

The background is a white circle with a decorative border. The border consists of various elements: a long, thin, reddish-brown brushstroke on the left; a green, textured splatter on the top right; a large, vibrant purple splatter on the bottom left; a yellowish-green circular shape with coffee beans on the bottom right; and several coffee beans scattered throughout. The overall aesthetic is artistic and modern.

HIHsaaKURUN

BY CHEF MICKAËL





HIHsaaKURUN

KANDOLHU COOK BOOK



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Preface

From the gin-clear water lapping the teardrop-shaped powdered-sugar beach to the sumptuous restaurants and lavish spa; Kandolhu is the kind of place that lingers in your consciousness long after you have checked out. Remember that first glimpse from the seaplane of a verdant island surrounded by azure water, with harlequin bursts of coral unfolding into the open ocean. The warm welcome from beaming staff lining up on the jetty to greet you. Kicking off your shoes and letting your toes sink into the impossibly soft, deep sand. Swimming over the reef with a multitude of colourful parrotfish and butterflyfish...

But there's so much more to Kandolhu than even all of this. It is the unique combination of sights, sounds, flavours and scents that come to define this resort's special identity; which is unlike anything else in the Maldives.

Tucked away in North Ari Atoll, Kandolhu is perfectly-positioned in one of the most beautiful parts of the Maldives. As an area abundant in tropical marine life, divers and snorkelers alike can explore endless coral reefs, bustling with colourful fish of all shapes and sizes.

Back on dry land, guests can recline on the soft white coral sand beach, surrounded by lush coconut trees, or retire to the air-conditioned comfort of their contemporary tropical-chic villas.



Gastronomy is the bedrock of the Kandolhu experience – in fact, it is the only small-scale resort in the Maldives (if not the world) with so many restaurants in relation to its size. There are no less than four venues catering to just 30 villas. And although the island is merely a 200m-long fragment of emerald in the Indian Ocean, at Kandolhu, you can travel the world with your taste-buds.

For some time, Executive Chef Mickaël Farina has envisioned being able to offer guests the opportunity to take a little slice of paradise back home with them. So the photography enthusiast created this beautifully-illustrated book so that guests will not only be able to re-live their holiday memories, but also can recreate some of the flavours of Kandolhu at home. The glossy images of the resort capture the spirit of Kandolhu, and are the perfect counterpoint to the selection of some of the most popular and innovative dishes served throughout the year at this exclusive resort.

Even if you're simply an admirer of photography, the striking pictures of

Kandolhu, the staff, and the Maldives (all taken by members of the Kandolhu team), are a superb memento of an unforgettable holiday. The sights, tastes and aromas of Kandolhu come alive with each page you turn.

Even culinary novices will be able to re-create the dishes they enjoyed at Kandolhu at home. All kinds of dishes are represented, from porridge and burgers to sushi and fine dining (without the need for an industrial oven and a fleet of kitchen staff to assist you!). Each recipe is presented in an accessible, easy-to-understand format. The starters and main courses are categorised by their origins: from the garden, from the land, and from the sea.

The book features cuisine from around the world, with a hint of Mickaël's French origins shining through many of the recipes due to the way the layers of flavours are constructed, as well as his selection of ingredients. A spotlight is also cast upon Italian cuisine, with highlights such as the 'Pumpkin risotto, sautéed spinach and goat cheese', as well as mouth-watering curries

like the eternally-popular 'Maldivian fish curry, shaved coconut, curry leaf, poppadum and garlic fried rice'. The book also challenges you to try your hand at some fine dining dishes, which will require a little more work to accomplish.

Mickaël has previously worked at some of the top restaurants in Australia, New Zealand and Ireland, as well as in his home country of France. He held senior roles in the kitchens of two luxury resorts in the Maldives before taking the helm at Kandolhu, where his five-star cuisine has been acclaimed by international journalists and jet-setting guests alike.

This book will transport you back to the Maldives, with a culinary tour through no less than 65 of the dishes served by Chef Mickaël during his first year at the helm at Kandolhu.



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MALDIVES





The Maldives is an exotic Indian Ocean paradise comprised of 1,190 tiny islands scattered like jewels across an infinite turquoise canvas. The vast majority of the islands are completely uninhabited 'Robinson Crusoe' islands. Around 110 have been transformed into resort islands, while a further 200 are inhabited by Maldivian island communities (the population is only 370,000). The highest point in the entire country is just 3m above sea-

level, which makes the Maldives very vulnerable to climate change. But the Maldives also has a vast mountain range. How so? Well, this mountain range is submerged deep underwater! In fact, the islands which constitute the Maldives as we know it today grew up from coral crusts fringing the submerged mountain peaks.

This all makes for some captivating underwater topography, which includes

deep channels with steep walls, submerged mountaintops and sunken pinnacles (thilas). Add to the mix incredible visibility, more than 2,000 species of fish, 70 species of coral, shipwrecks, whale sharks, reef sharks, manta rays, and stingrays, and you can see why the Maldives is known as one of the world's premier diving destinations.

The crystal-clear water remains at an average of 29°C all year round, and an abundance

of marine life can easily be spotted with a snorkel and mask. It includes all kinds of intriguingly-named reef fish with kaleidoscopic colours, such as parrotfish, angelfish, squirrelfish, oriental sweetlips and anemonefish. Small white-tip reef sharks and black-tip reef sharks also frequent the reefs, although there's no need for concern. These species are not known for aggressive behaviour, and they tend to be quite shy.

The Maldives is not only rich in beauty but also in culture. Maldivians are descended from a mix of Sri Lankan, Indian, African and Middle Eastern sailors, traders and other seafarers. Their diverse origins have contributed to a distinctive Maldivian identity with its own unique language, Dhivehi, (which is only spoken in the Maldives). 'Bodu beru' traditional drumming and 'bandiyaa jehun' folk dancing (similar to the Indian pot dance) are also proud Maldivian

traditions. Maldivians are friendly and often very creative and entrepreneurial, they're also always very interested in chatting with people from other countries.

The main industry is tourism, with roughly 1.2 million visitors per year coming to the islands in search of sun, luxury and seclusion. Fishing is the second biggest economy, with Bluefin tuna being a major international export. As such,

fish plays an important role in Maldivian cuisine. Fish curry made with fresh curry leaves and coconut milk, and 'mas'huni roshi' (tuna, coconut, onion and chilli served with flatbread and a squeeze of lime as a breakfast dish) are some of the most popular Maldivian meals, and are often served at resorts. Maldivian cuisine is usually much less spicy than the cuisine of its neighbouring countries, such as India and Sri Lanka. Although they use similar ingredients such

as chillies, curry leaves, mustard powder, star anise and other spices, the flavour is subtler and fewer vegetables are used due to the lack of land for large-scale agriculture.



KANDOLHU





For more than a decade, it was known as the best-kept secret in the Maldives. “Kandolhudu”, as it was then known, was a haven for cruising yachts and scuba divers, who flocked to it from around the globe.

The five-star retreat we know today as Kandolhu has come a long way from its humble beginnings in 1993. Initially, it was a picnic-style’ Island with just one room plus on the entire island, plus essential rest-room facilities. Yachts could stop off to enjoy the fabulous beach, and

make use of the basic, functional facilities. In 2004 it developed into a 16-room cruising concept known as ‘Kandolhudhoo Diver’s Rescue and Day Spa’, this time with a handful of new amenities: A plunge pool with sauna and steam bath, al fresco sea-view spa treatment rooms, yoga pavilion, staging area, and, importantly, a decompression chamber and medical team for scuba divers.

Back then there was just one restaurant and one bar, and guests could only choose between bed-and-breakfast or

half-board options. “All-inclusive still wasn’t an option, but we set up every night a dinner on the beach”, remembers Ahmed Jaleel, Resident Manager, who has worked on the island for more than 10 years.

2014 was the year the biggest changes came. The island was re-built as a high-end luxury hideaway with unique design features, and re-branded as Kandolhu. The newly-built villas, topped with traditional Maldivian coconut thatch roofs, were decked out with cutting-edge technology and

luxury amenities including plush king-size beds, wine coolers, airy bathrooms and a jacuzzi or private pool. Architecture inspired by Maldivian traditions fused with contemporary design sprung up to form a new, elegant reception area, iconic restaurants and a heavenly spa. Walls built from reclaimed coral gave the architecture an authentic Maldivian flavour, but Kandolhu pioneered a fresh new style unlike anything else in the Maldives.

Jaleel says that despite the changes over the years,

the raw appeal of this natural paradise is timeless. “It’s now much more luxurious, but some of the people who came before it was developed still come now. They come for its beauty. It has a very nice beach all the way around, no sea walls, and the house reef is just five metres from the shore.”

Tucked away in the heart of the island, the Varu Spa was another significant innovation. It offers a complete wellness experience, surrounded by lush tropical foliage. The talented spa therapists help to gently

soothe your mind, body and soul. However, those who enjoy an active holiday can also find plenty to occupy them at the Noovilu watersports centre. Some of the most popular activities include snorkelling, paddle-boarding, kayaking, wakeboarding, kneeboarding and speedboat rides on inflatables. Waking up early to excitedly join a boat excursion in search of manta rays is one of Noovilu’s biggest highlights, according to guests!

And of course, Kandolhu is now a world-class gastronomic destination, with an astounding

selecting of epicurean delights and multiple dining venues to choose from. Guests love nothing more than spending lazy mornings savouring lavish breakfasts at The Market, admiring the panoramic views and Mediterranean flavours on Olive’s upper deck, marvelling at the live demonstrations at Banzai, and soaking up the intimate atmosphere during a amidst the distinctive coral stone arches at Sea Grill. No resort can be truly successful without excellent staff and at Kandolhu, praise for the team members’ warmth and friendliness is

constantly remarked upon by guests. From appreciation for sous-chef Chetan’s dedication to guests at his Indian cuisine classes to the professionalism and advice offered by the team at the dive centre, not to mention the laughs at dinnertime provided by the smiling waiters, and the sommelier’s commitment to ensuring guests not only have the perfect wine pairing with their meals but also enjoy their days to the maximum.



THE CHEF



With a large close-knit family, including my French-born Spanish mother; as well as French, Italian, Vietnamese and Algerian 'Pied-Noir' great-grandparents, I've always had a lot of multicultural influences around me. This means I've always embraced other cultures and never particularly identified with one country in particular, even though I am French-born.

Luckily enough, my great-grandparents were alive during most of my childhood, and due to the big cultural mix in my family, I had the chance to eat all kinds of different food with them. All of this probably helps to explain my thirst for travel and insatiable interest in discovering new food and new cultures.

Carry-le-Rouet is my hometown, a small commune next to the Mediterranean Sea. My father and his family spent their entire lives there, and still live there to this day. This seaside resort, surrounded by

hills covered in pine trees, is the place I return to once a year; it's the place I call home.

When I was nine, my parents divorced and I moved with my mother to Montluçon near Clermont-Ferrand, right in the heart of France. The divorce helped me to mature. A desire to explore the world was bubbling away beneath the surface but I realized that I would have to wait until I was an adult before I could really spread my wings.

Unlike most of my classmates, from the age of 11 I had a clear idea of what I wanted to do; which I announced to my guidance counsellor one day. My eyes had been glued to the television as a French documentary profiled a successful French chef working in Los Angeles. As stupid as it may sound, from that day on I knew I would eventually work in a kitchen. I knew it wouldn't be glamorous (at least, not to start with) but I knew I wanted



to be that guy; to travel, to lead a team, to own a business...And I knew exactly what I wanted to find out from the guidance counsellor: Where was the closest hospitality school?

For me, the appeal was clear; short study-time, a creative job but with military discipline, high market demand, opportunities for travel, and the chance to be 'someone'. I realised the fact I'm French, combined with the reputation of French cuisine around the world was a good selling-point!

At 14 I finally had my first opportunity to do a one-day trial in a professional kitchen. I immediately knew, surrounded by the clatter of utensils and the frenzy of creative activity, that this job suited me to a tee.

The funny thing is that unlike many other chefs, initially I didn't choose the profession due to my love of food. At first, as an 11-year-old-boy, I

just wanted to be like the cool guy I had seen on TV who had played his French credentials to his advantage to get a great job overseas. In fact, my true passion for food blossomed later from one person while I was a teenager. This person who turned my perceptions about food upside down was my French maternal grandmother.

Everyone loved her cooking, she would invent new recipes and if they were a hit they would be passed down through the generations. In fact, one of the dishes in this book was created by my grandmother. Her name was Françoise but everyone called her 'Fanou'. It is now a classic in my family, and is served as an aperitif.

The one dish which turned my view of cooking upside-down was a dish she served up at Christmas, shortly after a trip to Mexico, 'Poulet au chocolat' (chocolate chicken).

