

FUSION GALORE

SHAHEDA YESMIN

Proprietor of Jewel's Kitchen
boutique school**FUSION CROATIAN DALMATIAN BLACK RISOTO (CRNI RIZOT)****Ingredients**

1 tbsp olive oil
2 tbsp onion, chopped
2 tsp garlic, chopped
½ cup black glutinous rice, soaked in water for 20 minutes
2 tbsp tomato sieved (passasata)
1 bay leaf
½ tsp salt
¼ tsp black pepper powder
2 cups Tom-yum stock
0.80g saffron
¼ cup capsicum, diced
200g squid, cleaned, washed and cut in rounds
¼ cup parmesan cheese
2 tbsp goat cheese (grana Padano cheese)
2 tbsp grape juice
2 tbsp coriander leaves, chopped

Method

Heat a pan with olive oil, sauté the onions and garlic until aroma develops. Add the rice and fry for 2 minutes and pour the tomato along with the bay leaves, salt, and pepper. Gradually add the stock and keep stirring the risotto until all the liquid has been used. Add the squid by pushing inside of the risotto, sprinkle with the cheese and grape juice. Serve with the coriander leaves.

FUSION ARROZ CALDO (CHICKEN RICE PORRIDGE)**Ingredients**

¼ cup black glutinous rice
¼ cup jasmine rice
200g boneless chicken breasts
4 cups of chicken stock
2 tbsp clarified butter
5 thumb sized garlic cloves (3 thinly sliced and 2 finely chopped)
2 tbsp thinly sliced onions
2 tsp ginger, Julian cut
2 tsp fish sauce
2 tsp spring onion, thinly sliced



1 egg
Kalamansi (lemon wedges), to serve

Method

Place both of the rice varieties in a bowl, cover with cold water and set aside to soak. Place the chicken in a saucepan with 1 cup of chicken stock. Bring to the boil over medium heat, skimming any scum from the surface, then reduce the heat to low-medium and simmer for 15 minutes. There should be very little liquid left, remove the pan from the heat and set aside.

Put the clarified butter and sliced garlic in a saucepan over medium heat and stir continuously for 5 minutes, or until the garlic is golden. Remove with a slotted spoon and drain on a paper towel. Return the saucepan to the heat, add the onion and cook for 5 minutes, stirring until soft. Add the chopped garlic and ginger and stir for a further 2 minutes, or until fragrant.

Drain the rice, add to the pan with the onion and stir for 2 minutes, or until the



rice grains are well coated. Add the fish sauce and 3 cups of the stock, bring to a boil, then reduce the heat to medium and cook for 20 minutes, or until the rice is very soft and starting to break up, and the mixture has thickened. Thin with a little extra stock to a porridge-like consistency, adjust the taste.

Cut the chicken in thin slices. In a bowl, arrange the porridge and top up with the shredded chicken, then sprinkle with the fried garlic and spring onion. Serve with hard boiled eggs and Kalamansi (lemon wedges).

STUFFED CAULIFLOWER**Ingredients**

1 whole large cauliflower head, stem trimmed
2 tbsp clarified butter
2 tsp ginger paste
2 tsp garlic paste
¼ tsp turmeric powder
½ tsp coriander powder
½ tsp green chili paste
1 tsp salt
200g minced chicken
1½ cup béchamel sauce
¼ cup freshly grated cheddar cheese

1 cup shredded mozzarella cheese
4 pieces of capsicum slices
Crushed red pepper flakes
½ cup of shredded carrot

Method

Simmer water in a big pot with some salt. Add the whole cauliflower and simmer for 7-8 minutes. Remove from the water. Preheat the oven to 200°C.

Heat clarified butter and add all the ingredients from ginger to salt. Add a little water to prevent from burning, add in the minced chicken. Stir fry for 6-7 minutes and remove from the heat. Stuff the chicken mixture onto the boiled cauliflower. Arrange the capsicum on top of the cauliflower.

Arrange the stuffed cauliflower in a baking dish and golden, about 35 minutes (depending on the oven strength). Remove from the oven and top béchamel sauce. Sprinkle with cheddar and mozzarella.

Switch oven to broil, and broil cauliflower until cheese is bubbly and golden in spots, about 3 minutes. Serve with red pepper flakes and carrot.

Food and Photo: Shaheda Yesmin