oil, stock and a pinch of salt. Keep warm.

Marinate the lamb loin in mustard, thyme, salt, pepper and ml. 200 of oil for about 20 minutes, then roast it on a high heat in a pan, then keep roasting in the oven till medium rare. Take off the oven and let rest in a warm place.

Blend basil with ml. 100 of oil till you obtain a basil-infused oil.

Cover the bottom of a warm plate with the oil-and-garlic emulsion, place the crispy risotto disk and the lamb loin on it. Cut a slice of pepper pie and arrange it in the plate. Heat up the lamb brown stock and let it reduce to the desired consistency. Glaze the loin with it and dress the dish with the basil oil.





JASON LIN Far Eastern Plaza Hotel - Taipei

CRISPY TUNA ROLLS AND CANNELLINI BEAN SALAD WITH OLIVE OIL

INGREDIENTS FOR 6 SERVINGS

Fresh tuna gr. 900
Philo dough sheets gr. 30 (no. 6 pieces, cm. 18x18)
Dry cannellini beans gr. 240
Tuscan olive oil ml. 400
Watercress gr. 200 - White flour gr. 50
Leeks gr. 300 - Fresh thyme gr. 15
Shallot gr. 20 - Rosemary gr. 20
Sage gr. 10 - Parsley gr. 40
Tomatoes gr. 500
White wine vinegar ml. 40
Olive oil for frying l. 2
Dijon mustard gr. 30 - Sugar gr. 20
Iranian Sevruga caviar gr. 30
Egg-yolk no.1 - Basil gr. 100
Salt and pepper to taste

PROCEDURE

Blend basil leaves with ml. 50 of oil and set aside. Mix gently caviar with ml. 50 of oil and set aside. Cook on a low heat the tomatoes, previously peeled, drained and chopped, with sugar, vinegar, ml. 20 of oil and a little salt for 20 minutes.

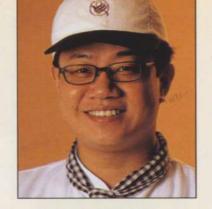
Blend and filter through a very fine strainer to get the juice only. Cool down and mix with ml. 50 of oil. Cooked the beans covered with water seasoned with salt, oil, gr. 5 of sage and gr. 5 of rosemary. Drain, put into a terrine and dress with abundant olive oil, gr. 5 of rosemary, finely chopped shallot, gr. 5 of thyme, salt and pepper. Keep warm.

Slice tuna into 6 fillets about cm. 14 long, weighing about gr. 150 each. Season with salt, pepper and mustard, roll them up in chopped herbs (parsley, gr. 10 of rosemary, gr. 10 of thyme and gr. 10 of sage) and wrap them up in the philo dough sheets. Seal with the egg-yolk. Fry the rolls in plenty of oil, remove and cut into two parts. Cut the leek julienne, dry it, slightly flour it and fry till crispy.

Quickly sauté the watercress in a pan with ml. 20 of oil.

Pour the 3 oils previously prepared into serving plates and place on them the watercress, topped with the lukewarm bean salad. Arrange the tuna on the side, garnish with fried leek and dress with a drizzle of olive oil.





CHIH-HSIANG SUN
Danieli's Restaurant of the Westin Hotel - Taipei

LUKEWARM LOBSTER SALAD GINGER SCENTED

INGREDIENTS FOR 6 SERVINGS

Lobsters, gr. 500 each, no.6
Pernod ml. 100
Tuscan olive oil ml. 550
Cherry tomatoes gr. 300
Black olives gr. 100
Capers gr. 50
Ginger gr. 40
Green asparagus gr. 230
Carrots gr. 50
Zucchini gr. 50
Yellow zucchini gr. 50
Potatoes gr. 120
Basil gr. 6
Sugar gr. 30
Salt and black pepper to taste

PROCEDURE

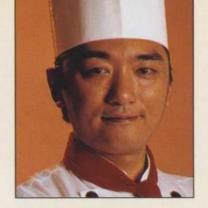
Wash the lobsters, cut them into medallions and sauté in ml. 400 of hot oil. Add Pernod, cover and bake for 3 minutes. Remove them from the pan and let cool down. Prepare a marinade with their cooking oil, sauteeing gently gr. 30 of thinly sliced ginger; add olives, capers and then the diced tomatoes. Adjust with salt and pepper for not longer than one minute.

Pour the sauce so obtained over the lobsters, covering all the meat in oil. Let marinate for at least one hour. Prepare the vegetable fettuccine by slicing very thinly carrots, zucchini and gr. 50 of asparagus. Blanch in salted boiling water for 10 seconds. Shock immediately in water and ice.

Cut gr. 10 of ginger lengthwise very thinly, blanch in water and sugar and gently dry it up in a lukewarm oven.