I was probably about 13 years old and couldn't believe we were going to eat chocolate chicken for dinner instead of a traditional roasted French farm chicken. I'd enjoy eating chocolate on a tea-break, but the idea of eating it with chicken sounded crazy! Everyone else at the table was shocked, too, although I could see a few wry smiles. But knowing my grandmother's ability in the kitchen, I was prepared to try it. The name for this dish is Chicken Mole (a version combining French techniques with Mexican ingredients, including Mexican dark chocolate and Mexican chili, which covers the traditional French farm-raised chicken.)

We took our first bites. At first there was absolute silence. Nobody spoke a word, and my grandmother just sat there at the table, not eating, waiting for our reaction. We all beamed at her, not even wanting to stop shovelling

the delicious flavours into our mouths to congratulate her on her success! She had succeeded in winning over a traditional French family with a Mexican-inspired dish, on Christmas Eve, of all days!

This was the moment that opened my eyes to understanding how important food is, how seriously people take it, how magical it can be, and most importantly, I understood that French cuisine is not the only 'good' cuisine in the world. It made me even more eager to start learning culinary art.

BREAKFAST



Breaky Fritter

Capsicum Coulis

Portion/amount: 175ml

Ingredient list for Breaky Fritter

500g Red Capsicum
50ml Rice Vinegar
15g Caster Sugar

Recipe

- Place the capsicum on flame of gas burner and burn skin to black color.
- Place burnt capsicum in metal bowl and cover with plastic wrap.
- Leave to cool for 40 minutes.
- Clean capsicum; first remove skin, then seeds and pass under cool running water.
- Bring rice vinegar and sugar to boil and cool.
- Blend capsicum and vinegar mixture to puree.
- Pass through fine tamis.

Corn Fritter

Portion/amount: 4 (60g each)

Ingredient list for Corn Fritter

150g Sweet Corn
10g Spring Onion
5g Coriander
30g Red Capsicum
1pc Egg
1g Chili Flakes
60g All Purpose Flour
TT Salt
TT Ground Pepper Corn

Recipe

- In hot pan roast sweet corn for color.
- Fine chop spring onion and coriander.
- Brunoise red capsicum.
- Lightly beat egg.
- Mix all ingredients together finishing with egg.
- In pan at medium heat with butter, press 60g of mixture into size 90 stainless steel rings.
- Fry on both sides to golden brown.
- Bake at 180°C for 4 minutes.

Plating

1 Portion

Ingredient list for Plating

15g Feta Cheese
½pc Avocado
2pcs Corn Fritter
40ml Capsicum Coulis
10g Picked Rocket

Recipe

- Dice feta cheese.
- Slice half avocado length wise.
- Place one corn fritter on base of plate.
- Cover corn fritter with half of capsicum coulis.
- Add rocket.
- Add avocado.
- Sprinkle with feta cheese.
- Add remaining of capsicum coulis on top.
- Place remaining corn fritter on top.



Baked Beans En Croute

Baked Beans

Portion: 400g

Ingredient list for

Baked Beans En Croute

250g White Beans (Canned or raw. If raw, soak in water over night.)

100g Onion

12g Dijon Mustard

15g Brown Sugar

20g Ketchup

325g Tomato Coulis

Recipe

- With raw beans, cook in vegetable stock until al dente. If canned, simply strain.
- Mix all ingredients together.
- Bake in greased baking dish at 200°C for one hour.



Plating

1 Portion

Ingredient list for Plating

2pc 50g Brown Pistolet

Bread Roll

100g Baked Beans

TT Black Olive

2pcs Egg

TT Picked Coriander

TT Tomato Sauce

TT Extra Virgin Olive Oil

Recipe

- Cut the top of both bread rolls at $\frac{1}{4}$ from the top.
- Scrape out the inside of the roll and discard.
- Stuff roll with baked beans; 50g in each roll.
- Slice black olives.
- Crack egg on top of beans.
- Bake at 180°C for 4 minutes.
- Garnish with black olives and coriander.
- Splash plate with tomato sauce and extra virgin olive oil.



Thai Congee

Lemongrass Stock

Portion: 1L

Ingredient list for Thai Congee

4pcs Lemongrass Stems
40g Galangal
1.45L Water
6g Black Pepper Corn

Recipe

- Fine chop lemongrass and galangal.
- Bring all ingredients to boil and reduce by ¼.
- Simmer for 50 minutes.
- Strain.

Tuna Congee

Portion: 4

Ingredient list for Tuna Congee

760g Congee Rice
450ml Lemongrass Stock
16ml Light Soya Sauce
12ml Fish Sauce
120g Yellow Fin Tuna

Congee Rice

Portion: 4

Ingredient list for Congee Rice

340g Cooked Jasmine Rice
650ml Lemongrass stock
16g Salt

Recipe

- Add all ingredients to covered pot.
- Cook on high heat for 6 minutes, reduce heat to medium for 6 minutes, remove from heat and keep covered for 6 minutes.

Recipe

- In pot, bring to boil congee rice and lemongrass stock.
- Add light soya sauce, fish sauce, and yellow fin tuna.
- Heat on low temperature for 5 minutes.



Plating

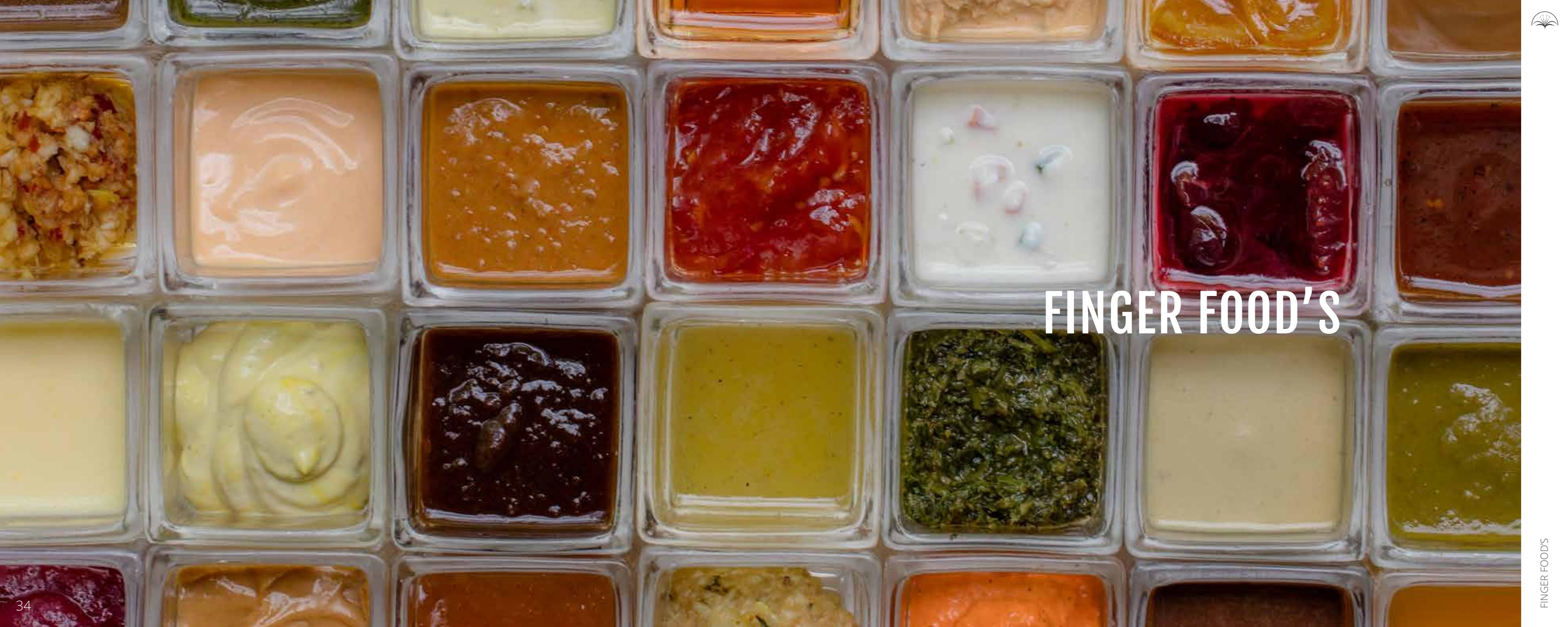
1 Portion

Ingredient list for Plating

300g Tuna Congee
1pc Soft Boiled Egg
6g Fried Garlic Crumbs
2pcs Sliced Red Chilly
1g Julienne Ginger
2pcs Picked Coriander

Recipe

- In bowl first add tuna congee.
- Garnish with soft boiled egg cut into half.
- Sprinkle fried garlic.
- Top with chili and ginger.
- Finish with picked coriander.



FINGER FOOD'S



My Grandmother's tart

Portion/amount: 175ml

Ingredient list for My grand Mothers Tart

Puff Pastry

12g Dijon Mustard

50g Cantal Cheese

180g Tomato

0.5g Herb De Provence

Recipe

- Cut Puff Pastry with size 200 ring.
- Perforate Pastry with fork.
- Brush Pastry with Dijon Mustard.
- Thinly slice Cantal cheese and cover face of pastry with slices.
- Slice tomatoes into 3mm tick rings and cover cheese with tomato.
- Sprinkle Herb De Provence over tomatoes.
- Bake at 200°C for 10 minutes.



Plating

Recipe

- Slice warm tart into 8 piece segments.
- Serve on wood cutting board as finger food.





Kulhi Boakiba

Kulhi Boakiba

Portion: 4 (8x50g Pieces)

Ingredient list for Kulhi Boakiba

170g Basmati Rice
 ½pc Scotch Bonnet Chili
 40g Onion
 3g Garlic
 2g Ginger
 10ml Lime Juice
 2pcs Curry Leaves
 1g Turmeric Powder
 ½g Cumin Powder
 40g Fresh Grated Coconut
 50g Smoked White Fish
 100g Cooked Lobster Meat
 TT Salt
 5g Coconut Oil

Recipe

- Soak Basmati Rice for 24 hours.
- Strain remaining water.
- Grind rice using motor and pestle to form a thick paste and set aside.
- Roughly chop Scotch Bonnet chili, onion, garlic, and ginger.

- Using motor and pestle: grind Scotch Bonnet chili, onion, garlic, ginger, lime juice, turmeric powder, and cumin powder to paste.
- Slice smoked reef fish.
- Dice lobster meat.
- Mix together all ingredients except coconut oil.
- Season.
- In pan at medium heat with coconut oil, press 50g of mixture into size 9 x 6 stainless steel cutter.
- Fry on both sides to golden brown.
- Bake at 180°C for 4 minutes.
- Cool and slice into 12 even pieces.

Lime Foam

Portion: 4

Ingredient list for Kulhi Boakiba

50ml Milk
 15ml Lime Juice
 0.8g Lecite
 TT Salt

Recipe

- Whisk all ingredients together.
- Foam with hand blender

Coriander Chantilly

Portion: 4

Ingredient list for Kulhi Boakiba

40ml Cream
 10g Picked Coriander
 TT Salt

Recipe

- Finely chop picked coriander.
- Whip cream.
- Whisk all ingredients together.

Plating

1 Portion

Ingredient list for Plating

1pc Kulhi Boakiba
 1pc Betel leaf
 5g Coriander Chantilly
 5g Lime Foam
 1slice Jujube Fruit
 Micro Herbs

Recipe

- Place Betel leaf on base of plate.
- Top with one piece of Kulhi Boakiba.
- Pipe Coriander Chantilly on Kulhi Boakiba.
- Top with slice of jujube fruit.
- Add foam.
- Garnish with micro herbs.



Roshi and Mas Huni

Roshi

Portion: 15pcs (48g Each)

Ingredient list for Roshi

- 500g Number 1 Flour
- 6g Salt
- 10ml Vegetable Oil
- 220ml Warm Water

Recipe

- Knead together flour salt and vegetable oil.
- Slowly incorporate water until smooth dough forms.
- Cover dough with damp cloth and let rest for 30 minutes at room temperature.
- On floured surface, form 48g balls.
- On floured Surface roll balls to 1mm thickness.
- On hot flat top, grill Roshi until cooked.



Mas Huni

Portion/amount: 4

Ingredient list for Mas Huni

- 90g Onion
- 1pc Red Chili
- 2g Curry Leaves
- 1pc Lime
- 20ml Lime Juice
- 150g Smoked Tuna
- 100g Fresh Grated Coconut
- 2pcs Drum Stick
- TT Salt

Recipe

- Chop onion, red chili, and curry leaves.
- Zest Lime.
- Using motor and pestle, make a paste with the onion, red chili, curry leaves, lime zest, and lime juice.
- Dice smoked tuna.
- Blanch drum sticks and scrape out the interior. Discard the outer layer.
- Mix all ingredients together; making sure they are evenly combined.
- Season.

Coconut Onion Puree

Portion/amount: 4

Ingredient list for Mas Huni

- 50ml Coconut Milk
- 35g Onion

Recipe

- Chop onion.
- Cook in coconut milk till soft.
- Blend.
- Pass through tamis.
- Season.

