

CASA, TASTE, TRAVEL AND LIFESTYLE

# VOGUE LIVING

EDITED BY ANINDITA GHOSE

TASTE

## CAPTAIN COOKS

Vogue India gets 15 superstar-chefs from around the world to share their recipes for the dishes that will define 2013—welcome to the big leagues. By AARTI VIRANI



Albert Adrià's tomatoes with gazpacho jelly is set to be a highlight of the new year

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To eat well: the resolution that's firmly tied to the start of every year. This time, we've upped the ante and consulted a kaleidoscope of culinary heavyweights across the globe, ranging from Ferran Adrià to Vikas Khanna, to spotlight recipes that will define 2013.

Some chefs, like Delhi-based Ritu Dalmia, claim that earthy, comfort food will reign supreme; others like René Redzepi, chef at renowned Danish restaurant Noma, marry locally sourced bounty with painstaking technique. Not surprisingly, then, the

dishes we have for you span the spectrum from sinfully indulgent to decidedly figure-friendly and downright avant-garde. *Vogue* gets 15 recipes that are authentic reflections of the gourmards featured, straight from the virtuosos' kitchens to yours. >

# Tomatoes with transparent gazpacho jelly

BY ALBERT ADRIA

Since bidding farewell to elBulli, their outstanding shrine to molecular gastronomy, in 2012 (of the million people who attempted to make reservations each year, only 8,000 would actually acquire them), brothers and rock-star chefs Albert and Ferran Adrià have directed their imaginations to a slightly more approachable venture: Tickets, a contemporary tapas bar in Barcelona. The revolutionary spirit of elBulli lives on, however, in plates like liquid ravioli, an inventive 'air baguette', and the restaurant's unique twist on traditional gazpacho. "This is a recipe that is simultaneously classic and creative," says Albert. "We've transformed it

into a consommé with a silky and elegant taste, and finished it with cherry tomatoes that burst in the mouth."

## SERVES 4

### INGREDIENTS

- 32 cherry tomatoes
- Basil leaves (for garnish)
- Olive oil (for garnish)

- For the gazpacho:
- 60g cucumber
  - 500g pear tomatoes
  - 100ml mineral water
  - 70g onions (tender)
  - 3g garlic (peeled)
  - 60g green capsicum
  - Salt to taste

- For the transparent gazpacho:
- 500g frozen gazpacho (as prepared)

- For the transparent gazpacho jelly:
- 250ml transparent gazpacho water
  - 1½ gelatin sheets

- For the crushed herbs mixture:
- 2g coriander seeds
  - 1g lemon thyme
  - 4g fresh mint
  - 3g parsley
  - 70ml Arbequina olive oil
  - 6ml white wine vinegar
  - 2g salt

### METHOD

For the gazpacho, blend all its ingredients in a Thermomix food processor and grind at a speed of 8 for 3 minutes.

Remove, put it in a sealed container, and place in a freezer for 24 hours.

Put the frozen gazpacho on a paper-towel-lined colander and transfer it to the refrigerator, where it will slowly drain for 5 hours. You will be left with transparent gazpacho water at the end.

For the transparent gazpacho jelly, hydrate gelatin sheets with 50ml of gazpacho water, gradually adding the remaining 200ml. Then put the mixture in the refrigerator, to set like a jelly.

Place all the ingredients of the herb mixture in a blender for a fine texture.

Peel the cherry tomatoes using a peeler.

Start assembling the dish by placing 50g of the gazpacho jelly on the bottom of the dish.

Place 8 cherry tomatoes into the gazpacho jelly and season with salt.

Place a basil leaf on top of each tomato.

Drizzle olive oil and a few drops of the herb mixture before serving. >





## Mint pond BY FERRAN ADRIÀ

**T**he dish consists of a fine, very fragile layer of ice. On it are spread demerara sugar and powdered matcha tea. On breaking the ice with a spoon, a magical sound is emitted, like that of breaking glass,” says Ferran Adrià of his pick. “I chose this recipe because I think 2013 will be a fragile year in many ways, especially economically and socially. But I am also convinced that in the fragility of the moment, we will all learn to find magical, sensuous moments full of beauty, to improve the situation we find ourselves in and to emerge stronger.”

**SERVES 4**

**INGREDIENTS**

- 10g matcha tea
- For the frozen ice ponds:
  - 4 round, fine glass soup dishes (20cm in diameter, with a capacity of 200g)
  - 1l bottled mineral water
- For the mint demerara sugar:
  - 50g demerara sugar
  - 2g mint powder extract

**METHOD**

Chill the water at 2°C.

Fill the dishes with 180ml of water. Place them in the freezer and wait for about 15 minutes, till the surface of the water freezes.

Remove the dishes from the freezer and, using a paring knife, make two small holes on opposite ends of the ice, taking care not to break the layer.

Incline the dishes vertically so that the water underneath (which is not frozen) drains from the dishes, leaving a layer of ice on top, attaining the effect of a frozen pond. Place the frozen ponds in a freezer at -10°C.

For the mint demerara sugar, mix the sugar with the peppermint powder and transfer it to an airtight container, then store in a cool, dry place.