Cut 12 very thin potato slices, pair them placing one basil leaf in between them and roast in the oven, brushing with ml. 50 of oil. Sauté the vegetables, previously blanched, in ml. 100 of oil, infused with the remaining ginger, chopped. Arrange these "fettuccine" in the middle of the plate. Bring the lobster to 60 °C with its sauce and place it around the fettuccine, drizzled with its condiment.





HUNG-JEN WANG
Toscana Italian Restaurant of the Sherwood Hotel - Taipei

ROASTED LAMB CHOPS WITH TOMATO RAVIOLI AND A HOLLANDAISE SAUCE

INGREDIENTS FOR 6 SERVINGS

Lamb chops kg. 2 Olive oil from Abruzzo ml. 350 Red tomatoes kg. 1.2 Fresh thyme gr. 10 Fresh rosemary gr. 20 Shitake mushrooms gr. 240 Garlic gr. 15 Flour gr. 180 Egg-yolks no. 3 White wine ml. 240 Tomato paste gr. 20 Black pepper corns to taste Bay-leaf no. 3 leaves Pink pepper gr. 10 Chives gr. 5 Salt and pepper to taste

PROCEDURE

Pare the lamb rack and marinate in ml. 200 of oil, half the garlic and half the rosemary.

Season the rack with salt and pepper and let it golden in a pan on all sides, then roast in the oven till medium rare. Remove and keep warm.

Cook the tomatoes, previously peeled and seeded, in ml. 50 of oil, thyme and the remaining garlic over moderate heat, till they melt and thicken. Let cool down.

Mix flour up with tomato paste to obtain a dough, flatten it and cut out squares which you will stuff with the previously cooked tomatoes, making ravioli. Cook them in boiling water.

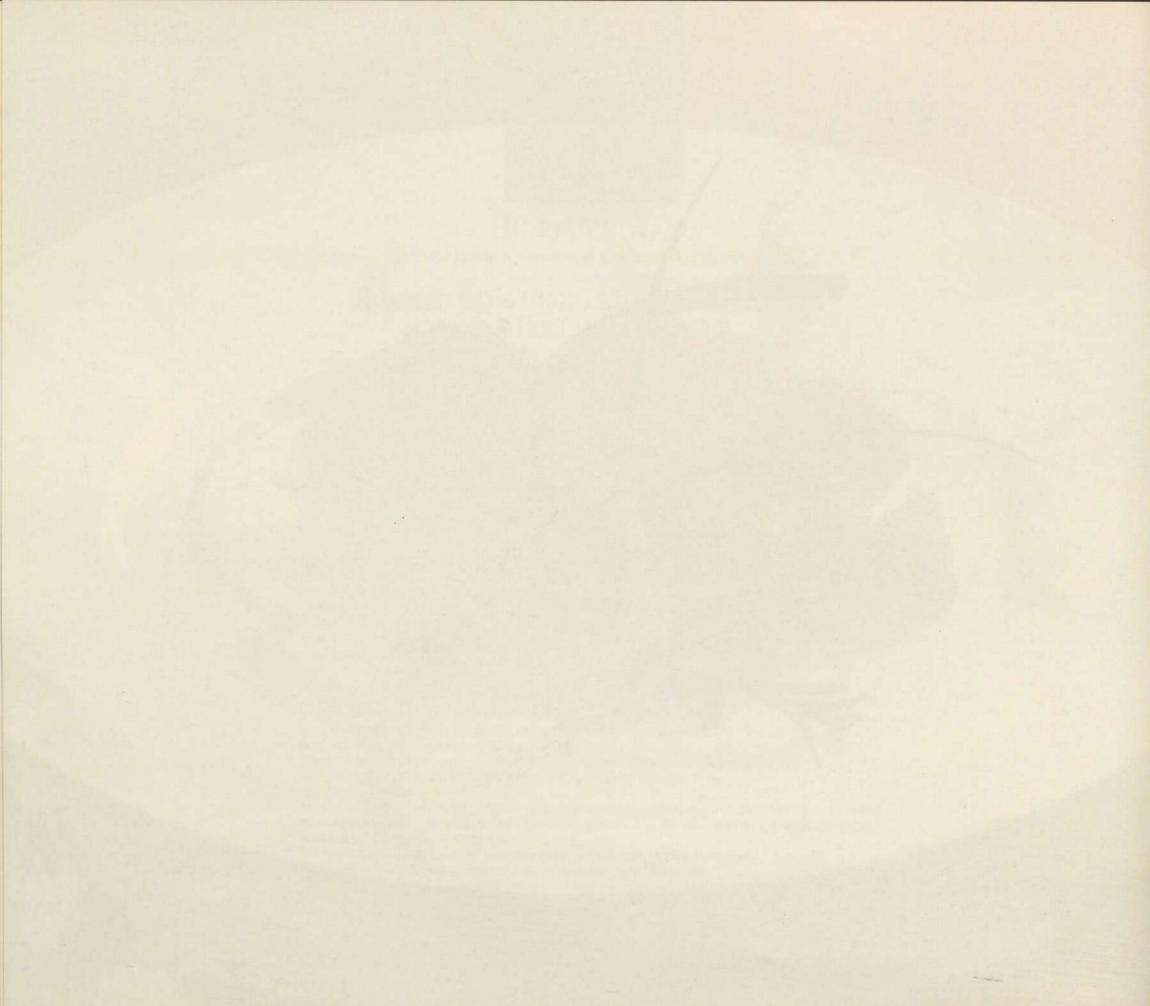
Grill the mushrooms.