Plating

1 Portion

Ingredient list for Plating

- 80g Mas Huni
- 1pc Roshi
- 4pcs Blanched Chive
- 1pc Banana Flower Leaf
- 1pc Julienne Baby Cos Lettuce Leaf
- 15g Onion Coconut Puree
- 6pcs Fried Banana Flower

Recipe

- Spread Mas Huni on roshi and roll tightly.
- Cut into 4 equal pieces.
- Tie Blanched chive around each piece.
- Place banana flower leaf on plate.
- Mix Julienne baby cos lettuce leaf with 3 quarters of onion coconut puree.
- Add to banana flower leaf.
- Place rolled Mas Huni on top of baby cos.
- Pipe remainder of onion and coconut pure on Mas Huni.
- Finish with fried banana flower.

Foie Gras Plancha

4 Portion

Ingredient list for Plating

12g Chives
6g Sultana
30ml Red Wine Jus
3slices Vanilla Brioche (1cm thick)
320g Raw Foie Gras (4 slices of 80g)
12pcs Fried Quail Eggs
TT Truffle

Recipe

- Chop Chives.
- Dice sultana.
- Mix Sultana with red wine jus.
- Cut vanilla brioche with a size 30 ring; 4 pieces per slice.
- Bake vanilla brioche at 200°C for 4 minutes.
- Cut foie gras with size 30 ring; 3 piece per slice.
- Sear foie gras on both sides.
- Bake at 180°C for 90 seconds.
- Stack foie gras on top of vanilla brioche.
- Stack fried quail egg on top of the foie gras.
- Poor Sultana Jus over fried quail eggs.
- Top with chives.
- Finish with shaved truffle.



Quail Lollypop

BBQ Sauce

Portion/amount: 230ml

Ingredient list for Quail Lollypop

185g Ketchup
75ml Water
42ml Apple Cider Vinegar
24g Light Brown Sugar
24g Sugar
1g Ground Black Pepper
1g Onion Powder
1g Ground Mustard
3ml Fresh Lemon Juice
6ml Worcestershire sauce

Recipe

- In Medium sauce pan combine all ingredients.
- Bring mixture to boil and reduce heat.
- Simmer for 75 minutes stirring frequently.



Szechuan Pepper Flour

Portion/amount: 100g

Ingredient list for Quail Lollypop

100g All Purpose Flour
30g Szechuan Pepper
5g Salt

Recipe

- Roast Szechuan pepper on medium heat until aromatic.
- Cool.
- Blitz peppers into a powder.
- Mix all ingredients together.

Quail

Portion/amount: 4 portions

Ingredient list for Quail Leg

12pcs Quail Leg

Recipe

- Cut Quail leg down the middle at the joint. Roll down the meat to the base of the bone, leaving a cleaned upper part of about 1.5 cm.
- Coat quail in Szechuan Pepper Flour.
- Deep fry at 180 °C for 3 minutes.

Plating

1 Portion

Ingredient list for Plating

6pcs Quail leg
20g BBQ Sauce
Picked Rocket

Recipe

- On long plate, pipe 6 dots of BBQ sauce in straight line.
- Place one quail leg on each BBQ sauce dot.
- Garnish with Rocket.



THE CHEF'S STORY

FACTS

- Mickaël Farina was born in 1990 at Martigues, south of France, nearby Marseille.
- 6 menus are served daily at Kandolhu for 30 villas, making it probably the widest dining selection per capita in the world
- The menus involve a lot of fresh preparation, daily, which is one of the reasons why Kandolhu's culinary team is so large.
- There are 19 chefs at Kandolhu in total, representing seven nationalities: Canada, India, Sri Lanka, Maldives, Indonesia, Philippines, Bangladesh and France
- 90% of Kandolhu guests are on the all-inclusive meal plan

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SOUP'S & VELOUTEE



Mushroom Veloutée

Mushroom Velouteev

Portion/amount: 1L

Ingredient list for Mushroom Veloutee

45g Onion
45g Leek
170g White Button Mushrooms
170g Brown Button Mushrooms
170g Portobello Mushroom
45g Unsalted Butter
17g All Purpose Flour
650ml Vegetable Stock
90ml Cream
TT Salt

Hazelnut Foam

Portion/amount: 125ml

Ingredient list for Mushroom Veloutee

250ml Milk
45g Peeled Hazelnuts
3g Lecite

Recipe

- Keep milk and hazelnut on low heat for 3 hours.
- Blend mixture.
- Fine strain.
- Blend in lecite.

Recipe

- Chop onion and leek.
- Slice Mushrooms.
- Sautee onion and leek in butter on medium heat in deep pot, stirring continuously to avoid coloring.
- Turn up heat and add mushrooms.
- Cook until all of the water in mushrooms has evaporated.
- Reduce to medium heat and add flour.
- Cook flour until it starts to stick to the bottom of the pot.
- Add vegetable stock and stir.
- Bring to boil, remove from heat and cool.
- Blend soup.
- Add Cream.
- Season.

Crumbed Goat Cheese

Portion/amount: 12pcs / 4 portions

Ingredient list for Mushroom Veloutee

1pc Egg
10ml Milk
84g Goat cheese
20g All Purpose Flour
40g Bread Crumbs

Recipe

- Wisk together egg and milk.
- From 12 balls of 7g each with the goat cheese.
- Dip the balls in flour, then egg, and finish in bread crumbs to form crispy outer layer.
- Deep fry at 170°C for 4 minutes.

Plating

1 Portion

Ingredient list for Plating

2pcs Roasted Hazelnut
250ml Mushroom Veloutee
5g Egg Yolk
3pcs Crumbed Goat Cheese
5ml Hazelnut Foam
2ml Hazelnut Oil
Micro Herbs

Recipe

- Cut hazel nuts into halves.
- Heat soup.
- Add egg yolk to hot soup while blending with hand blender.
- Pore mushroom veloutee in bowl.
- Top the soup with 3 half hazel nuts and 3 pieces of crumbed goat cheese.
- Emulsify foam with hand blender.
- Garnish with foam, hazelnut oil, and micro herbs.



Garudhiya

Dashi

Portion/amount: 710ml

Ingredient list for Garudhia

710ml Water
4pcs Dry Red Chili
60g Bonito Flakes
250g Onion
6g Black Pepper Corn

Recipe

- Roughly chop onions.
- Bring to boil all ingredients.
- Set aside for 90 minutes.
- Strain.

Cured Tuna

Portion/amount: 4 portions

Ingredient list for Garudhia

1pc Lemon
1pc Lime
250g Rock Salt
4g Parsley
2g Black Pepper Corn
1pcs Bay Leaves
6g Garlic
¼bunch Thyme
240g Yellow Fin Tuna Sashimi
Cut

Recipe

- Zest and juice lemon and lime
- Blend lemon and lime zest, rock salt, parsley, black pepper corn, bay leaves, garlic, and thyme.
- In deep container submerge the tuna in the salt mixture and keep refrigerated for 45 minutes.
- Rinse Tuna under cold running water. Dry.
- Cut tuna into small dice.

Plating

1 Portion

Ingredient list for Plating

60g Cured Tuna
170ml Dashi
3g Beluga Caviar
6pcs Garlic Chips
4pcs Fried Curry Leaves

Recipe

- Pour hot Dashi in a teapot.
- Place cured tuna in center of the bowl.
- Garnish with caviar, garlic chips, and fried curry leaves.



Seafood Chowder

Chowder

Portion/amount: 3L

Ingredient list for Chowder

80g Onion
80g Carrot
130g Potato
40g Celery
600g Mussels
120ml White Wine
250g Salmon
30g Butter
35g All Purpose Flour
100g Scallops
½g Saffron
300ml Cream
300ml Milk
TT Salt
TT White Pepper

Recipe

- Brunoise onion, carrot, potato, and celery.
- Steam cleaned mussels in large pot with white wine.
- Once all mussels have opened; separate the muscles and liquid.
- Keep 4 muscles with shell on.
- Remove remaining mussels from shell and discard shells.
- Fine strain liquid.
- Dice the salmon and scallop.
- Sautee the onion, carrot, potato and celery in 5g of butter on medium heat.
- Once vegetables are cooked, add remainder of butter.
- Once butter is melted, add the flour.
- Whisk until flour is cooked through.
- In pan seal the salmon and scallop dice. Remove from heat.
- In different pot bring to boil your muscle and wine liquid, add saffron and infuse.
- Add milk and cream, bring to boil.
- Slowly whisk in your butter, flour, and vegetable mixture to create a thickened base.
- Cook for 4 minutes on a simmer continuously whisking.
- Add salmon, scallops and muscles.
- Simmer on low heat for 10 minutes.
- Season.

Plating

1 Portion

Ingredient list for Plating

250ml Chowder
3pcs Picked Curley Parsley
Saffron threads
4slice grilled Brown Bread

Recipe

- Poor 250ml of chowder into bowl; making sure to have an even amount of seafood for each portion.
- Garnish with 3 pieces of parsley for saffron threads.
- Serve grilled bread on side.





Scallop and Artichoke

Jerusalem Artichoke Veloutee

Portion/amount: 1L

Ingredient list for Scallop and Artichoke

35g Onion
 8g Garlic
 670g Jerusalem Artichoke
 14ml Olive Oil
 65g Butter
 1g Thyme
 135ml White Wine
 800ml Vegetable Stock
 TT Salt
 TT Ground Black Pepper
 54g Greek Yogurt

Bresaola Dust

Portion/amount: 4

Ingredient list for Scallop and Artichoke

100g Bresaola

Recipe

- Slice the Bresaola as thin as possible.
- Dehydrate at 65°C for 10 hours.
- Blend to powder.

Recipe

- Fine chop onion and garlic.
- Peel and chop Jerusalem artichoke.
- In pot on medium heat, sweat the onions and garlic in olive oil.
- Add Jerusalem artichoke and thyme and continue cooking until artichokes have become translucent, stirring continuously.
- Turn to high heat.
- Add white wine and reduce.
- Add Vegetable stock and bring to boil.
- Reduce to simmer.
- Cook till artichoke is soft.
- Blend mixture.
- Pass through chinois.
- Whisk in yogurt.
- Season.

Ciabatta Crisp

Portion/amount:

Ingredient list for Scallop and Artichoke

200g Ciabatta bread (classic cut)
 10ml Olive Oil
 TT Salt

Recipe

- Freeze Ciabatta.
- Slice Ciabatta as thin as possible length wise.
- Arrange the slices on a tray with baking paper.
- Cover with baking paper and another tray.
- Bake at 160°C for 10 minutes.



Plating

1 Portion

Ingredient list for Plating

200ml Jerusalem Artichoke Veloutee
 2pcs Scallops
 3ml Olive Oil
 3g Unsalted Butter
 TT Salt
 1g Bresaola Dust
 5g Egg Yolk
 1pc Ciabatta Crisp
 Micro Herbs

Recipe

- Heat soup.
- Poor soup into teapot.
- Season Scallops.
- Using non-stick pan on high heat, sear one side of scallops in olive oil.
- Flip scallop and baste with butter.
- Dip top side of scallops into bresaola dust.
- Add egg yolk to hot soup while blending with hand blender.
- Place both scallops bresaola side up in the middle of bowl.
- Add Ciabatta crisp to bowl.
- Finish with micro herbs.



NORIMAKI'S



Crab Roll

Sushi Rice

Portion/amount: 500g

Ingredient list for Sushi Rice

- 250g Sushi Rice
- 50ml Rice Vinegar
- 3g Salt
- 25g Sugar
- 315ml Water

Crab

Portion/amount: 1

Ingredient list for Crab

- 8pcs Soft Shell Crab
- 200g All Purpose Flour

Recipe

- Flour the crab.
- Fry at 180°C for 90 seconds.

Recipe

- Rinse sushi rice under water in strainer until water becomes clear.
- Bring to boil rice vinegar, salt and sugar and remove from heat.
- Put sushi rice in pot with water.
- Tape lid to pot and way it down. It is important for steam not to escape. Another option would be to put in a pressure cooker.
- Cook on high heat for 7.5 minutes.
- Reduce to low heat and cook for another 7.5 minutes.
- Remove from heat and keep covered for 7.5 minutes.
- Remove rice from pot place on long tray.
- Move rice around gently using wooden spoon to cool.
- While mixing rice, sprinkle with rice vinegar mixture.
- Keep rice at room temperature, covered with damp towel until ready for use.



Plating

1 Portion

Ingredient list for Plating

- 100g Sushi Rice
- 1pc Nori Sheet
- 3pcs Avocado Slice
- 2pcs Crab
- 4g Black sesame
- 5g Wasabi
- Micro Herbs

Recipe

- Lay out piece of nori; cores side up, on sushi mat.
- With damp hands, layer rice over nori sheet.
- Flip nori so rice side is on sushi mat.
- Spread avocado in a line; 1 cm from edge of nori sheet.
- Top avocado with crab.
- Roll using sushi mat.
- Roll Maki into black sesame.
- With rounded Maki on flat surface; use sushi mat to give it a square shape.
- Cut into even 8 pieces.
- Roll wasabi into 5 balls of different shapes.
- Arrange in a diagonal line on plate.
- Arrange wasabi as pictured.
- Garnish with micro herbs.