To plate up, start by placing the mint sugar in a bowl. Place the matcha tea in a separate bowl.

Remove the frozen ponds from the freezer. To serve, spread 4g of mint sugar and 1/2g of matcha tea on top of the frozen pond. To taste, break the frozen pond with the spoon, taking in the sound of the breaking ice. Eat the ice crystals with the sugar and matcha tea. >

## Shrimp kebabs with chia seed sauce

BY JEHANGIR MEHTA

As a young, avant-garde chef over 20 years ago, Jehangir Mehta was chosen by the renowned Jean-Georges Vongerichten to open his Manhattan hotspot, Mercer Kitchen. Since then, Mehta has started two restaurants of his own in New York—Graffiti and Mehtaphor—where he uses his fascination with Ayurveda and fresh fruit as a springboard for culinary masterpieces. “Though I certainly believe in opulence, greater awareness of healthy alternatives will shape food trends in 2013,” he declares. “In my recipe for shrimp kebabs, I substitute chia seeds for corn starch (they’re a good source of omega-3 fatty acids) and switch cow’s milk for goat’s milk, which is lower in fat content.”

**SERVES 2**

**INGREDIENTS**

For the shrimp kebabs:

- 12 shrimp
- 3 Thai long chillies
- 2 tbsp olive oil
- ½ tsp onion seeds
- 3 bamboo skewers
- Salt and pepper to taste

For the chia seed sauce:

- 1 cup goat’s milk
- 1 tbsp chia seeds
- 1 chipotle chilli
- 1 sprig tarragon
- 1 sprig parsley
- Salt and pepper to taste

**METHOD**

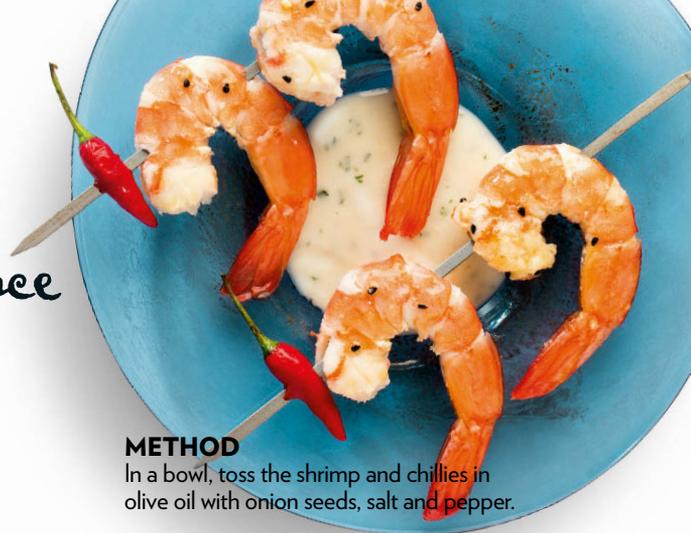
In a bowl, toss the shrimp and chillies in olive oil with onion seeds, salt and pepper.

Place on a hot grill and cook till done.

Skewer the shrimp on bamboo sticks, placing the chillies at the end.

For the sauce, heat the goat’s milk on a medium flame, add all the ingredients except for the parsley, and simmer for 5 minutes. The chia seeds will thicken the mixture into a sauce.

To assemble, drizzle the sauce on a plate, and place the shrimp skewers on top of it. Tear the parsley leaves and sprinkle over the shrimp as garnish.



## Darjeeling tea roast chicken

BY VINEET BHATIA

The torch-bearer of Indian haute cuisine in the UK is chef Vineet Bhatia, who is on a permanent mission to evolve and elevate. His Michelin-starred restaurant, Rasoi, is housed in a posh London townhouse (diners ring the doorbell to enter), and the decadent menu features elegant incarnations of traditional favourites—koftas crafted from asparagus, chutney crammed with olives and kebabs stuffed with blue cheese. Bhatia offers us an unorthodox take on roast chicken, which eschews the usual spices as well as the tandoor. “Because [the recipe] uses such a distinctly Subcontinental ingredient—Darjeeling tea—it still retains its Indian appeal,” says the chef. Another perk: “The leftover chicken can be shredded and mixed with mayo as sandwich filler.”