For the hollandaise sauce, let the white wine reduce with the remaining rosemary, black pepper corns and bay-leaf. Strain this reduction and slowly incorporate it to the egg-yolks with a whisk till spongy, then add ml. 100 of oil, salt and pepper.

Cut the lamb chops and arrange them in a plate, garnishing with pink pepper and chives.

Finish with tomato ravioli, grilled mushrooms and the hollandaise sauce.

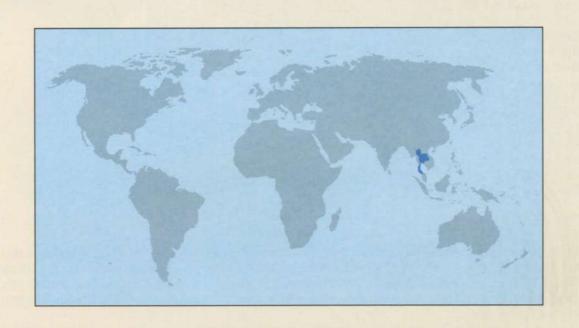




RECIPES

THAILAND







CHINDA KONGKHLAEW
Rossini's Restaurant of the Sheraton Grande Sukhumvit Hotel - Bangkok

POACHED SEA BASS FILLET WITH VEGETABLE PEARLS IN OLIVE OIL

INGREDIENTS FOR 6 SERVINGS

Sea bass kg. 1.5 Mediterranean olive oil ml. 120 Carrots gr. 200 Zucchini gr. 180 Potatoes gr. 120 Green beans gr. 240 Lime no. 6 Red tomatoes gr. 200 Shallot gr. 60 Basil gr. 30 Garlic gr. 8 White wine ml. 120 Fish stock ml. 120 Celery gr. 20 Onion gr. 30 Bay-leaf, sage, parsley gr. 10 Chives gr. 5 Salt and pepper to taste

PROCEDURE

Fillet the sea bass to obtain fillets of a regular shape. Clean green beans, blanch them in boiling water and shock them in ice-cold water. Scoop zucchini, potatoes and gr. 180 of carrots out in order to obtain "pearls". Blanch the pearls in boiling water and shock them in ice-cold water. Clean and cut shallots into small cubes. Peel the tomatoes, seed and cut them into cubes. Chop garlic very finely. Cut the lime into medium sized cubes.

Prepare a fish stock by boiling the sea bass bones in ml. 500 of water with onion, celery, the remaining carrots and herbs (bay-leaf, sage and parsley). Pour half of the oil with garlic and shallot into a pan, till lightly golden, add the greenbeans and the vegetable pearls and then the bass fillets, tomatoes and lime. Wet with white wine and fish stock and adjust with salt and pepper.

Cook on a low heat for about 10 minutes.

Arrange everything in a plate. For the sauce, whisk the remaining oil with a little cooking broth. Pour the sauce around the vegetables and garnish with basil leaves and chopped chives.





PRATABJAI KRIDAKORN-ODBRATT

Royal Thai School of Culinary Arts - Bangkok

TUNA CARPACCIO

INGREDIENTS FOR 6 SERVINGS

Tuna loin gr. 600 Dijon mustard ml. 80 Black peppercorns gr. 15 Poppy seeds gr. 10 Mediterranean olive oil, infused with basil ml. 200 Lemon to taste Pecorino romano cheese gr. 30

PROCEDURE

Trim the tuna and spread it with a thin film of mustard on both sides.

Mixed crushed peppercorns with poppy seeds and press them on the tuna, on both sides. Wrap the tuna up tightly in a sheet of aluminium foil. Heat a heavy skillet up on a medium heat. Place the tuna in it and cook for 2 1/2 minutes, turn over and cook for 2 more minutes.