Mango Roll

Tempura prawns

Portion/amount: 4 portions

Ingredient list for tempura prawns

100g Tempura Flour
5g Salt
150ml Soda Water
8pcs Headless Skinless Tiger Prawns
20g All-Purpose Flour

Recipe

- Mix tempura flour and salt into large whisking bowl.
- Slowly incorporate water while whisking.
- Pass mixture through fine chinois.
- On cutting board, straighten the prawns; using thumb and index figure, with the prawn belly down, press along the vertebra.
- Dust the prawns in All-Purpose Flour.
- Dip prawns into tempura batter.
- Fry at 180°C for 3 minutes.



Plating

1 Portion

Ingredient list for Plating

100g Sushi rice
1pc Nori Sheet
2g Black Sesame Seed
½g Mango

Recipe

- Lay out piece of nori; cores side up, on sushi mat.
- With damp hands, layer rice over nori sheet.
- Flip nori so rice side is on sushi mat.
- Add prawns in a line; 1cm from edge of nori sheet.
- Roll using sushi mat.
- With rounded Maki on flat surface; use sushi mat to give it a square shape.
- Slice mango 2mm thick.
- Gently arrange mango over Maki.
- Cover with plastic wrap.
- Using sushi mat; give Maki a square shape.
- Cut into even 8 pieces and remove plastic wrap.
- Garnish with black sesame.
- Arrange in a diagonal line on plate.
- Finish with micro herbs.





Fancy Philly Roll

1 Portion

Ingredient for Plating

100g Sushi Rice
1pcs Nori Sheet
15g Cream Cheese
3pcs Cucumber Batonnet
10g Carrot Julienne
40g Salmon Tartar
3g Beluga Caviar
Micro Herbs



Recipe

- Lay out piece of nori; cores side up, on sushi mat.
- With damp hands, layer rice over nori sheet.
- Flip nori so rice side is on sushi mat.
- Spread cream cheese in a line; 1cm from edge of nori sheet.
- Top cream cheese with cucumber batonnets.
- Top cucumber with carrot Julienne.
- Roll using sushi mat.
- With rounded Maki on flat surface; use sushi mat to give it a square shape.
- Cut into even 8 pieces.
- Mix salmon tartar with beluga caviar.
- Gently top each piece with salmon and caviar mix.
- Arrange in a diagonal line on plate.
- Garnish with micro herbs.

THE CHEF'S STORY

CULINARY SCHOOL

I was finally 15 – old enough for culinary school! But it was only then that I realised with a jolt that I needed to speak English to travel, so I started watching things on TV in English and saved my money to go to England for a homestay. It helped a lot, from that day on I paid a lot more attention in English class.

When I was about 17, an important event which changed the direction of my career took place. I was doing an internship at a Relais & Châteaux Michelin-star restaurant in Montargis, Centre-Val de Loire region. I had arrived there with a head full of dreams, but it only took me a few hours to realise two incompatible things: The kitchen was the place I wanted to be; but this restaurant was hell. Everything bad you have heard about the stress of working in Michelin-star kitchens is true, and this place was probably the worst. If I hadn't already had my heart set on being a chef, I would have probably set fire to my chef's jacket and run home to my mother.

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SALAD'S



Caprese Carpaccio

Balsamic Glaze

Portion/amount: 4

Ingredient list for Balsamic Glaze

1pc Garlic Clove
240ml Balsamic Vinegar
1g Black Pepper Corn
1g Salt
20g Sugar
1pc Star Anise

Recipe

- Lightly crush garlic.
- Mix all ingredients together.
- On low flame, reduce mixture by 2/3.
- Strain.

Slice Tomato

Portion/amount: 4

Ingredient list for tomato

600g Heirloom Tomatoes

Recipe

- Using a small knife, from an X shape incision at the base of the tomato.
- Blanch in boiling water for 10 seconds.
- Decant into ice bath.
- Peel off skin.
- Slice tomatoes 5mm thick.

Plating

1 Portion

Ingredient list for Plating

150g Slice tomatoes
50g Mozzarella
15g Balsamic Glaze
5ml Basil Oil
6pcs Basil Leaves
TT Salt
TT Black Pepper

Recipe

- Arrange tomatoes into circle in middle of plate using a 200 size ring.
- Pour balsamic glaze over tomatoes in zig-zag shape.
- Rip mozzarella into 6 balls and spread over tomatoes.
- Sprinkle with basil oil.
- Season.
- Finish with basil leaves.





Grill Squid Salad

Chili Vinaigrette

Portion/amount: 4

Ingredient list for Chili Vinaigrette

- 40ml Extra Virgin Olive Oil
- 40ml Grape Seed Oil
- 12ml Lemon Juice
- 1g Chili powder
- 4g Dijon Mustard
- TT Salt

Recipe

- Mix together extra virgin olive oil and grape seed oil.
- Combine lemon juice, chili powder, and Dijon mustard in whisking bowl.
- Slowly add oils to lemon juice, chili powder, and Dijon mustard mixture by whisking.
- Season.

Grilled Squid

Portion/amount: 4

Ingredient list for tomato

- 4pcs Squid Tubes
- 60ml Olive Oil
- TT Salt

Recipe

- Marinate squid in olive oil and salt.
- Grill on high heat.

Fennel Salad

Portion/amount: 4

Ingredient list for tomato

- 180g Fennel
- 60g Onion
- 40g Rocket
- 80ml Chili Vinaigrette
- 8g Chaat Masala
- TT Salt

Recipe

- Shave fennel.
- Slice onion.
- Mix all ingredients together.

Plating

1 Portion

Ingredient list for Plating

- 1pc Squid Tubes
- 15ml Olive Oil
- TT Salt
- 1pc Banana Leaf
- 100g Fennel Salad
- Red Chili Jullienne
- Picked coriander

Recipe

- Marinate squid in olive oil and salt.
- Grill on high heat.
- Cut squid tube into 5 pieces.
- Mix squid and fennel salad.
- Cut banana leaf length of plate.
- Place fennel and squid salad in middle of plate.
- Garnish with red chili and picked coriander.



Grill Squid Salad



Paneer Cheese Salad

Portion/amount: 4

Ingredient list for Paneer Cheese Salad

80g Ghee
4g Mustard Seeds
4g Cumin Seeds
32pcs Curry Leaves
2g turmeric
0.8g Asafoetida
80ml Lemon Juice
12g Sugar
8g Salt
240g Paneer
6pcs Cherry Tomato
120g Brussels Sprouts
56g Broad Beans
56g Pomegranate seeds
5g Coriander
8g Chaat Masala
64g Onion

Recipe

- Cut Brussels sprouts into half.
- Blanch Brussels sprouts.
- Blanch broad beans.
- Slice onion.
- Chop coriander.
- Cut paneer into cubes.
- Cut Cherry Tomatoes in half.
- Heat ghee in a pan to smoking point.
- Add mustard seeds, cumin seeds and curry leaves. Cook until crackling.
- Add turmeric and Asafoetida and reduce heat.
- Add sugar and cook on low heat until it has melted.
- Add paneer, Brussels sprouts, broad beans and onions.
- Sauté to golden brown.
- Add salt, Chaat masala, and lemon juice.
- Remove from heat and add to a mixing bowl.
- Toss with remaining ingredients.

Plating

1 Portion

Ingredient list for Plating

180g Paneer Salad
Banana Leaf
4pcs Coriander

Recipe

- Cut a rectangle in banana leaf, 6cm thick and the length of the plate.
- Place paneer salad in center of plate over banana leaf.
- Garnish with coriander.

Refresh Greek Salad

Feta Foam

Portion/amount: 4

Ingredient list for Feta Foam

60g Soft Feta
30g Sour Cream
30ml Cream
2ml Olive Oil
TT Salt

Recipe

- Blend soft feta, sour cream, and olive oil.
- Pass through tamis.
- Whisk heavy cream to feta mixture.
- Season.
- Put mixture in Siphon.
- Charge with 2 cartridges.

Olive Crisp

Portion/amount: 3

Ingredient list for Olive Crisp

9g Deseeded Black Olives

Recipe

- Thinly slice olives.
- Dehydrate for 20 hours at 55°C.

Lemon Dressing

Portion/amount: 80ml

Ingredient list for Lemon Dressing

12ml Lemon Juice
12ml Chardonnay Vinegar
6ml Lemon Oil
23ml Extra Virgin Olive Oil
12ml Grape Seed Oil
16ml Salad Oil
3g Sugar
TT Salt
TT White pepper

Recipe

- Whisk all ingredients together.

Cucumber

Portion/amount: 48pcs

Ingredient list for Cucumber

2pcs Cucumbers

Recipe

- Slice cucumber length wise to 2mm thickness.
- Roll Cucumber leaving a 1cm hole in the center.

Onion

Portion/amount: 4

Ingredient list for Onion

1pc Small Onion

Recipe

- Slice onion to 1mm thick rings.

Capsicum

Portion/amount: 60g

Ingredient list for Capsicum

1pc Red Bell Pepper

Recipe

- Peel the red bell pepper.
- Julienne.

Tomato

Portion/amount: 60g

Ingredient list for Tomato

1pc Tomato

Recipe

- Using a small knife, from an X shape incision at the base of the tomato.
- Blanch in boiling water for 10 seconds.
- Decant into ice bath.
- Peel off skin.
- Remove seeds.
- Brunoise tomato.



Plating

1 Portion

Ingredient list for Plating

12pcs Cucumber
15ml Lemon Dressing
35g Feta Foam
0.3g Black Sesame
15g Capsicum
20g Tomato
8pcs Onion
1g Chopped Chives
4g Picked Rocket
2g Olive Crisps

Recipe

- Arrange cucumbers in a rectangular row alternating their angles.
- Drizzle cucumber with lemon dressing.
- Fill all right side up cucumbers with feta foam.
- Pipe remainder of feta foam around the plate.
- Garnish feta foam with black sesame.
- Scatter capsicum, tomato, onion, chives, rocket and olive crisps over dish.

Salade Niçoise My Way

Green Bean Salsa

Portion/amount: 120ml

Ingredient list for Feta Foam

80g Kalamata Olives
50g Green Beans
10g Shallots
80ml Extra Virgin Olive Oil
12g Dijon Mustard
24g Red Wine Vinegar
TT Salt

Recipe

- Dehydrate Kalamata olives at 58°C for 24 hours or bake at 110°C in the oven for an hour.
- Cool kalamata olives at room temperature.
- Blend Kalamata olives into powder.
- Boil green beans in salt water for 2 minutes.
- Cool green beans in ice bath.
- Cut beans into 2mm pieces.
- Brunoise shallot.
- Whisk Dijon mustard and red wine vinegar.
- Slowly add oil to mustard and red wine vinegar mixture.
- Finish with olive powder, green beans, and shallots.
- Season.

Kipfler Potatoes

Portion/amount: 4 portions

Ingredient list for Kipfler Potatoes

160g Kipfler Potatoes

Recipe

- Slice potatoes vertically to 5mm thickness.
- Boil potatoes in salted water for 5 minutes.
- Dry.
- Deep fry potatoes till crispy.

Quail Egg

Portion/amount: 4 portions

Ingredient list for Quail Egg

500ml Water
30ml Vinegar
6pcs Quail Eggs

Recipe

- Bring to boil water and vinegar.
- Add quail eggs and cook for 4 minutes.
- Cool quail eggs in ice bath.
- Peel eggs.

Tuna

Portion/amount: 1 portions

Ingredient list for Tuna

4x70g pc Tuna loin (cut in rectangle 11cmx2cmx2cm)
TT Salt
8ml Olive oil
16g Herb Crust

Recipe

- Season tuna.
- Seal on a hot pan with olive oil. Only coloring the outside; keeping the tuna raw in the center.
- Cut echo loin into 4 equal pieces.
- Dip two opposite seared sides of the tuna into herb crust.

Herb Crust

Portion/amount: 4

Ingredient list for Herb Crust

20g Basil
10g Parsley Leaves
50g Panko Bread Crumbs

Recipe

- Fry basil.
- Dry basil.
- Fry parsley.
- Dry parsley.
- On a tray, bake breadcrumbs at 180°C for 4 minutes.
- Blend all ingredients to powder.

Plating

1 Portion

Ingredient list for Plating

40g Kipfler Potatoes
1 70g pc Tuna loin (cut in rectangle 11cmx2cmx2cm)
TT Salt
8ml Olive oil
20g Herb Crust
1½pcs Soft Boiled Quail Egg
40g Green Bean Salsa
2pcs Chery Tomato
3pcs Salted Anchovy
1pc Antipasti Artichoke
Micro Herbs
Olive Powder

Recipe

- Slice potatoes vertically to 5mm thickness.
- Boil potatoes in salted water for 5 minutes.
- Deep fry potatoes till crispy.
- Season tuna.
- Seal on a hot pan with olive oil. Only coloring the outside; keeping the tuna raw in the center.
- Cut tuna loin into 4 equal pieces.
- Dip two opposite seared sides of the tuna into herb crust.