**SERVES 2**

**INGREDIENTS**

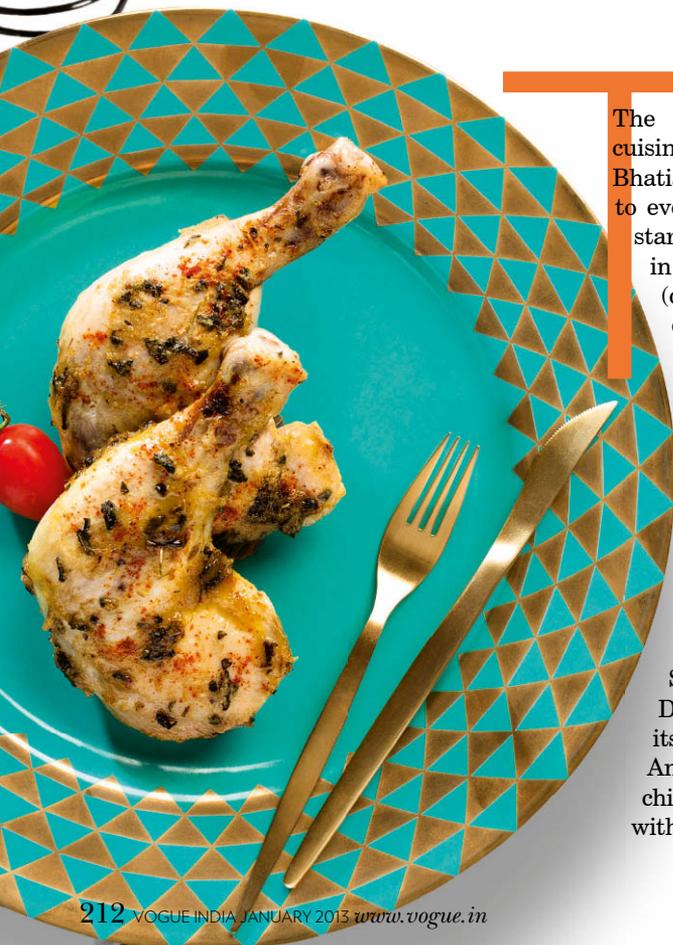
- 1 whole chicken
- 60ml vegetable oil
- 1½ tbsp garlic paste
- 1½ tbsp ginger paste
- 1 tsp red chilli powder
- 5 tbsp Darjeeling tea leaves (Oolong variety)
- Salt to taste

**METHOD**

In a bowl, mix together all the ingredients except the chicken to make a marinade.

Rub the marinade on the chicken and leave in the refrigerator, preferably overnight so that the flavours sink in.

Roast in a preheated oven at 180°C for about 40 minutes, or till the chicken is cooked, and baste regularly with its juices for a succulent finish.



# Spice chocolate truffles

BY HARI NAYAK

He started out flipping masala omelettes for his family as an eight-year-old in Chennai, but chef, restaurateur and author Hari Nayak now has a culinary history that includes stints with powerhouses like Albert Adrià, Marcus Samuelsson and Alain Ducasse. Nayak was the primary culinary consultant for Café Spice, one of America's largest Indian food chains, and instrumental in the recent launch of their dosateria and lassi bar in New York, which offers modern variations of the South Indian udupi (unusual dosa fillings include stir-fried coconut shrimp and tofu masala). "Let 2013 be a year of indulgence," he says, referring to his recipe of choice—decadent handcrafted truffles. "Let there be no guilt, no remorse and no looking back."

## MAKES 40 TRUFFLES

### INGREDIENTS

255g semi-sweet chocolate  
(finely chopped)  
1 cup heavy cream  
2 tbsp Sichuan pepper (crushed),  
or a spice of your choice  
3 tbsp unsalted butter (softened)  
Cocoa powder (for dusting)

### METHOD

Set aside the chopped chocolate in a medium bowl.

Using a small pot, bring the cream and pepper to boil.

Remove from heat, and let it infuse for 10 minutes.

Strain the hot cream through a fine sieve over the chocolate.

Add  $\frac{1}{3}$  of the pepper that remains in the strainer back into the chocolate mixture. Whisk until smooth.

Transfer the chocolate-cream mixture into a flat pan. Mix in the butter, and cover

completely with cling film. Refrigerate for at least 2 hours, until it sets.

Place the cocoa powder in a shallow pan. Using a teaspoon dipped in hot water, form 1cm balls of the chocolate mixture.

If the mixture goes soft while working, refrigerate again until it sets. Roll the truffles in generous amounts of cocoa powder. If stored in an airtight container in a cool place, the spice chocolate balls will keep for 3 weeks. >





## Pasticcio BY RITU DALMIA

Ritu Dalmia's adoration for Italian cuisine began on a school trip to Europe, where it was the only veggie-friendly food available. Dalmia was raised in a vegetarian Marwari household, but over the years, her palette expanded. While India was not ready for authentic Italian food in 1993—Dalmia's first restaurant, MezzaLuna in Delhi, which she has previously referred to as a "wonderful disaster", quickly closed its doors—the charismatic chef's second act, Diva, is a darling of the capital. "Fine dining is *passé*," Dalmia claims. "I'm fed up of long, stiff dining experiences. My pasticcio recipe, which no trendy restaurant would serve, is comforting, traditional and familiar."

### SERVES 4

#### INGREDIENTS

- 1½ kg ripe red tomatoes (blanched, skin removed)
- 250g fresh mozzarella cheese
- 100g Parmesan cheese (grated)
- 1 medium-size onion (finely chopped)
- 500g penne pasta
- 1kg round eggplant
- ½ kg red capsicum
- 50ml olive oil
- Salt and pepper to taste
- Oil for frying

#### METHOD

Slice the eggplant into discs and transfer to a colander. Sprinkle salt.

Pile the discs on top of one another and place weight on them. Let the pile stand for about 30 minutes.

Julienne the red capsicum after removing the seeds.

Heat oil in a deep frying pan, and fry the eggplant in batches. Once they are golden, remove with a slotted spoon and drain on a kitchen towel.

Fry the capsicum in the same oil until the skin has blistered. Set aside.