Remove and refrigerate for an hour. To serve, slice tuna thinly and arrange it in 6 plates. Drizzle with the basil oil and serve garnished with lemon wedges and shavings of pecorino cheese.





BODIN LEEWANON

Angelini Restaurant of the Shangri-La Hotel - Bangkok

AVOCADO MATTONELLA

INGREDIENTS FOR 6 SERVINGS

Ripe avocados kg. 1 Mediterranean olive oil ml. 150 Lemon juice ml. 10 Ripe tomatoes kg. 1 Mixed green salad gr. 80 Sugar gr. 200 Red vinegar ml. 50 Basil leaves gr. 20 Garlic gr. 10 Salt and pepper gr. 18

PROCEDURE

Peel the avocados and cut them into 4 pieces. Peel the tomatoes, seed them and cut them into wedges. Season the avocados and half of the tomatoes with oil, lemon juice, salt and pepper. Place in a square mould, alternating tomatoes and avocados, press well and keep in the refrigerator for about 4 hours, till the "mattonella" is well set.

Aside, prepare the tomato jam by cooking all the ingredients (the remaining tomatoes, sugar, vinegar, garlic, basil and oil) in a saucepan for 2 hours at a low temperature.

Slice the avocado "mattonella" and serve with tomato jam and salad; dress with olive oil, together with focaccia or diced bread toasted in oil.





PIYA SANTHAMAITRIE
Gianni Restaurant - Bangkok

SEA BASS TOURNEDOS WITH A GREEN PAPAYA SALAD AND FRIED CORN RAVIOLI

INGREDIENTS FOR 6 SERVINGS

Sea bass fillets kg. 1.5 - Tuscan olive oil ml. 500 Lime juice ml. 90 - Fresh coriander gr. 35 Lemon grass gr. 15 - Lemon balm gr. 10 Green papaya kg. 1.2 - Toasted cashew nuts gr. 200 Tomatoes gr. 300 - Thai chilli peppers no. 4 Garlic gr. 70 - Thai fish sauce ml. 30 Palm sugar paste gr. 80 Philo dough sheets no. 18 Peas gr. 300 - Boiled corn gr. 300 Shallot gr. 150 - Chives gr. 5 Salt and pepper to taste

PROCEDURE

Scale and debone the sea bass fillets and cut them into 12 pieces. Combine 2 pieces together leaving their skin outside and tie them up with the string to obtain tournedos that you will marinate in ml. 100 of oil, a little lime juice and thai herbs.

Peel and grate the papaya. Rub a mortar bowl with garlic. Add papaya, cashew nuts, ml. 60 of lime juice, 3 chilli peppers, fish sauce and sugar paste. Mix well in order to break up the vegetables. Adjust to taste this spicy-sweet-sour and salty combination. Add diced tomatoes, stir and press lightly to amalgamate with the rest of the salad.

For the infusion, heat up ml. 50 of oil in a small pot, add gr. 60 of garlic and roast it on a medium heat. Let it cool down a little, add one chilli pepper, the herbs, the lime juice and, when completely cold, ml. 100 of oil.

Sweat sliced shallot in ml. 30 of olive oil till transparent, remove from the heat and then combine it with boiled corn. Season with salt and pepper. Put a small quantity of this mix in the middle of each philo dough sheet and tie the tip with a chive string, obtaining ravioli which you will fry in plenty of oil, till crispy.

Drain the tournedos from their marinade and cook them on a medium heat for about 6 minutes per side in ml. 60 of oil.

Place them in the middle of a serving plate, arrange the papaya salad on top and sprinkle with toasted cashew nuts.

Garnish the plate with crispy ravioli, add the olive oil infusion and the fresh coriander.





REWAT SRILACHAI
Biscotti Restaurant of the Regent Hotel - Bangkok

SOLE FILLET IN AN ALMOND CRUST WITH CLAM AND EGGPLANT RAGOUT

INGREDIENTS FOR 6 SERVINGS

Sole fillets kg. 1 - Shrimps gr. 60
Fresh clams gr. 900 - Mediterranean olive oil ml. 500
Pink peppercorns gr. 30 - Garlic gr. 10 - Chopped shallot gr. 6
Chopped leek gr. 6 - Chopped onion gr. 6 - Chopped chives gr. 6
Basil gr. 25 - Egg-white gr. 30 - Cherry tomatoes gr. 10
Black pepper gr. 3 - White wine (Pinot) ml. 250
Ricotta cheese gr. 90 - Black eggplants gr. 480
Anchovies gr. 3 - Dried tomatoes gr. 12
Chopped almonds gr. 120 - Chopped black olives gr. 30
Salt to taste - Chopped chervil gr. 3
Mascarpone cheese gr. 60
Lemon grass gr. 60

PROCEDURE

Roast one whole garlic clove and the onion in a pan with ml. 20 of oil, add white wine, clams, black pepper and one third of the basil; cover and let the clams open; remove from the stove, take the clams out of their shells and filter the liquid.