- Cut soft boiled quail eggs in half.
- Mark the base of the cherry tomatoes with a small X.
- Blanch tomatoes for 10 seconds.
- Pull the skin of the tomato up to the top of tomato.
- Roll salted anchovies into small spirals.
- Cut artichokes into quarters.
- Grill artichoke quarters.

- Arrange Kefler potatoes in a rectangle.
- Top Kefler potatoes with tuna
- Place tomatoes in the middle of rectangle.
- Pace quail eggs around the plate.
- Top dish with green bean salsa.
- Arrange artichoke around the plate.
- Scatter anchovies around the plate.
- Finish with olive powder and micro herbs.



THE CHEF'S STORY

It was a big disappointment. I wanted to be the next Paul Bocuse; to work for a Michelin-star chef and maybe to open my own Michelin-star restaurant one day. But no, the intensity, the craziness – it was a major turn-off. It astounded me how such good food can come out of such a hellish environment. It wasn't a suitable place for any young chef at the start of their career. I now know there are other Michelin-star kitchens which aren't as terrible to work in, but this experience changed my direction away from Michelin-star restaurants and opened my mind to other world-class dining venues.

I successfully passed my first chef exam and was selected for a summer job at Kelly's Resort Hotel & Spa in Wexford, southern Ireland, which has been running for more than a century. I felt as if I learned more in 10 weeks than I did in two years at culinary school! On my last day, the owner, Bill Kelly, politely tried to persuade me to quit school and come work for him. But I returned to school because I was set to start my 'baccalaureat professionnel des arts culinaires', which was going to be another two years of study. However, when I got back I could hardly focus - I was simply itching to begin working as a professional chef.

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BURGER'S



Snapper Burger

Chermoula

Portion/amount: 4

Ingredient list for Chermoula

50g Red Onion
6g Garlic
15g Parsley
24g Corriander
½g Chilli powder
1g Paprika
½g Cumin
½g Tumeric
2ml Lemon Juice
22ml Olive Oil
TT Salt

Recipe

- Blend all ingredients together.
- Season.

Harissa Yogurt

Portion/amount: 100g

Ingredient list for Harissa Yogurt

120g Yogurt
15g Harissa Paste
4ml Lemon Juice
TT Salt

Recipe

- Hang Yogurt in muslin cloth overnight in refrigerator to get rid of excess water.
- Mix hung yogurt with remaining ingredients.

Snapper

Portion/amount: 4

Ingredient list for Snapper

800g Snapper Filet
30g Charmoula

Recipe

- Portion Snapper into 4 pieces of 200g.
- Basted each piece of snapper with 203902g of charmoula.
- Color snapper in hot pan and finish in the oven.

Plating

1 Portion

Ingredient list for Plating

140g Snapper Filet
25g Charmoula
1pc Ciabatta
20ml Capsicum Coulis (Refer to Corn Fritter Recipe)
6pcs Baby Spinach
20ml Harissa Yogurt

Recipe

- Basted snapper with charmoula.
- Color snapper in hot pan and finish in the oven at 180°C for 3 minutes.
- Cut Ciabatta in half and toast.
- Spread bell pepper coulis on base of Ciabatta.
- Top bell pepper coulis with baby spinach.
- Follow with warm snapper.
- Spread Harissa yogurt on top of Ciabatta.
- Cover top of snapper with top of Ciabatta.





Angus Beef Burger

Beef Burger

Portion/amount: 4 portions
(160g each)

Ingredient list for Beef Burger

- 275g Brown Onion
- 5g Garlic
- 3g Parsley Leaves
- 1pc Egg
- 600g Minced Beef Top Side
- 15ml Worcestershire
- 4ml Tabasco
- 56g Panko Bread Crumbs
- 20g Salt

Recipe

- Grate brown onion and garlic.
- Chop Parsley.
- Lightly whisk egg.
- In large bowl combine all ingredients and fold with hands.
- Divide into 4 portions of 160g each.
- Shape into round disk of 1.5cm thickness.
- Grill on medium heat until desired doneness.

Tomato Jam

Portion/amount: 100ml

Ingredient list for Tomato Jam

- 1g Ginger
- 150g Canned Tomatoes
- 20g Sugar
- 3ml Lime Juice
- 1g Cumin Seeds
- 0.5g Cinnamon Powder
- 0.25g Ground Cloves
- 3g Salt
- 1g Chili Flakes

Recipe

- Grate Ginger.
- Combine all ingredients in a medium sauce pan.
- Bring to boil while consistently stirring.
- Reduce to low heat.
- Simmer till mixture has reached jam consistency.
- Blend mixture.
- Cool.

Mayonnaise

Portion/amount: 700ml

Ingredient list for Mayonnaise

- 1pc Eggs
- 1pc Egg Yolk
- 22g Dijon Mustard
- 15ml Apple Cider Vinegar
- 17g Salt
- 22ml Lemon Juice
- 500ml Cotton Seed Oil
- 100ml Extra Virgin Olive Oil
- 50ml Warm Water

Recipe

- Whisk together egg, egg yolk, Dijon mustard, apple cider vinegar, salt, and lemon juice.
- Mix cotton seed oil and extra virgin olive oil together.
- Slowly add oil mixture to egg mixture while whisking.
- Finish with warm water to loosen mayonnaise.

Tempura Onion

Portion/amount: 4 portions

Ingredient list for Tempura Onion

- 8pcs Onion Rings (1cm Thick)
- 200ml Milk
- 100g Tempura Flour
- 5g Salt
- 150ml Water

Recipe

- Soak onion rings in milk for one hour.
- Mix tempura flour and salt into large whisking bowl.
- Slowly incorporate water while whisking.
- Pass mixture through fine strainer.
- Dip onion rings in tempura batter.
- Fry at 180°C for 100 seconds.



Plating

1 Portion

Ingredient list for Plating

- 1pc Burger Paddy
- 1pcs Burger Bun
- 2 Slices Bacon
- 30g Iceberg Lettuce
- 25g Tomato Jam
- 18g Mayonnaise
- 2pcs Tempura Onion
- CHEESE

Recipe

- Spread mayonnaise on bottom bun.
- Top with iceberg lettuce.
- Follow with burger paddy.
- Top paddy with bacon and melted cheese.
- Add tempura onion.
- Spread tomato jam on top bun.
- Place top bun on tempura onion.



Crispy Chicken Burger

Crispy Chicken

Portion/amount:
4pcs (70g each)

Ingredient list for Crispy Chicken Burger

- 2pc Chicken Breast (approximately 140g each)
- 1pc Egg
- 100g Tempura Flour
- 50g All Purpose Flour
- 50g Corn Flour
- 5g Salt
- 3g White Pepper

Recipe

- Slice Chicken breast in half, length wise.
- Lightly beat egg.
- Mix Tempura flour, all-purpose flour, corn flour, salt, and white pepper.
- Coat chicken breast in flour mixture, then into egg, and again in flour.
- Fry at 180°C for 4 minutes.

Avocado Puree

Portion/amount: 4

Ingredient list for Avocado Puree

- 100g Avocado
- 5ml Lemon Juice
- 2g Salt
- 35ml Milk

Recipe

- Blend all ingredients together to smooth puree.

Chili Mayonnaise

Portion/amount: 125g

Ingredient list for Chili Mayonnaise

- 80ml Kewpie Japanese Mayonnaise
- 20g Sriracha
- 6ml Yuzu Juice
- TT Salt

Recipe

- Whisk all ingredients together.

Plating

1 Portion

Ingredient list for Plating

- 1pc Burger Bun
- 15g Shredded Red Cabbage
- 40g Feta
- 20g Avocado Puree
- 20g Chili Mayonnaise
- 1pc Crispy Chicken

Recipe

- Toast Burger Bun.
- Slice feta to 7mm thickness.
- Place chilly mayo on the base of the bun.
- Top chili mayonnaise with cabbage.
- Place crispy chicken over cabbage.
- Place feta slice above chicken.
- Finish top bun with Avocado puree.



Crispy Chicken Burger

THE CHEF'S STORY

It was then I made up my mind – I would quit hospitality school and start my career. It was a gamble, because I would have to rely on people recognising my talent, rather than my academic credentials. I asked Mr Kelly if the offer was still open, and convinced my best friend, Laurent, to join me as a waiter there. We were both dreamers with the same willingness to take a risk. It shocked a lot of our teachers, classmates and family members, as it is rare for many people to do what we did. But we were on a mission to prove ourselves; 18 years old and beginning an adventure in the 'sunniest part of Ireland'...

I was posted in the 'La Marine' French bistro under the guidance of Eugene O' Callaghan, who was then the head chef but subsequently became executive chef. He could speak French and had a strong background in French cuisine, so my first job overseas felt very French, although the food had an Irish twist. After two incredible years, during which time I learned a lot, travelled Europe, and met wonderful people, I left the resort as a demi-chef de partie, and headed for Australia with my pal Laurent.

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CURRY'S



Our Fish Curry

Curry Powder

Portion/amount: 4

Ingredient list for Curry Powder

2g Cumin Seeds
2g Black Pepper Corn
2g Mustard Seeds
20g Chana Dal
4g Dried Red Chili
32ps Curry Leaves
2g Coriander Seeds

Recipe

- Roast all spices on low heat until aromatic.
- Blend to powder.

Fish Curry

Portion/amount: 4

Ingredient list for Fish Curry

200g Onion
120g Tomato
6g Coriander
600g Snapper Filet
80ml Coconut Oil
2g Mustard Seeds
20pcs Curry Leaves
20g Ginger Paste
60g Garlic Paste
20g Rambha Leaves

12g Curry Powder
2g Turmeric Powder
600ml Coconut Milk
20g Tamarind Paste
20g Salt

Recipe

- Slice onion.
- Chop tomato and coriander.
- Cube snapper filet.
- Heat coconut oil over medium heat in a pot.
- Add mustard seeds and curry leaves until crackling.
- Add onion and cook for 3 minutes.
- Add ginger paste, garlic paste, and folded Rambha leaves.
- Cook over medium heat, while scratching the base of the pan, until all ingredients have caramelized.
- Add curry powder and turmeric.
- Cook for one minute.
- Add tomatoes, coconut milk, tamarind paste, and snapper.
- Cover pot with lid and cook for 7 minutes.
- Remove Rambha leaf .
- Finish with salt and coriander.

Garlic Rice

Portion/amount: 1 portions

Ingredient list for Garlic Rice

60g Garlic
480g Cooked Jasmine Rice
100ml Vegetable Oil

Recipe

- Fry garlic in hot vegetable oil.
- Sautee rice in hot pan.

Plating

1 Portion

Ingredient list for Plating

250g Fish Curry
10g Desiccated Coconut
6pc Fried Curry Leaves
125g Rice

Recipe

- Place curry in curry bowl.
- Top with desiccated coconut.
- Finish with fried curry leaves.



Green Curry

Green Curry Paste

Portion/amount: 4

Ingredient list for Green Curry Paste

- 136g Green Chili
- 50g Lemongrass Stalks
- 12g Kaffir Lime Leaves
- 12g Galangal
- 28g Coriander
- 30g Garlic
- 340g Shallots
- 4g Ground Coriander Seeds
- 4g Cumin Seeds
- 60g Dried Shrimps
- 80ml Vegetable Oil

Recipe

- Sautee all ingredients on low heat for 2 hours.
- Cool.
- Blend.



Thai Green Curry

Portion/amount: 4

Ingredient list for Thai Green Curry

- 400g Chicken Breast
- 200ml Vegetable stock
- 200g Green Curry Paste
- 200ml Coconut Milk
- TT Salt

Recipe

- Cube Chicken breast.
- Bring to boil vegetable stock and green curry paste.
- Add chicken to curry stock.
- Lower to medium heat and cook for 8 minutes.
- Finish with coconut milk.
- Season.

Plating

1 Portion

Ingredient list for Plating

- 250g Thai Green Curry
- 3pcs Picked Coriander
- 2pcs Green Chili Slice.
- 125g Cooked Basmati Rice

Recipe

- Place curry in curry bowl.
- Finish with picked coriander and green chili slices.



Tikka Makhani

Chicken Marination

Portion/amount: 4

Ingredient list for Chicken Marination

400g Boneless Chicken Thigh
6g Kashmiri Red Chili Powder
30ml Lemon Juice
8g Salt
40g Unsalted Butter
120g Yogurt
10g Ginger Paste
20g Garlic Paste
10ml Mustard Oil

Recipe

- Cut chicken into 3.5cm cubes.
- Mix all ingredients together.
- Rub Marination into chicken.
- Let the chicken marinate for 4 hours.

