

ADVERTORIAL

# Pink flower



*pan-seared Norwegian salmon on steamed black sesame rice & beetroot & grapefruit infused yoghurt sauce*

THEY SAY IT'S A MAN'S WORLD IN THE KITCHEN. IT MAY BE TOUGH AND CHALLENGING BUT MANY WOMEN HAVE MADE A NAME FOR THEMSELVES AS REPUTABLE CULINARIANS. THE NORWEGIAN SEAFOOD EXPORT COUNCIL RAISES A TOAST TO WOMEN CHEFS BY GETTING THE WINNERS OF ITS COMPETITIONS IN SINGAPORE AND MALAYSIA TO CREATE SPECIAL PINK-INSPIRED DISHES.



### pan-seared Norwegian salmon on steamed black sesame rice & beetroot & grapefruit infused yoghurt sauce (page 79)

By Michelle Tan & Tatiana Tanusha

- 8 Norwegian salmon fillets (about 80g each), skin removed and boneless
- Salt and freshly ground black pepper, to taste
- 20ml olive oil
- 2 grapefruits, peeled, segmented and juice reserved, for garnishing
- Alfalfa sprouts, for garnishing

#### Steamed Black Sesame Rice

- 100g uncooked rice, rinsed and steamed
- 50g black sesame seeds, toasted

#### Beetroot & Grapefruit Infused Yoghurt Sauce

- 150ml yoghurt
- 50ml grapefruit juice
- ½ beetroot, boiled, peeled and mashed

- For the steamed black sesame rice: Mix the steamed rice and black sesame seeds in a mixing bowl. Set aside.
- For the beetroot & grapefruit infused yoghurt sauce: Mix the yoghurt, grapefruit juice and mashed beetroot in a mixing bowl. Set aside.
- Season the Norwegian salmon fillets with salt and freshly ground black pepper to taste. Heat the olive oil in a frying pan and pan-sear the seasoned Norwegian salmon fillets for about a minute on each side.
- Shape the steamed black sesame rice into balls, flatten it and place onto the centre of each serving plate. Top with the grapefruit segments and a pan-seared Norwegian salmon fillet. Drizzle over the beetroot and grapefruit infused yoghurt sauce. Garnish with the alfalfa sprouts. Serves 4

### trio of Norwegian salmon

By Creasperson Carlos & Melissa Liew

#### Norwegian Salmon Tataki With Almond Crust & Pesto

- 4 Norwegian salmon fillets (about 60g each), skin removed and boneless
- 1 tbs olive oil
- Sea salt and freshly ground black pepper, to taste
- 200g almonds, roasted and crushed
- Pesto, for garnishing

#### Norwegian Salmon Tartare With Avocado & Mango

- 4 Norwegian salmon loins (about 60g each), skin removed and diced
- 20g (each) lemon zest, grated ginger, grated garlic, chopped basil and chopped dill
- 40g (each) diced mangoes and diced avocados
- Sea salt and freshly ground black pepper, to taste

#### Smoked Norwegian Salmon With Orange & Beetroot Sauce

- 4 Norwegian salmon loins (about 60g each), skin removed and boneless
- 20g (each) chopped dill and grated garlic
- Sea salt and freshly ground black pepper, to taste
- 80g wood chips
- 20g tea leaves
- Orange & beetroot sauce, for serving

Sesame tuile, grapefruit wedges and fig quarters, for garnishing

- For the Norwegian salmon tataki with almond crust and pesto: Season the Norwegian salmon fillets with olive oil, sea salt and freshly ground black pepper. Coat the Norwegian salmon fillets with the crushed almonds and pan-sear the Norwegian salmon fillets in a heated frying pan until golden browned. Remove from saucepan from the heat and spread the pesto on the pan-seared Norwegian salmon fillets just before serving.
- For the Norwegian salmon tartare with avocado & mango: Mix all the ingredients in a mixing bowl and set aside.
- For the smoked Norwegian salmon with orange & beetroot sauce: Marinate the Norwegian salmon loins with the chopped dill, grated garlic, sea salt and freshly ground black pepper. Place the wood chips and tea leaves into a sauté pan. Top with the marinated Norwegian salmon loins. Cover the sauté pan and allow to smoke for about 4 to 5 minutes over low heat. Remove smoked Norwegian salmon from the heat and set aside.
- Arrange the Norwegian salmon tataki with almond crust and pesto, Norwegian salmon tartare with avocado and mango and smoked Norwegian salmon in a straight line on each rectangular serving plate. Garnish with the sesame tuile, grapefruit wedges and fig quarters. Serves 4

## About Norwegian Salmon

Deep in the clear, icy-cold oceans of Norway lie some of the richest and freshest seafood the world has to offer. Although famous for its cod, trout and mackerel, Norway's true gem comes to us in the colour of pink – the Norwegian salmon.