Preheat the oven to 200°C.

Chop the tomatoes into cubes, taking care to remove excess seeds.

To make the sauce, heat the olive oil in a saucepan. Fry the chopped onions for 1 or 2 minutes, then add the tomatoes, and cook for about 15 minutes. Season with salt and pepper, and set aside.

While the sauce is cooking, also cook the pasta in a large pot of boiling salted water for half the time specified on the packet (if the pasta packet says 10 minutes' cooking time, boil for only 5 minutes).

Drain the pasta and add a couple of ladles of tomato sauce and half the grated Parmesan cheese. Mix well.

In a baking dish, spread 2 spoons of tomato sauce at the bottom, followed by pasta. Add a layer of mozzarella, eggplant and capsicum, and top with more sauce. Repeat this layering until all the ingredients have been used. Finally, generously sprinkle the remaining Parmesan over it.

Bake in the oven for about 30 minutes. Serve while it's hot.

## Fava beans, beach herbs and buttermilk BY RENÉ REDZEPI

Credited for single-handedly putting Denmark on the global gastronomy map, the exceedingly clever René Redzepi is chef and owner of Noma in Copenhagen, which in addition to acquiring two Michelin stars, has been crowned Best Restaurant in the World three years in a row. Deep-fried Moss, Roasted Lettuce Juice and Beets with Onion Ash are just three dishes that reflect Redzepi's offering of new Nordic food. "This vegetarian dish forecasts the future," says Redzepi of his fava bean, beach herb and buttermilk mélange. "It represents the increased usage of vegetables in Western cuisine."

## SERVES 4

### INGREDIENTS

750g fava beans in husk  
1ml dill oil (to float on top)  
32 green oxalis leaves

For the pea-so (8 dots):

3kg high-quality fermented  
pearl barley  
Aspergillus oryzae (a mould used  
for inoculating the barley, placed  
in a powdered-sugar shaker)

For the yellow peas:

3kg organic yellow peas  
1½l water

For the fermented yellow pea mix:

3kg organic yellow peas (as prepared)  
1.9kg inoculated barley (as prepared)  
250g fine salt

For the chamomile tea:

1l water  
35g fresh green chamomile  
1g dried chamomile  
7g dried morels  
9g freeze-dried green gooseberries  
60g juniper wood

For the grilled cucumber juice:

4 cucumbers

For the buttermilk sauce:

20ml grilled cucumber juice  
(as prepared)  
40ml buttermilk

20ml chamomile tea (as prepared)

For the spinach purée (16 dots):

250g baby spinach

Herbs:

20g stonecrop  
4g picked portulaca leaves  
2.8g dried samphire (salt)  
0.8g green juniper skins (minced)

### METHOD

To make the pea-so: Start by soaking fermented pearl barley in water for 24 hours. Place in a perforated gastro tray and steam at 100°C for 90 minutes and then cool, stirring occasionally so that the individual grains do not clump together. When the temperature is 30°C or below, lightly dust with aspergillus, continuously mixing to ensure even coverage. Cover the container with a damp cloth and place it in a high-humidity environment at approximately 30-35°C. Let it ferment for 18 hours and then mix, breaking the clumps. Allow another 18 hours to ferment, now mixing every 6 hours. This will give you the inoculated pearl barley.

Soak the yellow peas for 24 hours, then strain and wash. Seal the raw peas in a vacuum bag with the water, and cook in a steam oven at 100°C for 2 hours. Leave aside until it cools to room temperature.

For the fermented yellow pea mix: Mix the cooked yellow peas, inoculated pearl barley and fine salt together in a 12l

non-reactive container, taking care the mixture is homogenous and without air. Cover with cling film, ensuring there is still no air. Place another container or suitable plate on top, and load with 5kg of weight. Cover the container with a cloth to prevent contamination. Allow the fermented pea mix to age for a minimum of 3 months and up to 6 months, at a room temperature of around 20-25°C. After the desired fermented period, reserve the liquid accumulated in the container. Then take the mix and hang for 2 days, using a fine mesh cloth with a heavy object on top to press and extract the fermented pea juice.

Once the fermented pea mix is strained, cook it in a pot for 15 minutes with a little water to prevent it from sticking to the pan. Cook until there is no raw pea flavour. Purée in a blender and pass through a fine sauce net. Your pea-so is ready.

Set the fava beans in husk in a bag and steam at 100°C for 5 minutes, shock in cold water and peel immediately. Dry the beans and reserve in a cooler.

For the chamomile tea, boil the water and pour over all its ingredients. Let it infuse overnight, then strain and reserve.

To prepare the grilled cucumber juice, grill the cucumbers over a hot charcoal grill until black—while hot, place them in a sous vide bag (115cc) and seal. Allow this to rest for about 30 minutes, then massage the cucumbers in the bag to release their juices, and strain. Ice, filter and reserve.

Make the buttermilk sauce by mixing the ingredients together.

For the spinach purée, rinse the spinach in cold water. Blanch in boiling water until it is tender, and then put it into ice water. Strain and squeeze the water out. Put about 2g into a Paco container (reserve the rest for later), and freeze until block frozen. Then spin 3 times in the Pacojet. Store it in the open so it defrosts. (Paco containers are the receptacles used with a Pacojet—a machine used to make sorbets with a fine texture and other creations like frozen powders).