Makhani Gravy

Portion/amount: 4

Ingredient list for Makhani Gravy

60g Unsalted Butter
10g Crushed Cardamom
2g Cloves
4g Black Pepper Corn
1pc Cinnamon Sticks
30g Ginger Paste
90g Garlic Paste
2g Green Chili
1kg Tomato Puree
6g Kashmiri Red Chili Powder
2g Garam Masala
14g Salt
20g Sugar
2g Dry Fenugreek Leaves
360ml Cream

Recipe

- Fine chop green chili.
- Melt butter in pot on low heat.
- Add crushed cardamom, cloves, black pepper corn, and cinnamon stick.
- Cook on low heat.
- When spices start to crackle, add ginger paste, garlic paste, and green chili.
- Cook on low heat, stirring continuously.
- When ingredients start to caramelize add Kashmiri red chili powder, garam masala, and dry fenugreek leaves.
- Keep on low heat for one minute.
- Add tomato puree and cook for 60 minutes.
- Strain.

Saffron Rice

Portion/amount: 2 portions

Ingredient list for Saffron Rice

500g Basmati Rice
1L Water
300ml Milk
50g Ghee
2g Star Anise
1g Cardamom Pods
2g Cinnamon Powder
20g Saffron
10g Salt

Recipe

- Using a strainer, wash rice under cold running water for 3 minutes.
- Set rice aside to dry for 15 minutes.
- In a deep pot, on medium heat, melt ghee.
- Add star anise, cardamom pods, and cinnamon pods.
- When spices start to crackle, add rice, water, milk, saffron and salt.
- Cover pot.
- Bring to boil on high heat then reduce to low heat.
- Cook for 9 minutes.
- Remove from heat.
- Keep covered.

Plating

1 Portion

Ingredient list for Plating

100g Marinated Chicken.
150g Makhani Gravy
125g Saffron Rice
10ml Cream
Picked Coriander
TT Dried Chili Julienne

Recipe

- Bring to boil on high heat Makhani Gravy.
- Add marinated chicken and reduce heat to medium.
- Cover pot.
- Cook for 7 minutes.
- Serve in curry bowl and garnish with cream picked coriander and dried chili julienne.



I got a job in a modern Australian restaurant as a chef de partie without any problems. It was a great step up for me and within just a couple of months I got promoted to sous chef, which made me the youngest sous chef in Sydney! I learned a lot, including that Australians really know their stuff about breakfast and brunch. I also fell in love with the Australian lifestyle.

A friend then recommended me for a fine dining kitchen in Perth. The restaurant had an amazing view of a lake and was a popular wedding location. The kitchen was run by two French chefs with Michelin-star backgrounds. We had a large team of over 10 chefs. Everything was more structured, there were longer hours, but I could refine my skills there. I was in line to become sous chef when I was unfortunately called back to France for a family matter, which ended my adventure in Australia.

AMUSE BOUCHE'S





Frogs Lollypop

Garlic Puree

Portion/amount: 4

Ingredient list for Garlic Puree

6pcs Whole Garlic
40ml Vegetable Stock
20g Cream
TT Salt

Recipe

- Add garlic to a pot of room temperature water and bring to boil.
- Once boiling remove from heat. Strain.
- Repeat this step 7 times.
- Peel Garlic.
- Blend peeled garlic, vegetable stock, and sour cream.
- Pass through tamis.
- Season.

Green Sauce

Portion/amount: 4

Ingredient list for Green Sauce

½ Lemon
15g Watercress
15g Picked Parsley
15g Rocket
125ml Vegetable Stock
45g Cream Fraiche
TT Salt

Recipe

- Juice and zest lemon.
- Blanch watercress, parsley, and rocket.
- Blend all ingredients together.

Tempura Frog Legs

Portion/amount: 4

Ingredient list for Green Sauce

40g Tempura Flour
2g Salt
60ml Soda Water
8pcs Frog Legs

Recipe

- Mix tempura flour and salt into large whisking bowl.
- Slowly incorporate water while whisking.
- Pass mixture through fine strainer.
- Cut frog leg down the middle at the joint. Roll down the meat to the base of the bone, leaving a cleaned upper part of about 1.5 cm
- Dip Meat part of leg into batter.
- Fry at 180°C for 2 minutes.



Plating

1 Portion

Ingredient list for Plating

50g Green Sauce
2pcs Tempura Frog Legs
10g Garlic Puree
Micro Herbs

Recipe

- Poor the green sauce in the base of the bowl.
- Pipe the garlic puree into 3 even mounds.
- Place both tempura frog legs into bowl with bone side up.
- Finish with micro herbs.



Foie Gras Beetroot Macarons

Beetroot Powder

Portion/amount: 20g

Ingredient list for Beetroot Powder

1pc Beetroot

Recipe

- Thinly slice beetroot.
- Dehydrate at 70°C for 24 hours.
- Blend to powder.

Beetroot Macaroon

Portion/amount: 20pcs

Ingredient list for Beetroot Macaroon

125g Icing Sugar
80g Almond Powder
20g Beetroot Powder
18g Sugar
80g Egg White

Recipe

- Sieve icing sugar, ground almonds, and beetroot powder.
- Beat egg whites in stand mixer at medium speed.
- Add sugar to egg whites slowly.
- Whisk till egg whites stiffen.
- Remove bowl from standing mixer.
- Using a spatula; fold dry ingredients into egg mixture.
- Place mix into piping bag.
- Pipe 5cm circles on tray lined with baking paper.
- Let sit at room temperature for 45 minutes.
- Bake at 140°C for 20 minutes.

Foie Gras Mousse

Portion/amount: 4 portions

Ingredient list for Foie Gras Mousse

120g Room Temperature Foie Gras Block
80ml Cream
TT Salt

Recipe

- Whisk all ingredients together in standing mixer.



THE CHEF'S STORY

The lure of global travel was just too strong. I wanted to start again from nothing in a new kitchen and see how high could I climb.

We arrived in Auckland and I found a job in the South Island, near Queenstown. It was another small town by a lake – a place that I will never forget – named Wanaka. It was a gastronomic restaurant with European and Asian fusion cuisine, as well as a strong influence from New Zealand. The head chef was a local with a French name, Shane Avant. He had worked overseas for over 10 years and his previous job had been executive chef at the Hilton in Fiji. I knew he was going to

teach me a lot. We worked together for six months until he got offered an appealing job at a resort in the Maldives.

I took over Shane's former job, at just 23. Was I too young? Yes, probably. Did I have enough experience? Maybe not, but I always had enough patience, talent and a big of enough of a mouth to get everyone to believe in me. That year we got an award which is given to very few restaurants in the country, although I think at least half the credit is due to Shane.

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STARTER'S FROM THE GARDEN



Sweet Potato Samosa

Samosa Filling

Portion/amount:

Ingredient list for Samosa Filling

3pcs Sweet Potato
150g Cooked Green Peas
1pc Green Chili
12g Ginger
2g Garam Masala
½g Red Chili Powder
2g Fennel Powder
2g Coriander Powder
2g Cumin Seeds
10g Picked Coriander
20ml Vegetable Oil
TT Salt

Recipe

- Peel sweet potatoes and dice.
- Boil Potatoes till soft.
- Strain.
- Chop green chili, coriander and ginger.
- Heat oil on medium heat.
- Add all spices to pan and cook for 1 minute continuously stirring.
- Add green chili and ginger.
- Sautee for 1 minute.
- Add sweet potato and green peas.
- Cook for 4 minutes.
- Finish with Coriander.
- Season.
- Cool.

Mint Rita

Portion/amount: 200ml

Ingredient list for Mint Rita

15g Mint
15g Coriander
200g Yogurt
1g Cumin Powder
2g Chaat Masala
1g Salt

Recipe

- Blend mint, coriander and 20g of yogurt to form a paste.
- In a bowl, mix the paste and remainder of ingredients using a spoon.

Tamarind Chutney

Portion/amount:
300ml

Ingredient list for Tamarind Chutney

3g Ginger
143g Tamarind Pulp
143ml Water
2g Kashmiri Red Chili Powder
2g Cumin Powder
2g Coriander Powder
2g Chaat Masala
2g Black Salt
2g Salt
36g Jagery (can be substituted with sugar)

Recipe

- Fine chop ginger.
- Mix all ingredients in a pot.
- Bring to simmer on low heat for one hour; until mixture has reached sauce consistency.
- Strain.
- Cool.

Samosa Dough

Portion/amount: 8 pcs of 45g

Ingredient list for Samosa Dough

40g Butter
240g Number 1 flour
8g Salt
4g Ajwain Seed
67ml Water

Recipe

- Melt butter.
- In large mixing bowl, add flour, salt, and Ajwan seed.
- Mix together water and melted butter.
- Add Water and butter mixture to flour mixture slowly kneading until even dough forms.
- Wrap dough in plastic wrap.
- Let dough rest at room temperature for 30 minutes.
- Divide the dough into 4 portions of 90g.
- Roll each portion into a ball.
- Using roller, flatten the ball into an oval shape of 6mm thickness.
- Cut into half.
- Form cone with dough.
- Stuff cone with 45g of samosa filling.
- Press together the open part of cone.
- Fold in excess dough.
- Fry at 180°C for 3 minutes.



Plating

1 Portion

Ingredient list for Plating

50g Mint Rita
70g Tamarind Chutney
2pcs Samosa
2slice Red Radish
5g Onion Rings
1pc Coriander Leaf
Banana Leaf

Recipe

- Cut banana leaf 6cm wide and the length of the plate.
- Place samosas over banana leaf.
- Mix radish and onion.
- Place mix on side of plate.
- Finish with coriander leaf.
- Serve tamarind chutney and mint rita on side.



Pumpkin Ravioli

Pumpkin Ravioli

Portion: 48pcs

Ingredient list for Pumpkin Ravioli

1pc Pumpkin
240g Goat Cheese Chantilly
(Refer To Olive Crusted Lamb
Recipe)

Recipe

- Slice pumpkin 2mm thick.
- Cut 48 pieces with size 50 ring.
- Cook in boiling water for 90 seconds.
- Cut a line of 2.5cm from the edge of the pumpkin ring to the center.
- Roll into Cone shape.
- Pipe 5g of goat cheese Chantilly in each ravioli.

Pumpkin Puree

Portion/amount: 4

Ingredient list for Pumpkin Puree

300g Pumpkin
10g Butter
40ml Vegetable Stock
TT Salt

Recipe

- Cut pumpkin into wedges of 2cm thickness.
- Roast at 180°C for 25 minutes.
- Blend pumpkin, butter and vegetable stock.
- Pass through tamis.
- Season.

Plating

1 Portion

Ingredient list for Plating

10g Girolle Mushrooms
3ml Olive Oil
12pcs Pumpkin Ravioli
5g Goat Cheese Chantilly (Refer To Olive Crusted
Lamb Recipe)
45g Pumpkin Puree
4g Olive Powder (Refer To Black & White Recipe)
10g Blanched Pumpkin Dice
Micro Herbs

Recipe

- Sautee girolle mushrooms in olive oil.
- Add pumpkin puree to center of plate.
- Splash with spoon.
- Arrange 8 pumpkin ravioli in a circle, with pointed side in, in the center of the plate.
- Top with remaining 4 pumpkin ravioli to form a dome.
- Dust ravioli with olive powder.
- Pipe goat cheese Chantilly around ravioli.
- Arrange girolle mushrooms and blanched pumpkin dice around the ravioli.
- Dust girolle mushrooms with olive powder.
- Finish with micro herbs.



THE CHEF'S STORY

While I was waiting for a New Zealand visa extension, Shane contacted me. He asked me to be a sous chef for him at a world-famous five-star hotel brand in the Maldives, assisting with managing over 30 kitchen staff. Well, what else do you think I would do...?

The Maldives

Bear in mind I was still only 23 years old and was used to living an active social life before I found myself in the middle of the Indian Ocean. This was to be the biggest challenge to my lifestyle since I left home. There are a few basic rules to working in the Maldives as an expat which may surprise tourists, who only see one side of the Maldives: It takes six months to grow on you. The average time an expat stays on an island before bolting is under 12 months. And locals will usually only view you as a visitor who won't be staying.

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STARTER'S FROM THE SEA



Snapper Carpaccio

Carpaccio

Portion: 4

Ingredient list for Carpaccio

320g Snapper filet

Recipe

- Thinly slice snapper.
- Divide into 4 80g portions.
- Arrange each portion of snapper on baking paper aligned next to each other in a circular shape.
- Cover with another piece of baking paper and pound the meat.
- Trim with size 180 ring.

Saffron Vinaigrette

Portion/amount: 80ml

Ingredient list for Saffron Vinaigrette

8pcs Saffron Threads
16ml Lemon Juice
5g Dijon Mustard
3g Sugar
16ml Chardonnay Vinegar
32ml Extra Virgin Olive Oil
16ml Grape Seed Oil
TT Salt
TT White Pepper

Recipe

- In pot on low heat roast saffron.
- Remove from heat.
- Add lemon juice, Dijon mustard, sugar, and Chardonnay vinegar.
- Cool.
- Mix olive oil and grape seed oil.
- Slowly whisk oil into saffron mix.
- Season.