Marinate the sole fillets with pink peppercorns, oil and one third of the herbs. Finely chop the clams and put them in a bowl with roasted garlic, black olives, half of the chives, leek and shallot; amalgamate the ricotta cheese, season with salt and pepper.

Spread this cream out on one side of the marinated sole fillets, roll them up, pass them in egg-white and chopped almonds, season with salt and pepper. Fry them in oil till the almonds are golden and crispy. Prepare a ragout by cooking in ml. 30 of olive oil the anchovies, the dried tomatoes and the small diced eggplants. In the meantime prepare a sauce with the remaining chervil, chives and basil, all blanched in boiling water, dried up, chopped and mixed up with gr. 3 of garlic, ml. 60 of olive oil, part of the clam cooking liquid and mascarpone.

Arrange then the sole fillets in a warm plate, place the eggplant ragout by their side and drizzle with the herb sauce. Garnish with lemon grass leaves, blanched shrimps and cherry tomatoes.





TAKERNG SUNGDA Pan Pacific Hotel - Bangkok

RAVIOLI WITH DUCK FOIE GRAS IN A BELL PEPPER SAUCE AND BASIL PESTO

INGREDIENTS FOR 6 SERVINGS

Wheat flour gr. 500 - Eggs no. 2 - Pork fat gr. 40
Duck foie gras gr. 300 - Mediterranean olive oil ml. 100 - Garlic no. 2 cloves
Brandy ml. 20 - Shallot no. 1/2 - Mixed fresh herbs - Red peppers gr. 500
White wine ml. 50 - Onion gr. 40 - Chicken stock - Basil gr. 100
Toasted pine nuts gr. 15 - Asparagus no. 6 - Philo dough sheets no. 12
Carrots gr. 300 - Leeks gr. 200 - Paprika powder gr. 15 - Grana Padano gr. 20
Salt and pepper to taste

PROCEDURE

Mix flour with pork fat, ml. 150 of warm water, salt and finally one egg. Knead till you obtain a compact dough. Cover and let rest for 15 minutes. Roll the dough out into thin layers. Arrange some herb leaves on one half of the layer, fold the other half over and pass it again in the machine, to obtain a layer with a transparent leaf pattern.

Dice the duck foie gras and dust lightly with flour. Sauté in ml. 15 of oil the chopped shallot and 1 chopped garlic clove, then add the liver; sauté on a high heat, set alight with brandy, let reduce and cool down. Brush the pasta layers with beaten egg-yolk, place the liver at regular distances and cover with another layer so that each herb decoration coincides with a raviolo, press well on the edges and cut with a pasta-wheel. Boil the ravioli in salted water for 3 minutes and drain. Heat up ml. 40 of oil in a pan and sauté the ravioli in it with a little cooking water; season with salt and pepper.

Sweat the onion in ml. 15 of oil, add the peppers cut julienne, pour white wine and let reduce. Cover with chicken stock and simmer for 15 minutes, then blend and strain. Warm up when it is time to serve and emulsify with oil. Prepare a pesto by blending basil leaves, 1 garlic clove, pine nuts, grated Grana Padano, salt and pepper. Gradually add the oil. Cut carrots and leeks julienne. Fry them and dry them up on a paper towel.

Cut the asparagus tips into 3 pieces and, after blanching them, put them in ice-cold water. Butter a steel bowl cm. 17 in diametre; place 2 sheets of philo dough along its outer walls, press carefully, brush once more with butter and bake in a pre-heated oven at 250 °C, till golden. Pour the bell pepper sauce in the middle of the plate and the ravioli on top. Place fried leeks and carrots in the middle with a spoonful of pesto all around them. Cover the ravioli with the philo dough basket, arrange the asparagus tips in the centre and dust the plate rims with paprika powder.

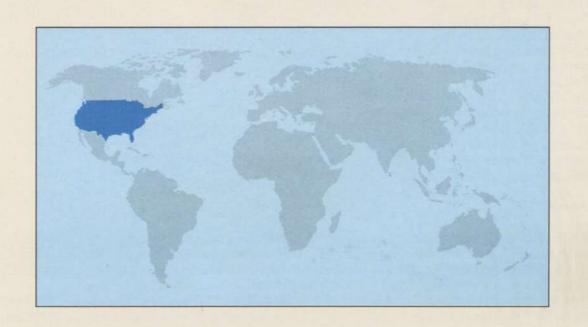




RECIPES

USA







ANDREW CARMELLINI
Café Boulod Restaurant - New York

RISOTTO WITH CHERRY TOMATOES

INGREDIENTS FOR 6 SERVINGS

Arborio rice gr. 380 Mediterranean olive oil ml. 300 Onion gr. 50 Butter gr. 20 White wine ml. 200 Chicken stock 1.2 Grana Padano cheese gr. 50 Mascarpone cheese gr. 30 Cherry tomatoes from Pachino gr. 700 Heirloom tomatoes no. 24 Cream ml. 40 Red tomatoes no. 4 Yellow tomatoes no. 2 Dried chilli pepper gr. 1 Rosemary no. 6 sprigs Garlic no. 3 cloves Salt and pepper to taste