To plate the dish, start with the buttermilk sauce. Place 20g of favas, flat side up, sliced with a 94mm ring cutter, and season with salt. Pipe 8 dots of pea-so into the gaps. Pipe 16 dots of spinach purée into the remaining gaps. Mix herbs, place them in a pile and decorate with green oxalis leaves. Pipe the dill oil into the bottom of the bowl and serve. >





## Chilean sea bass

BY IAN KITTICHAJ

Despite being a global ambassador for Thai cuisine, chef Ian Kittichai—who confesses to having a soft spot for authentic street food like pad krapow, a medley of pork with beef or chicken, spiked with red chillies and holy basil—is eager to transform traditional flavours. Case in point: his Mumbai restaurant, Koh, regularly presents eclectic plates like Asian salmon tacos and a reconstructed New York cheesecake, which tips its hat to the Manhattan dessert bar he launched in 2011. The recipe below, however, pays homage to his roots. “Chilean sea bass is one of my signature dishes, and it’s timeless,” he says. “It’s light and fresh and captures Thai flavours, making a delicious impression.”

**SERVES 1**

**INGREDIENTS**

- 220g sea bass
- 20g red curry paste
- 20g palm sugar
- 10g yellow soy bean paste
- 30g heart of pak choi
- Lemon juice, salt and pepper

**METHOD**

Marinate the fish in lemon juice, salt and pepper. Then, blend red curry paste, palm sugar and yellow soy bean paste into a fine mixture. Apply this paste to the sea bass and let it rest for 20 minutes.

Preheat the oven to 180°C and cook the fish for 11 minutes in convection. Cook the heart of pak choi in boiling water for 7 minutes and season it.

Place the pak choi on the plate, layer the fish on top, and serve.

## Dhokla snow

BY GAGGAN ANAND

Molecular gastronomy and Indian street food are the cornerstones of chef Gaggan Anand’s ethos. Though he was once the personal chef to former president APJ Abdul Kalam, Anand recently opened the unassuming Gaggan, housed in a colonial-style bungalow in the pulsating heart of downtown Bangkok. Here, diners enjoy an array of picturesque creations like cosmic pearls (oysters with lemon foam, angel flowers and spiced sea salt) and Chowpatty Year 2050 (a futuristic version of paapdi chaat). “This is a recent addition to my winter menu,” says Anand of his dhokla snow recipe. “It’s a dish that redefines another street-food classic—a savoury, cold appetiser that surpasses most expectations.”

**SERVES 4**

**INGREDIENTS**

- 5ml curry oil (for garnish)

For the custard base:

- 100g gram flour
- 100g yogurt
- 150ml water
- 1g asafoetida
- 20g sugar
- Black salt to taste

For the snow:

- 100ml coconut milk
- 150g custard mixture (as prepared)
- 20g yogurt powder
- Liquid nitrogen bath

**METHOD**

Start with the custard base by blending all the ingredients and heating the mixture until it comes to a boil. Keep whisking as it thickens, to avoid lumps. When it reaches a spoon-coating consistency, remove from heat, run it through a sieve and let it cool.

To make the snow, mix the custard and coconut milk, and put it into an iSi siphon with 2 cream charges (filled with nitrous oxide, these are used to prepare culinary foam), shake and spray on a liquid nitrogen bath. As it freezes, crush it into a snow-like texture.

On a plate, drizzle curry oil, add the frozen snow and top with a dusting of yogurt powder.

CROCKERY: ADDRESS HOME; GOODEARTH



Avocado-coconut  
shooter with fried  
garlic, spicy shrimp  
and basil  
BY MONICA BHIDE



Author, teacher and chef Monica Bhide is also a formidable force in the blogosphere—last year, the *Chicago Tribune* named her one of seven food writers to watch in America. Her last cookbook, *Modern Spice: Inspired Indian Flavors For The Contemporary Kitchen* (Simon & Schuster, 2009) is a passionate primer on all things South Asian—“I strongly believe that authenticity is a state of mind,” Bhide writes in her introduction. About her avocado-coconut shooters, she says, “To me, this simple dish marries adventure with much-loved Indian spices. My tastes are strongly Indian—and will remain that way—but my adventurous nature compels me to try new ingredients to accentuate what I already love.”

**SERVES 2**

**INGREDIENTS**

- 2 green serrano or jalapeño chillies (seeded and roughly chopped)
- 2 tbsp coriander leaves
- ½-¾ large ripe avocado (peeled and pitted)
- 1½ tbsp fresh lime or lemon juice
- 1 tbsp honey
- 1 cup coconut milk (do not use light coconut milk)
- 2 large basil leaves—preferably purple, but green will do (for garnish)
- Salt to taste

For the tempering:

- 1 tbsp vegetable oil
- 1 garlic clove (peeled and sliced)
- ¼ tsp cumin seeds
- 6-8 medium shrimp (cleaned)
- ½ tsp red chilli powder
- Salt to taste

**METHOD**

Combine the chillies, coriander, avocado, lime or lemon juice, honey and coconut milk in a blender. Process until smooth. Check the consistency: it should be thicker than heavy cream, but not as thick as yogurt. Add a little more coconut milk if it needs to be thinned out. If it is too thin, add a little more avocado. Add salt to taste.