Plating

1 Portion

Ingredient list for Plating

2pc Grape Fruit Segment
1pc Pomelo Segment
80g Snapper Carpaccio
18ml Saffron Dressing
20g Avocado Puree (Refer To Crispy Chicken Burger Recipe)
1pinch Black Sesame
Micro Herbs

Recipe

- Cut grapefruit and pomelo segments into 3 pieces each.
- Peel back top layer of baking paper from Carpaccio.
- Turn second baking paper over so the snapper Carpaccio is on plate.
- Slowly remove second baking paper.
- Sprinkle saffron dressing over snapper Carpaccio.
- Pipe avocado puree.
- Place grapefruit and pomelo segments over Carpaccio.
- Sprinkle black sesame over avocado puree.
- Garnish with micro herbs.



Wahoo and Watermelon

Spicy Watermelon

Portion/amount: 4

Ingredient list for Spicy Watermelon

110ml Fresh Watermelon Juice
160g Watermelon
½pc Red Chili

Recipe

- Cut watermelon into cubes of 2cm x 2cm. Should yield a minimum of 20 pieces.
- Slice Chili.
- Add all ingredients to a medium vacuum bag; it is important that watermelon cubes are not stacked on top each other but arranged in rows.
- Seal the bag.
- Infuse for a minimum of 2 hours before serving.

Pickled Shallots

Portion/amount: 4

Ingredient list for Pickled Shallots

1pcs Shallot
25g Sugar
80ml Rice Vinegar

Recipe

- Slice shallot into 3mm thick rings.
- Bring to boil sugar and rice vinegar.
- Poor hot vinegar mixture over shallots.
- Cool at room temperature.

Cured Wahoo

Portion/amount: 4

Ingredient list for Cured Wahoo

½pc Orange
½pc Lemon
½pc Lime
30g Picked Parsley
500g Rock Salt
200g Sugar
10ml Whisky
150ml Orange Juice
200g Wahoo Loin

Recipe

- Zest and juice orange, lemon, and lime.
- Blend citrus zest, citrus juice, parsley, rock salt, sugar, and whisky.
- In a small container, poor out 1/3 of the blended mixture.
- Add the loin and cover with remainder of mixture.
- Cover container and cure for 45 minutes.
- Rinse under cold running water.

Plating

4 Portion

Ingredient list for Plating

50g Cured Wahoo
2pcs Cashew Nut
3ml Coconut Milk
3ml Basil Oil
10ml Watermelon Liquid
5pcs Watermelon Cubes
5pcs Pickled Onion Rings
Micro Herbs

Recipe

- Slice wahoo into 3 pieces.
- Cut cashews into half.
- Poor watermelon liquid on base of plate.
- Pipe small amounts of coconut milk into watermelon liquid to form dots.
- Pipe small amounts of basil oil into watermelon liquid to form dots.
- Scatter watermelon around plate.
- Add wahoo slices.
- Garnish with cashews, onion rings and micro herbs.





Lemon Battered Tuna

Lemon Tempura Batter

Portion/amount: 250ml

Ingredient list for Lemon Tempura Batter

- 100g Tempura Flour
- 5g Salt
- 150ml Water
- ½ Lemon

Recipe

- Mix tempura flour and salt into large whisking bowl.
- Slowly incorporate water while whisking.
- Add the juice of lemon.
- Pass through chinois.

Truffle Vinaigrette

Portion: 175ml

Ingredient list for Truffle Vinaigrette

- ¼pc Lemon
- 100ml Extra Virgin Olive Oil
- 50ml Grape Seed Oil
- 13ml Truffle Oil
- 8g Dijon Mustard
- 15ml Lemon Juice
- 4g Salt

Recipe

- Zest the lemon.
- Mix together extra virgin olive oil, grape seed oil, and truffle oil.
- In mixing bowl whisk together Dijon mustard and lemon juice.
- Slowly incorporate the oil mixture while whisking.
- Finish with lemon zest.
- Season.

Tuna

Portion/amount: 4

Ingredient list for Tuna

- 4pcs Tuna loin (12cm x 3cm x 3cm)
- 100g Lemon Tempura Batter

Recipe

- Dip loin in batter.
- Fry at 190° for 80 seconds.
- Season.
- Cut into 4 even pieces.

Truffled Tomatoes

Portion/amount: 4

Ingredient list for Truffled Tomatoes

- 2pc Heirloom Tomato
- 40ml Truffle Vinaigrette
- 1pinch Black Sesame
- 2g Chopped Chives

Recipe

- Using a small knife, from an X shape incision at the base of the tomato.
- Blanch in boiling water for 10 seconds.
- Decant into ice bath.
- Peel off skin.
- Remove seeds.
- Cut tomato into dice.
- Dress tomatoes with truffle vinaigrette, chopped chives, and black sesame.

Plating

1 Portion

Ingredient list for Plating

- 20g Truffled Tomatoes
- 20g Avocado Puree (Refer To Crispy Chicken Burger Recipe)
- 1pc Portioned Tuna Loin
- Micro Herbs

Recipe

- On long plate, arrange tuna in a line, alternating between one horizontal and one vertical.
- Pipe avocado puree next to each piece of tuna at different angles and in different quantities.
- Garnish with truffled tomatoes.
- Finish with micro herbs.





Pear, Beans and Scallop

Roasted Garlic Puree

Portion/amount: 4

Ingredient list for Roasted Garlic Puree

1pc Whole Garlic
20ml Olive Oil
2g Salt

Recipe

- Rub the whole garlic with olive oil.
- Season.
- Wrap Garlic in Aluminum foil.
- Bake at 180°C for 40 minutes.
- Cool.
- Press out Garlic.
- Pass through tamis.

Red Bean Puree

Portion: 400g

Ingredient list for Pickled Shallots

150g Red Kidney Bean
250ml Vegetable Stock
25g Unsalted Butter
50g Roasted Garlic Puree
3g Salt
2ml Lemon Juice

Recipe

- In pot, cook red kidney beans, vegetable stock, and 12g of unsalted butter on medium heat for 15 minutes.
- Strain and keep stock.
- Blend together the red kidney beans, 75ml of stock, remainder of unsalted butter, salt and lemon juice.

Cured Pear

Portion/amount: 4 portions

Ingredient list for Cured Pear

½pc Pear
20ml Jerez Vinegar

Recipe

- Peel pear.
- Cut the pear into Brunoise.
- Let pear brunoised soak in Jerez Vinegar for 50 minutes.
- Stain.



Plating

1 Portion

Ingredient list for Plating

4pcs Scallops
TT Salt
5ml Olive Oil
10g Brunoise Cured Pear
10g Batonnet Pear (5cm x 5mm)
50g Red Bean Puree
5g Herb Crust (Refer To Nicoise My Way Recipe)
Micro Herbs

Recipe

- Season Scallops.
- Sear scallops on high heat with olive oil.
- Color the brunoised pear with a blow torch.
- Start with placing 4 dots of bean puree scattered around the plate.
- Using the tip of a spoon drag the dots
- Scatter the scallops across the plate.
- Scatter both pears around the plate.
- Dust with herb crest.
- Finish with micro herbs.



Black and White

Confit Squid

Portion/amount: 4

Ingredient list for Confit Squid

200g Squid Tubes (4 pieces of 50g)
2pcs Garlic Cloves
650ml Vegetable Oil
1g Black Pepper Corn
2 Bunches of Thyme

Recipe

- Score squid.
- Crush Garlic Cloves.
- Bring to 90°C vegetable oil, garlic, black pepper corn, and thyme, and remove from heat.
- Add squid and cook for 30 minutes.
- Strain squid.
- Dry squid.
- Color squid using a torch.
- Slice each squid tube into 7 equal pieces.

Olive Powder

Portion/amount: 4

Ingredient list for Olive Powder

70g Deseeded Black Olives.

Recipe

- Slice olives.
- Bake at 180°C for 15 minutes.
- Cool.
- Blend to powder.

Ink Coral

Portion/amount: 4

Ingredient list for Ink Coral

30g All Purpose Flour
60ml Olive Oil
80ml Orange Juice
160ml Water
6g Squid Ink

Recipe

- Whisk all ingredients together.
- On non-stick pan, over medium heat, pore one spoon full of mixture.
- Let mixture boil until all liquid has evaporated.
- Remove from heat.
- Let cool before removing from pan.

Cauliflower Chantilly

Portion/amount: 4

Ingredient list for Cauliflower Chantilly

250g Cauliflower
750ml Milk
3.5g Salt
40g Butter
½pc Lemon
100g Cream
TT Salt

Recipe

- Roughly cut cauliflower in uniform size pieces.
- Bring to boil milk and cauliflower.
- Reduce to low heat.
- Cook for 14 minutes.
- Strain Cauliflower and set aside milk.
- Blend cauliflower, 75ml of milk stock, salt and butter.
- Pass through tamis.
- Whip cream.
- Fold puree into cream.
- Add lemon zest and juice.
- Season.

Ink Sauce

Portion/amount: 4

Ingredient list for Ink Sauce

20g Leek
30g Onion
4g Garlic
3ml Olive Oil
120ml White Wine
60ml Vegetable Stock
10ml Squid Ink
60ml Cream
4ml Lemon Juice
TT Salt

Recipe

- Finely chop leek, onion, and garlic.
- Sweat leek, onion, and garlic in olive oil on medium heat.
- Turn to high heat and add wine.
- Reduce wine by 2/3.
- Add stock.
- Reduce by ½.
- Remove from heat.
- Add Squid Ink, cream, and lemon juice.
- Season.

Plating

1 Portion

Ingredient list for Plating

1pc Confit Squid
50g Cauliflower Chantilly
12ml Ink Sauce
1pc Ink Coral
6g Olive Powder
12g Shaved Cauliflower

Recipe

- Pour ink sauce in middle of plate and hit it with a spoon.
- Arrange squid over where ink sauce was poured.
- Quenelle 40g of cauliflower Chantilly next to squid.
- Place ink coral vertically against cauliflower Chantilly.
- Pipe remainder of cauliflower Chantilly around the plate.
- Dust with olive powder.
- Finish with shaved cauliflower.



THE CHEF'S STORY

I was fine with working six days a week. Once every three or four weeks I would leave my island to go to the capital city, and every three or four months I went on holiday. I was happy to be disconnected from the 'real world'; no news, no shoes, no car, no politics, no bills for food or rent. It allowed me to save money for travelling, but the isolation and high responsibility also meant that I could put all of my focus into cooking.

I stayed just over a year at this resort. It took a while to realise how different things were there; maybe I was too French for them. Every country has its own work style and in the Maldives

perhaps I was too straight-talking for some. You get better results for being kind than you do in the western world. And I noticed that some people work to live, not live to work. I tried to share the same passion I have with the people I worked with, and to make them understand that there are not just workers but potentially are also artists, because food can be art.

I decided to move on to another big resort, this time with almost 100 rooms, but again it was a disappointing experience. It felt as if everything was about numbers, and I was almost ready to leave the Maldives by this point.

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STARTER'S FROM LAND



Duck Cannelloni

Perigueux Sauce

Portion/amount: 200ml

Ingredient list for Perigueux Sauce

64g Foie Gras
80ml Red Wine Jus (Refer to Olive Crusted Lamb Recipe)
70ml Cream
TT Salt

Recipe

- Roughly cut foie gras.
- Bring to boil red wine jus and cream.
- Reduce to low flame.
- Whisk in foie gras.
- Strain through chinois.
- Season.

Cannelloni

Portion/amount:

Ingredient list for Cannelloni

2pcs Confit Duck Legs (Refer To Duck Confit Recipe)
100ml Perigueux Sauce
8pcs Cooked Cannelloni

Recipe

- Remove skin from confit duck legs.
- Lay skin flat between 2 trays.
- Bake at 200°C for 10 minutes.
- Shred confit duck legs.
- Add all ingredients to covered pot.
- Cook on high heat for 4 minutes and reduce heat to medium for 6 minutes.
- Stuff each cannelloni with mixture.

Plating

1 Portion

Ingredient list for Plating

2 Stuffed Cannelloni
1pc Cooked Brussels Sprout
2pcs Crispy Duck Skin
3pcs Hazelnuts
25ml Perigueux Sauce
10ml Hazelnut Foam
Micro Herbs

Recipe

- Cut stuffed cannelloni into half.
- Cut Brussels sprout into half.
- Grill Brussels sprout.
- Cook Hazelnuts.
- Cut Hazel nuts into half.
- Poor Perigueux sauce into center of bowl.
- Stand 2 pieces of cannelloni opposite each other over sauce.
- Lay 2 pieces of cannelloni down across from the standing ones.
- Stand crispy duck skin over cannelloni.
- Finish with hazelnut foam, hazelnuts and micro herbs.



Quail Ballotine

Mousseline

Portion: 60g

Ingredient list for Mousseline

12g Egg White
12g Ground Chicken
12ml Cream
7g Dijon Mustard
18g Deseeded Black Olives
2g Salt

Recipe

- Blend all ingredients to smooth paste.