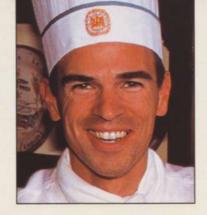
PROCEDURE

Put the Heirloom tomatoes cut into large cubes in a gauze, tie it up and suspend it above a container in order to collect their pure water (squeeze it to make its coming out easier); add 3 rosemary sprigs to this water and let simmer for about 10 minutes, let it cool down, season with salt and pepper and finally add the cream, then blend till you obtain a thick cream which you will set aside.

Peel red and yellow tomatoes, after blanching them in boiling water; cut them into 8 pieces and seed them, place them in a casserole with garlic and one rosemary sprig, cover in oil and cook on a moderate heat for 10 minutes; remove the tomato wedges and, in the same oil, cook the cherry tomatoes for 5 minutes, then remove them from the oil.

In a sauce pan let the chopped onions get golden in oil and butter, add rice, stir and let flavour, almost toast; then wet with white wine and let evaporate, keep cooking adding the hot stock a little at a time. When cooked remove from the heat and stir in mascarpone and Grana Padano, add red and yellow tomatoes, two spoonfuls of their cooking oil and the needles of two rosemary sprigs, chopped. Serve in a warm plate, garnishing with cherry tomatoes and the cream previously prepared.





STEVEN LIEBHAUSER Vanderbilt Hall Restaurant - Newport (RI)

CALIFORNIAN PIGEON IN A POMEGRANATE VINAIGRETTE

INGREDIENTS FOR 6 SERVINGS

Pigeons no. 6
Tuscan olive oil ml. 520 - White flour gr. 500
Yeast gr. 15 - Sparkling water ml. 300
Salt gr. 15 - Fresh thyme gr. 15
Rosemary gr. 15 - Pomegranates no. 3
Sugar gr. 150 - Raspberry vinegar ml. 50
Small spinach leaves gr. 100
Red Lollo salad gr. 100
Frisee gr. 350 - Garlic gr. 20
Salt and pepper to taste

PROCEDURE

Soak yeast in ml. 30 of sparkling water for 5 minutes. Mix flour with gr. 15 of salt, add the activated yeast, ml. 15 of oil and about ml. 150 of sparkling water. Knead well, adding water if necessary, till you obtain an elastic texture.

Let it rest in a greased bowl, till doubled in volume. Knead the dough once more, cut it into 6 pieces and let it rest for 20 more minutes. Cut the dough into flat disks of about cm. 10 in diametre, grease them with a little oil and bake them till golden. Remove the legs from the pigeons and cook them in ml. 500 of oil with thyme, rosemary and the peeled garlic cloves. Remove legs from the oil and use the oil to dress the pigeon breasts, which you will roast in a medium-high oven for about 8 minutes. Dissolve the sugar in ml. 250 of water on a medium heat. Add the pomegranate seeds and let simmer for 2 minutes, till the water gets coloured.

Remove the seeds and set them aside. Let reduce to a syrup consistency, add the vinegar and let reduce by half. Take off the heat, add the pomegranate seeds and set aside. Wash the salads well. Place the frisee in the middle of the plate and garnish with the other salads.

Take the flat-breads out of the oven and cut the disks into 5 segments. Arrange them on the vegetables. Remove the breasts from the oven, escalope them, using two breasts per portion, and add the two legs, crossed. Dress everything with the pomegranate vinaigrette.





DAVID PAZMINO

Essex House Restaurant - New England Culinary Institute - Essex Junction (VT)

AROMATIC LAMB SADDLE WITH QUINOA, MANGO SAUCE AND LIME

INGREDIENTS FOR 6 SERVINGS

Lamb chops no. 24
Olive oil from Abruzzo ml. 45
Olivel oil from Lazio ml. 180
Olive oil from Tuscany ml. 100
Cumin seeds gr. 15
Fennel seeds gr. 15
Mustard seeds gr. 15
Chiles pasillas peppers no. 6
Chiles anchos peppers no. 6
Smoked paprika gr. 15
Quinoa gr. 675 - Parsley gr. 15
Oregano gr. 7 - Garlic no. 5 cloves
Sherry vinegar ml. 45 - Lime juice ml. 400
Mangos no. 2 - Mint leaves gr. 15
Salt to taste

PROCEDURE

Toast cumin, fennel and mustard seeds and cool them down. Clean peppers, seed and roast them and grind them with the toasted seeds, add paprika, salt and set aside. Cut the lamb saddle into portions of 4 chops each, drizzle with tuscan oil and coat them with the previously prepared mix. Let marinate for at least one hour.