Transfer the soup to a container and chill for 1 hour.

When ready to serve, pour the chilled soup into 2 small cups.

To prepare the tempering, heat the oil in a small skillet over medium heat. When it shimmers, add the garlic and cumin. Cook for 20 seconds or so, until the garlic begins to change colour.

Add the shrimp, chilli powder and salt. Cook for 2-3 minutes, until the shrimp is cooked through.

Divide the tempering equally between the 2 cups. Be sure to do it gently, so that each shrimp sits on top of the soup and doesn't get submerged. Alternatively, you can balance them on the rim of the cup or, if you prefer, wine glass.

Garnish with basil and serve. >



# Patatas bravas

BY SERGI AROLA



For Sergi Arola, who has trained under legends like Ferran Adrià and Pierre Gagnaire, launching his namesake restaurant at the Mumbai JW Marriott last year was a chance to participate in “India’s culinary revolution.” His Madrid mainstay, Sergi Arola Gastro, has two Michelin stars for its Catalan-inspired dishes that intrigue and satiate. At his India out-

post, Arola balances locally sourced produce with imported ingredients like Alentejo olives, Iberian ham and Catabrian anchovies. His philosophy is evident in the simplicity of dishes like his famed patatas bravas. “I firmly believe in using great, local produce to create honest flavours,” he says. “I am sure this will continue to be the trend for 2013.”

**SERVES 2**

**INGREDIENTS**

- 5 potatoes
- 1l sunflower oil
- 5 fresh tomatoes (chopped)
- 1 fresh red chilli (chopped)
- 1 egg
- 3 garlic cloves
- 1 tsp lemon juice
- 5 tbsp olive oil
- 2 sprigs fresh parsley (for garnish)
- Salt and pepper to taste

**METHOD**

Cut the potatoes into exact halves. Use a pineapple corer to make cylindrical logs, and then scoop at the top of each with a small scooper.

Put the potato logs hollow-side up on a tray and brush with sunflower oil. Bake at 150°C for 45 minutes, then place on blotting paper.

For the spicy tomato sauce, heat olive oil in a pan. Add some crushed garlic and sauté; add the red chilli and sauté; then add the tomatoes. Cook for 1 hour over a slow flame. Season the sauce and blend.

To prepare the garlic aioli, crack the egg into a bowl, add some chopped garlic, lemon juice and salt. Mix well and whip it; add olive oil slowly to form an emulsion, and whip till the aioli is firm. Season.

Deep-fry the potatoes, lay them on a paper towel and sprinkle with salt. Fill the scooped-out centre with the tomato sauce and top with aioli. Garnish with freshly chopped parsley to serve.

# Crab and artichoke leaves

## BY BEN SHEWRY

Known for his soulful, nose-to-tail philosophy, chef Ben Shewry of Attica restaurant in Melbourne, Australia, recently bagged the Chef of the Year award from Australia's *Gourmet Traveller* magazine. "We don't waste a single edible part of any vegetable or fruit at Attica," he shares, and this is also reflected in the unorthodox methods he employs in the kitchen: like cooking a potato in the soil in which it was grown. "Using parts of vegetables that are often thrown away, such as the leaves of the artichoke, will soon become as important as making use of all parts of an animal," he predicts.

### SERVES 4

#### INGREDIENTS

8 large globe artichokes  
1l cold water  
1 lemon  
30 thyme flowers  
30ml macadamia oil, organic and cold pressed  
A few drops of lemon juice  
Sea salt to taste

#### For the artichoke purée:

8 artichokes (hearts and stems, finely sliced, as prepared)  
30ml grape seed oil  
125ml water  
Salt to taste

#### For the crab:

1 live spanner crab (800g)  
4ml grape seed oil  
Lemon, white wine vinegar and salt to taste

#### For the buttermilk:

100ml buttermilk  
1 small fresh wasabi root  
Salt to taste

#### METHOD

To prep artichokes, start by cutting a lemon in half and squeezing the juice into the water. Peel away and discard the tough outer leaves of the globe artichokes until you get down to the

tender yellow leaves—use a melon baller or sharpened teaspoon to remove the hairy part in the centre (called the choke) and discard. Gently break away all of the tender leaves and store in the acidulated water. Place in the refrigerator until needed. (Note: If any of the tips of your tender leaves are purple, they will need to be trimmed with a pair of scissors, as the purple parts are inedible.)

You will now be left with the heart and stem of the artichoke. Using a small, sharp turning knife, trim away the skin/husk of the stem to expose the tender core. Set the hearts and stems aside for the purée.

For the artichoke purée, use a medium saucepan to heat the grape seed oil over a low heat; add the artichokes and a pinch of salt, and let them sweat for 15 minutes or until they are tender and without colour. Add water and simmer for 5 minutes.

Remove from heat and place the contents of the saucepan in an upright blender. Blend on high speed for 5 minutes, or until silky smooth. Check seasoning and pass through a fine sieve.