Norwegian Seafood Export Council is the Norwegian seafood industry's combined marketing and information council. The goal of its operations is to increase the interest for and awareness of Norwegian seafood in Norway and the rest of the world.





**A**nne Sophie-Pic, Annie Féolde, Antonella Ricci, Chui Lee Luk, Suzanne Goin and Suzanne Tracht – they are some of the world's best and most respected women in the culinary world. It's because of this 'girl power' that inspired the Norwegian Seafood Export Council (NSEC) to pay tribute to the women who are joining the kitchen ranks. And this celebration comes very timely as both the winning teams of the Singapore Young Chef Games 2009 (YCG2009) and Malaysia's Norwegian Salmon Challenge 2010 (NSC2010) are made up of women. Speaking of competitions, the king of all cooking competitions, the Bocuse d'Or, will see the participation of the all-female duo of See Lay Na and Goh Miow Di next year. See and Goh represented Malaysia and won the rights to represent Asia as the victor of Bocuse d'Or Asia.

NSEC got the four ladies of YCG2009 and NSC2010 to honour their predecessor through a glorious expression of pink-inspired dishes.

The life stories of Creasperson Carlos, 29, and Melissa Liew, 34, are what inspirations are made of. These two students of Shatec Institutes form the winning team of the inaugural Singapore Young Chef Games 2009. Calling themselves Rosella, despite their busy internship schedule, they have managed to come together once again to create another winning dish. This time around, inspired by the power of pink and also keeping in mind women who are health conscious, they presented their trio of Norwegian salmon – a vivid display of colour, texture and taste. Carlos said of the dish, "We decided to make an appetiser that showcases a trilogy of cooking methods. We wanted to show the versatility of Norwegian salmon and at the same time, incorporate healthy ingredients into our dish." Liew continued, "We used a lot of fruits because it is healthier and it's also an interesting choice because not very often do we see fruits being used in savoury dishes. And we wanted our dish to be pink too!" A former banker and a mother of two, Liew gave up a comfortable job because in her own words, "I believe in chasing my dreams. I want to open my own restaurant one day and share my love of food with others." Carlos, who left her family in Philippines to study culinary arts, agreed, "It's my goal to one day have something I'd like to call my 'food truck'. It's my aspiration to drive this 'food truck' to rural villages and provide nutritional food to these villagers. It's a little something that I can do to give back to my community." Now this definitely calls for talent, humility and inspiration in a package!

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*"Many people always think that women are not able to withstand the challenges of a kitchen but we're here to prove them wrong." Michelle Tan*

Both 19, Michelle Tan and Tatiana Tanusha, cried for joy when their names were announced as the winners of the Norwegian Salmon Challenge 2010 held in Kuala Lumpur, Malaysia earlier this year. Not only will they get an opportunity to visit Shanghai for the World Expo 2010, they have also proved to many that women can definitely succeed even in a male dominated environment. The same can be said of our legendary women chefs mentioned earlier and of Carlos and Liew. Tan and Tanusha beat all the male contestants in the competition and emerged victorious. "Many people always think that women are not able to withstand the challenges of a kitchen but we're here to prove them wrong," Tan, the only girl in her class, said proudly. Speaking about their exquisite dish of pan-seared Norwegian salmon on steamed black sesame rice and beetroot and grapefruit infused yoghurt sauce which they created at Temasek Culinary Academy, Tanusha revealed, "When we came up with the idea for this dish, we wanted to create something simple and easy for the everyday working woman to whip up in an instant after a long day at work." Taking the cue from other cuisines, their dish is a subtle celebration of Japanese and Indian cuisines. The steamed black sesame rice was done the way sushi rice is made while yoghurt is a common ingredient used in Indian cuisine. "We added beetroot to the yoghurt to give it a lively pinkish tinge and also grapefruit juice to give it a citrusy taste," Tan shared. Tanusha then concluded, "We just want our dish to be delectable and at the same time, wholesome and healthy." Not bad for two girls who are definitely on their way to the top.



*"When we came up with the idea for this dish, we wanted to create something simple and easy for the everyday working woman to whip up in an instant after a long day at work." Tatiana Tanusha*