Rinse the quinoa seeds in cold water, drain well and spread them out in a baking sheet. Toast them lightly in the oven. Bring 2 litres of water to a boil, add salt and cook quinoa in it. Drain when al dente. Make a sauce by blending parsley, oregano, 2 garlic cloves, vinegar and the oil from Abruzzo and dress the quinoa

Make another sauce by blending 3 garlic cloves with the oil from Lazio and oregano. Add ml. 340 of hot lime juice and let cool down.

Blend the mango pulp with mint leaves and ml. 45 of lime juice, till you obtain a smooth consistency. Sauté the lamb chops in little hot oil. When a crust forms on the surface, roast in the oven at 240 °C, till medium-rare. Let rest for a few minutes.

In a plate, make a base with the quinoa, top it with the chop portion, drizzle with the lime and oregano sauce and sprinkle with the mango-and-mint mix as a garnish.





DON PINTABONA
Tribeca Grill Restaurant - New York

MARINATED SEA BASS, CHERRY TOMATOES AND SPINACH, IN A TOMATO VINAIGRETTE

INGREDIENTS FOR 6 SERVINGS

Sea bass fillets, skin on, no. 6 (gr. 170 each)
Olive oil from Umbria ml. 700
Rosemary sprigs no. 5 - Shallots gr. 160
Garlic no. 10 cloves - Fennel seeds gr. 5
Bay-leaf no. 2 leaves - Lemon no. 1
Anisette ml. 250 - Red cherry tomatoes gr. 500
Yellow cherry tomatoes gr. 500 - Basil gr. 50
Spinach leaves gr. 500 - Tomato paste gr. 5
White wine ml. 100 - White wine vinegar ml. 10
Butter gr. 100 - Chives gr. 5 - Soy sauce to taste
Salt and white pepper to taste

PROCEDURE

Marinate sea bass fillets for 12 hours in the fridge in ml. 500 of oil, rosemary, gr. 60 of sliced shallots, 4 garlic cloves, fennel seeds, 1 bay-leaf, 2 lemon slices and anisette. Let 3 thinly sliced garlic cloves and gr. 40 of chopped shallots golden in ml. 50 of oil.

Add yellow and red tomatoes, halved, and cook for 2 minutes. Add basil leaves and adjust with salt and pepper. Let 3 thinly sliced garlic cloves golden in ml. 100 of oil, add well washed spinach and sauté quickly for 1-2 minutes. Add salt and pepper and keep warm. Prepare a vinaigrette by sweating gr. 40 of shallots and 1 garlic clove, both chopped, in ml. 50 of oil for about 4 minutes. Add tomato paste, ml. 5 of white wine, ml. 5 of vinegar, 1/2 a bay-leaf and ml. 3 of lemon juice. Cook on a low heat for 5-7 minutes, stirring.

Add salt and pepper and keep warm. Cook gr. 20 of finely sliced shallot in the remaining white wine, with ml. 5 of vinegar, 1/2 a bay-leaf, 3 white peppercorns and let the liquid reduce almost completely. Add small pieces of butter a little at a time, while whisking and keep warm in a bain-marie. Remove the fillets from the marinade and cook them, skin down, in ml. 15 of the marinade oil. Finish by baking them for about 8 minutes in a pre-heated oven, at 220 °C.

Add the vinaigrette to the butter sauce, incorporate a few drops of lemon juice and of soy sauce. Plate up, arranging the basil tomatoes on the top side of the plate. Place spinach in the middle and the fillets on them, leaving the vegetables partially visible. Dress with the vinaigrette and butter sauce. Garnish with chopped chives.





ALAN STERN
Fama Imports Ltd - Providence (RI)

CRAB SALAD WITH GAZPACHO

INGREDIENTS FOR 6 SERVINGS

Crabs no. 6
Ripe tomatoes kg. 1.5
Cucumbers gr. 350
Shallots gr. 75
Lemons no. 3
Olive oil from Garda ml. 55
Avocado no. 1
Parsley gr. 30
Chilli peppers no. 3
Fresh mint gr. 15
Sea-weeds gr. 200
Salt and white pepper to taste

PROCEDURE

Peel the tomatoes after blanching them and cut them into quarters. Dice gr. 250 of pulp and put the rest in a colander. Add salt and keep the water which comes out. Peel and seed cucumbers. Dice half of them and set them aside with the tomato cubes.