Store in an airtight container, with a piece of baking paper covering the purée to prevent a skin from forming.

When you get to the crab, it is important to note that all live crustaceans should be held at a temperature of below 2°C until completely chilled before killing them. This is the most humane way, as when their temperature is reduced, the crustaceans become less sensitive. Just before cooking, kill the spanner crab by inserting a knife into its head.

The next step is to separate the crab legs from the body. Place the crab legs and body into a steamer—steam legs and claws for 5 minutes and then remove. Steam body for 15 minutes. Time for this may vary depending on the actual weight of the crab you procure. Once cooked, cool the pieces at room temperature for 20 minutes, and then chill completely in a refrigerator for 1½ hours.

When the pieces have chilled, pick the crabmeat from legs, claws and body, and when you're ready to plate, dress it lightly with a few drops of lemon juice, white wine vinegar, grape seed oil and salt.

Then pour the buttermilk into a small bowl. Using a fine microplane grater, add a tiny amount (two passes over the grater) of wasabi into the buttermilk.

Season with salt and whisk. You should only just be able to taste the wasabi.

Dress the artichoke leaves with a little macadamia nut oil, salt and lemon.

Warm the artichoke purée in a small saucepan over a low heat. Check seasoning and place 1 tbsp of the purée in the middle of each bowl.

Lay the artichoke leaves over the purée, the indented side facing up. Put a small pinch of crabmeat in each indentation, and place another artichoke leaf over it, indented side facing down.

Spoon some buttermilk around in the plate. Finish by scattering thyme flowers and adding a few more drops of macadamia nut oil and some salt crystals. >





**SERVES 4**

**INGREDIENTS**

- 4 (approx 250g) Peking duck breast halves (trim off connective tissue, but leave the skin on)
- 3 tbsp rendered duck fat or clarified butter
- 1 tbsp black mustard seeds
- 8-10 fresh curry leaves
- 1 tbsp freshly-ground long black Tellicherry pepper
- 420ml canned coconut milk
- 2 tbsp Madras curry powder
- 2-4 tbsp tamarind paste
- Coarse sea salt
- 1-2 tbsp chilled heavy cream (optional)

**METHOD**

Preheat oven to 200°C. In the meantime, let the duck breasts stand for 30 minutes at room temperature. Heat the duck fat or clarified butter in a large, heavy-bottom oven-proof skillet over medium heat. Add in the mustard seeds and curry leaves and let it cook for approximately 2 minutes, stirring constantly, until the mustard seeds begin to pop.

Add the pepper and coconut milk, and bring to a boil. Reduce heat to a simmer and add the curry powder and tamarind paste; let this simmer for 15 minutes. Season with ½ tsp of salt, then remove from heat and set the sauce aside.

Lightly score the skin of each duck breast diagonally, 2cm apart, taking care not to cut the flesh. Season with salt and let it stand for 10 minutes.

Heat a heavy-bottom skillet over medium heat, and place the duck breasts, skin-side down. When they begin to sizzle, reduce the heat to medium-low; cook until the fat is rendered and the skin browned.

Transfer the duck breasts to the skillet with the sauce, skin-side up, and reserve the rendered fat for later use, if you wish. Put the skillet with the sauce and duck in the oven and cook for 10 minutes for a medium finish, or 15 minutes if you want it well done.

Remove the breasts from the sauce and let them stand for 5 minutes. If the coconut milk of the sauce begins to separate, stir in heavy cream.

Slice duck breasts diagonally, against the grain. Serve with sauce, rice and naan.

*Tellicherry duck breast*  
BY VIKAS KHANNA

Amritsar and New York City amiably co-exist in all of Vikas Khanna's creations—like watermelon shorba, tandoori pineapple scallops and eggplant chaat—a fact that is most apparent at Junoon, his Michelin-starred Manhattan stronghold. The multifaceted chef, who recently produced a documentary called *Holy Kitchens*, epitomises the passion that Junoon is named after: when he's not cooking, he's at the

helm of Sakiv, a foundation that hosts gastronomic galas to raise money for a range of humanitarian relief efforts.

Khanna offers the recipe of a star player in Junoon's four-course tasting menu, the Tellicherry duck breast. "Tellicherry peppercorns have always been a real treasure," he says. "The interplay of tamarind and curry leaves results in the perfect combination of sourness and pungency."

# Prawn and cauliflower velouté with sweet and sour cauliflower

BY ALEX SANCHEZ

For Alex Sanchez, executive chef at The Table—the Mumbai eatery where Colaba chic meets San Francisco simplicity (courtesy of Sanchez’s Californian roots)—2013 will be the year that home cooks bravely push beyond their comfort zones. “This recipe not only has depth and intricate layering,” he says of his sumptuous prawn and cauliflower velouté, “but it’s also something that is achievable by cooks of varying levels of experience. The result is a simple, elegant soup, perfect for when you’re entertaining or enjoying a romantic evening at home.”

## SERVES 4

### INGREDIENTS

Fennel sprigs (for garnish)  
Pine nuts (for garnish)

For the prawn stock:  
1kg prawns (with heads on)  
3 tbsp corn oil  
150g white onion (sliced)  
75g celery (sliced)  
50g leeks (sliced)  
25g garlic (sliced)  
50g button mushrooms

1 bay leaf  
1l water

For the velouté:  
75g butter  
150g white onion (peeled, sliced thin)  
1 cauliflower (sliced thin)  
1 cup milk  
½ cup cream  
2½ cups prawn stock (as prepared)  
1 bay leaf  
5 black peppercorns  
1 sprig thyme  
Salt and white pepper to taste

For the sweet and sour cauliflower:  
1½ cups white wine vinegar  
½ cup sugar  
3 tbsp golden raisins  
1 small white onion (finely minced)  
25g butter  
350g small cauliflower florets  
Salt to taste

### METHOD

First make the prawn stock. Remove the heads and shells of the prawns and reserve the meat for later.

Heat the corn oil in a medium saucepan and add prawn heads and shells. Cook over medium heat until the shells take on a deep red colour and the liquid evaporates.

Add the onion, celery, leeks, garlic, mushrooms and bay leaf. Reduce the heat to low, and cover the pot with a tight-fitting lid. Allow the

vegetables to soften for about 5 minutes, stirring occasionally.

Once the vegetables have softened, add the water, increase the heat to medium-high, and allow the stock to come to a boil. Immediately reduce the heat to medium-low, and simmer the stock for 30 minutes, skimming off any impurities that rise to the surface as you cook.

Strain through a fine sieve and discard the solids. Use this stock for the velouté.

For the velouté: Heat the butter in a medium saucepan and cook the onions over a low heat until soft but not brown.

Once the onions have softened, add the cauliflower and cover the pot with a tight-fitting lid. Stir occasionally so that the cauliflower does not brown.

When the cauliflower is cooked but still has bite, add the milk, cream and prawn stock.

Tie the bay leaf, peppercorns and thyme in a muslin sachet and drop it into the velouté pot.

Simmer the velouté for 45 minutes, then remove the sachet. Blend in small batches until completely smooth. Strain through a fine mesh sieve, and season with salt and white pepper.

For the sweet and sour cauliflower, make a sauce by bringing the vinegar, sugar and raisins to a boil. Add the finely minced onion and reduce heat. Once the mixture has reduced to half a cup, set it aside.

To prepare the florets, heat the butter in a sauté pan until foamy. Add the cauliflower florets and cook until they are golden brown. Season with salt.

Add the prepared sweet and sour sauce until the florets are glazed.

To assemble the dish, start by de-veining the reserved prawns; cut them into small, bite-size pieces and cook gently in a sauté pan with a little butter.

Heat the velouté and divide it into 4 warmed soup bowls. Garnish with the sautéed prawns and cauliflower florets, and finish with fennel sprigs and pine nuts. >

CROCKERY, ADDRESS HOME, STYLIST'S OWN



# Sea scallop and matsutake rosette

BY DANIEL BOULUD

As the chef-owner of a host of renowned, Michelin-starred restaurants across New York, Daniel Boulud recently expanded internationally with culinary outposts in Beijing, Singapore and London. What sets him apart from his contemporaries is an unwavering commitment to seasonality, ingredient-driven menus and a foundation in French tradition—he was raised on a farm in Lyon. “One thing that is so important, regardless of a restaurant’s location, is the idea of *terroir* or ‘what grows together goes together,’” he explains. “The sea and

land elements in this sea scallop and matsutake rosette are brought together with a bright, lemon sabayon that lends an Asian flair. This dish is for diners who are interested in seasonality and locality, but are also looking for something simple and refined.”

**SERVES 4**

**INGREDIENTS**

- 4 matsutake mushrooms (approximately 4cm each)
- 8 large sea scallops (about 450g)
- ½ cup white short-grain (sushi) rice
- 1½ cups chicken stock

- 1 lemon (finely grated zest and juice)
- ¼ cup brunoised watermelon radish
- 28g micro celery leaves
- 28g micro scallions
- Olive oil, as needed
- Salt and freshly ground white pepper to taste

**METHOD**

Preheat oven to 200°C.

Clean mushrooms by rubbing them with a damp cloth. Using a mandolin slicer, cut them lengthwise, into about 1.6mm slices.

Rinse the scallops, remove the side muscles and pat dry. Slice each scallop into 3mm-thick circles.

Place a 12cm ring mould over a 15cm square of lightly oiled parchment paper. Layer the slices from 2 scallops, alternating with the mushroom slices inside the ring mould in a slightly overlapping, circular pattern.

Remove the mould, and season with salt and pepper. Top with another piece of oiled parchment, oiled side down. Repeat to make 4 ‘rosettes’.

Transfer these to a baking sheet in a single layer and keep chilled until serving.

Rinse the rice in cold water until it runs clear. Combine with the stock in a small saucepan over medium heat and bring to a simmer.

Reduce heat to low, cover, and cook the rice for 15 minutes, until it is very soft.

Transfer into a blender and purée with the lemon zest and oil until smooth.

Season with lemon juice, salt and pepper. Return to the saucepan and keep warm until you’re ready to plate it with the mushrooms and scallops. Garnish with celery and scallions. ■