Blend shallots, tomato pulp and the remaining cucumbers. Add the tomato water and the juice of one lemon. Season with salt and pepper, ml. 15 of oil and put in the fridge.

Put sea-weeds on the bottom of a large pot, cover with water, add one lemon cut into quarters, salt, bring to a boil and lay the crabs in it, steaming them for 5 minutes. Cool down and take the meat out. Cut chilli peppers lengthwise, seed and break them up. Peel thinly gr. 10 of the remaining lemon zest and add it to the chilli peppers. Squeeze the lemon on this mix. Chop parsley and mint and add them to the blended mix. Add salt, the crab meat and ml. 30 of oil. Mix gently. Fill 6 aluminium moulds with the mix (about gr. 60 each). Put into the refrigerator.

In a soup bowl make a circle with diced tomatoes and cucumbers. Lay down on it the crab meat timbale. Pour gazpacho in the plate till diced vegetables are covered. Garnish with 3 thin avocado slices. Drizzle with the remaining oil and sprinkle with white pepper.





JASON TRUSCIO Freelance Caterer - New York

SCAMPI IN MEDITERRANEAN OLIVE OIL WITH WHITE ASPARAGUS AND A BARLEY PIE

INGREDIENTS FOR 6 SERVINGS

Scampi no. 24
Olive oil from Liguria l. 1.5
Garlic gr. 30
White asparagus kg. 1
Yellow onions gr. 150
Barley gr. 200
White wine ml. 250
Chicken stock l. 1.5
Grated Grana Padano gr. 100
Tomatoes gr. 300
Salt and pepper to taste

PROCEDURE

Shell the scampi leaving tails and heads whole. Sauté gr. 20 of garlic in ml. 200 of oil till golden. Add the scampi shells and cook for 20 minutes on a low heat. Add ml. 200 of oil and keep cooking for about one hour, over low heat, till the oil gets coloured and flavoured by the scampi. Cool down and strain. Set aside.

Let gr. 10 of garlic golden in ml. 300 of oil. Add salt and pepper to the scampi and quickly cook them on both sides on a high heat. Finish cooking in a hot oven for 4 minutes and set aside. Peel the asparagus and blanch them in boiling water for 2 minutes. Drain and dress with ml. 50 of oil.

Sweat chopped onions in ml. 150 of oil, till translucent. Add barley, previously soaked, salt, pepper and cook for 2-3 minutes. Pour the wine and let reduce by half, add 1/2 a litre of hot broth and let reduce. Keep adding broth till barley is "al dente". Take off the heat and stir with ml. 100 of oil. Add tomatoes, peeled and diced, and Grana Padano. Make a round pie with the barley and top with the scampi. Dress with the scampi-infused oil. Garnish with the asparagus.







ICIF - Italian Culinary Institute for Foreigners - is a non-profit organization founded in 1991 in order to safeguard and qualify the image of Italian cuisine among professionals operating in the restaurant field abroad.

ICIF's main goal is the training of professionals who, through the courses organized by the Institute, can assimilate the Italian taste and food culture and "export" them back to their

Countries of origin, being aware of the value and quality of Italian products.

With this aim ICIF organizes Master Courses (which consist of two months of theoreticalpractical learning on the school premises and a four-month externship in important Italian restaurants), Short Courses and Refresher Courses (generic and specific) for groups of young foreign chefs who are interested in acquiring an "Italian specialization".

After its establishment ICIF has grown stronger and stronger, thanks to the collaboration of world famous chefs and Italian enterpreneurs, sensitive to the importance of qualifying the

Italian oenogastronomy and its agricultural and food products.

During its first ten years of activity, ICIF has awarded diplomas to students from the United States, Canada, Japan, China, Korea, Thailand, Peru, Venezuela, Brazil, Lebanon,

Philippines and Argentina.

In autumn 1997 ICIF turned a new page in its history by opening its new, prestigious headquarters: a whole floor of the medieval Castle of Costigliole d'Asti was restored for the Institute's needs and for its training activities; classrooms were equipped with the most sophisticated equipment for a modern educational activity, while the Castle cellars were made suitable to house a National Wine Cellar, gathering the best of the Italian production, a most modern tasting-room and a rich display of oils. A few hundred metres from the Castle, a pleasant guest-house accomodates the students during their stay in Costigliole d'Asti.

At present ICIF has at its disposal branch offices in ten Countries: Australia, Brazil,

Canada, China, Germany, Japan, Korea, Taiwan, United States and Venezuela.





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