Quail Ballotine

Portion/amount: 4

Ingredient list for Quail Ballotine

60g Mousseline
8pcs Quail Breast
100g Prosciutto

Recipe

- Thinly slice Prosciutto.
- Roll out plastic wrap on smooth surface.
- Lay out 25g of Prosciutto over plastic wrap.
- Lay out two quail breast in a row on top of Prosciutto.
- Pipe 15g of mousseline onto quail.
- Using the plastic wrap, roll the quail over the stuffing to form a roulade.
- Tie cling film at both ends.
- Poach at 58°C for 90 minutes.
- Finish on hot pan to color.

Balsamic Demi-glace

Portion/amount: 4

Ingredient list for Balsamic Demi-glace

20ml Balsamic Glaze (Refer To Capresse Carpaccio Recipe)
40ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)

Recipe

- Mix Ingredients.
- Heat.

Plating

1 Portion

Ingredient list for Plating

1pc Quail Ballotine
15ml Balsamic Demi-Glace
20g Capsicum Coulis (Refer To Breaky Fritter Recipe)
½pc Antipasti Artichoke
Micro Herbs

Recipe

- Cut quail Ballotine in 5 pieces.
- Cut ½ antipasti artichoke into 3 pieces.
- Grill pickled artichoke pieces.
- Take half the capsicum into a spoon.
- Drop the side of the spoon along the plate and drag in one movement.
- Repeat with remainder of capsicum coulis in the opposite directing forming an X.
- Make different size circles with balsamic demi-glace on the plate.
- Place the quail pieces in the 4 corners of the X.
- Place grilled artichoke pieces around the quail.
- Finish with micro herbs.





THE CHEF'S STORY

Kandolhu

While reflecting on which country might tempt me next, I received an email from a recruiter and I opened it excitedly. But the job was also in the Maldives! However, it was an opportunity to be in command. I had become frustrated with reporting to other chefs, and what also grabbed my attention was a mention of the resort's four restaurants. Marc LeBlanc invited me to Kandolhu for an interview and to let me take a look around. It was already being run very well and had excellent online reviews, so the challenge was to put my stamp on Kandolhu. The day I

left Kandolhu, they contacted me to offer me the job. It was a no-brainer – I quit my job the very next day and signed with Kandolhu.

Kandolhu had had three different executive chefs during the past 20 months. Marc wanted a young, strong chef with a European back ground, previous Maldives experience, and a willingness to take care of a resort which probably has the highest number of dining outlets per capita in the world. I still feel blessed that this person turned out to be me.

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ITALIAN'S CORNER

Basil Dough Ravioli

Braised Sauce

Portion/amount: 4

Ingredient list for Braised Sauce

5pc Tomato
4pcs Capsicum
1pc Leek
1pc Onion
4pc Garlic
160ml White Wine
160ml Veg Stock
TT Salt

Recipe

- Roughly chop tomato, capsicum, leek, onion, and garlic.
- Put all ingredients together in baking pan and cover with foil.
- Bake at 180°C for 40 minutes.
- Blend all ingredients.
- Pass through tamis.
- Season.

Zucchini Puree

Portion/amount: 4/
250g

Ingredient list for Zucchini Puree

350g Zucchini
300ml Milk
15g Unsalted Butter
3ml Lemon Juice
TT Salt

Recipe

- Roughly chop zucchini.
- Boil Zucchini in milk for 10 minutes.
- Strain.
- Blend the zucchini with unsalted butter and lemon juice.
- Pass through tamis.
- Season.

Ravioli

Portion/amount: 4

Ingredient list for Ravioli

25g Picked Basil
5pcs Egg
5pcs Egg Yolk
500g Flour
12g Salt
240g Zucchini Puree
80g Goat Cheese

Recipe

- Fine chop basil.
- Lightly whisk eggs and egg yolks together.
- Place flour on flat surface and form well in the middle.
- Add eggs and basil to middle of well.
- Slowly incorporate the eggs and basil to the flour.
- Once all flour has been incorporated, knead the dough for 5 minutes.
- Wrap dough in plastic wrap and rest at room temperature for 80 minutes.
- Using a pasta roller, gradually roll dough out to the thinnest setting.
- Cut with size 70 ring.
- Fill pasta ring with 15g of zucchini puree and 5g of goat cheese.
- Cover the filled ring with another ring and press both pieces of dough together.
- Cook the pasta in salted boiling water for 4 minutes.

Plating

1 Portion

Ingredient list for Plating

70g Braised sauce
4pcs Ravioli
3ml Extra Virgin Olive Oil
Parmesan shavings
4pcs Basil Leaves

Recipe

- Use a ladle to place braised sauce in the middle of plate.
- Arrange the 4 pieces of ravioli in tight circle with the right side over lapping the left.
- Drizzle with extra virgin olive oil.
- Sprinkle with parmesan shavings.
- Finish with basil leaves.



Lobster Tortellini



Pasta Dough

Portion/amount: 4

Ingredient list for Pasta Dough

270g All Purpose Flour
1pc Egg
4pcs Egg Yolk

Recipe

- On clean Flat surface, form well with flour.
- Add Egg and Egg yolks to well and slowly mix until everything is evenly incorporated.
- Let the dough rest at room temperature for 80 minutes.
- Roll dough to the thinnest level on pasta machine.
- Cut dough with size 60 ring.
- Pipe 4g of lobster filling per tortellini.
- Egg wash the outer edges.
- Fold the dough over the filling in half and seal.
- Roll the now half-moon shaped pasta dough around your pinky figure and pinch it tight.
- Boil pasta for 4 minutes.

Lobster Filling

Portion/amount: 90g

Ingredient list for Lobster Filling

5g Onion
4g Coriander
4g Celery
1g Preserved Lemon
80g Minced Lobster
TT Salt

Recipe

- Fine chop onion, coriander, celery, and preserved lemon.
- Mix all ingredients together.
- Season.

Plating

1 Portion

Ingredient list for Plating

5pcs Lobster Tortellini
120ml Lemongrass Broth (Refer To Thai Congee Recipe)
12g Cooked Green Peas
5ml Lime Foam (Refer to Kulhi Boakiba)
Micro Herbs
TT Black Lava Salt

Recipe

- Place tortellini on base of bowl in circle.
- Poor lemongrass broth.
- Scatter green peas.
- Scoop lime foam to top 2 tortellini.
- Finish with micro herbs and black lava salt.



Ink and Yolk

Lemon Yogurt

Portion/amount: 60ml

Ingredient list for Lemon Yogurt

4ml Lemon Juice
55g Plain Yogurt
5ml Vegetable Stock
TT Salt

Recipe

• Whisk all ingredients together.

Tarragon Salsa

Portion/amount: 4

Ingredient list for Tarragon Salsa

14g Pickled Tarragon
67ml Olive Oil
18g garlic cloves
7g Dijon Mustard

Recipe

• Blend all ingredients together.

Egg Yolk

Portion/amount: 4

Ingredient list for Egg Yolk

4pcs Egg Yolk
325ml Olive Oil

Recipe

• Poach egg yolks in the olive oil at 65°C for 60 minutes.

Pasta Dough

Portion/amount: 4

Ingredient list for Pasta Dough

270g All Purpose Flour
1pc Egg
4pcs Egg Yolk

Recipe

- On clean Flat surface, form well with flour.
- Add egg and egg yolks to well and slowly mix until everything is evenly incorporated.
- Let the dough rest at room temperature for 80 minutes.
- Roll dough to the thinnest level on pasta machine.
- Cut into linguini.
- Cook the pasta in salted boiling water for 4 minutes.

Plating

1 Portion

Ingredient list for Plating

75g Linguini
50g Ink Sauce (Refer To Black & White Recipe)
15ml Lemon Yogurt
25ml Tarragon Salsa
1pc Egg Yolk
6g Garlic Chips

Recipe

- Pipe yogurt in swirl motion on plate.
- Pipe tarragon salsa in swirl motion on plate.
- Sautee linguini in ink sauce.
- Roll linguini into ball using pitch fork and side of pan.
- Place rolled linguini in center of plate.
- Top pasta with yolk.
- Finish with garlic chips.



Pumpkin Risotto

Pumpkin Risotto

Portion/amount: 4

Ingredient list for Pumpkin Risotto

40g Onion
20g Garlic
15ml Olive oil
240g Risotto
100ml White Wine
2.2L Vegetable stock
200g Pumpkin Puree
76g Butter
32g Parmesan
TT Salt

Recipe

- Brunoise onion and garlic.
- In a deep pan over medium heat, sauté the onion and garlic in the olive oil till caramelized.
- Add risotto.
- Sauté for 10 seconds; until risotto becomes slightly translucent.
- Add wine and cook until reduced.
- Slowly incorporate the vegetable stock to the risotto.
- When risotto feels almost cooked, add pumpkin puree, butter and parmesan.
- Season.



Pumpkin Puree

Portion/amount: 300g

Ingredient list for Pumpkin Puree

200g Pumpkin
7g Butter
27ml Vegetable Stock
TT Salt

Recipe

- Peel pumpkin.
- Slice pumpkin 2cm thick.
- Roast at 180°C for 25 minutes.
- Blend all ingredients together.
- Pass through tamis.

Pumpkin Seeds

Portion/amount: 4

Ingredient list for Pumpkin Seeds

24pcs Pumpkin Seeds
5ml Olive Oil
TT Salt

Recipe

- Boil the seeds for 3 minutes.
- Dry seeds.
- Sautee the seeds in olive oil.
- Bake at 180°C for 4 minutes.
- Season.

Plating

1 Portion

Ingredient list for Plating

20g Feta Cheese
20g Pumpkin
220g Pumpkin Risotto
8pcs Picked Baby Spinach

Recipe

- Dice feta into 6mm cubes.
- Dice pumpkin into 5mm cubes.
- Cook pumpkin in salted boiling water for 3 minutes.
- Evenly spread pumpkin risotto into bowl.
- Top with feta, pumpkin, and pumpkin seeds.
- Finish with spinach.



Gorgonzola Gnocchi

Potato Gnocchi

Portion/amount: 750ml

Ingredient list for Potato Gnocchi

550g Potato
25g Rock Salt
30g Parmesan
100g All-Purpose Flour
10g Salt
1pc Egg Yolk

Recipe

- Bake potatoes on rock salt at 180°C for 30 minutes.
- Peel potatoes.
- Pass potatoes through tamis.
- Grate parmesan.
- In a deep bowl, mix potato, all-purpose flour, and salt.
- Knead until all ingredients are evenly combined.
- Add egg yolk and parmesan.
- Knead until all ingredients are evenly combined.
- Roll dough to 2cm diameter.
- Cut 3cm pieces of gnocchi.
- Cook gnocchi in boiling water till they float to top.

Gorgonzola Cream

Portion/amount: 4

Ingredient list for Gorgonzola Cream

80g Gorgonzola cheese
2pinch Preserved Lemon Skin
160ml Cream
5ml Lemon Juice
TT Salt

Recipe

- Cut gorgonzola into chunks.
- Fine chop preserved lemon skin.
- Heat cream over low flame.
- Slowly incorporate the cheese while whisking.
- Keep whisking until cheese has fully melted and all ingredients have combined.
- Reduce to sauce consistency.
- Finish with lemon juice.
- Pass through tamis.



Plating

1 Portion

Ingredient list for Plating

1g Preserved Lemon
1g Chives
10pc Gnocchi
60g Gorgonzola Cream.
6pcs Truffle Shaving
5pcs Parmesan shaving

Recipe

- Brunoise preserved lemon and chives.
- Heat Gorgonzola cream.
- Add gnocchi and warm on low flame.
- Add gnocchi and excess sauce to center of plate.
- Garnish with truffle shavings, parmesan shavings, chive, and preserved lemon.



MAIN COURSE'S FROM THE GARDEN





Stuffed Champignon

Tomato Sauce

Portion/amount: 4

Ingredient list for Tomato Sauce

200g Onion
600g Tomato
12g Coriander
160ml Vegetable oil
4g Mustard Seeds
4g Cumin Seeds
4g Turmeric Powder
16g Salt
4g Chaat Masala
60ml Lemon Juice

Recipe

- Chop onion, tomato and coriander.
- Heat vegetable oil in pan on medium heat.
- Add mustard seeds and cumin seeds.
- Cook to crackling.
- Add onion.
- Cook to golden brown.
- Add turmeric powder and tomato
- Cook till tomato becomes soft.
- Finish with salt, chaat masala, lemon juice and coriander.

Chickpea Mixture

Portion/amount: 1

Ingredient list for Chickpea Mixture

160g Dry Chickpeas
40g Onion
4g Garlic
8g Parsley
8g Coriander
8g Salt
4g Coriander Powder
4g Crushed Roasted Cumin
40ml Water

Recipe

- Soak Chickpeas in 2L of water for 24 hours.
- Chop onion, garlic, parsley, and coriander.
- Rinse chickpeas.
- Blend Chickpeas to chunky paste.
- Add remaining ingredients and blend in quick intervals so as to mix but not lose texture in chickpeas.

Boiled Mushrooms

Portion/amount: 1 portion

Ingredient list for Boiled Mushrooms

16pcs White Button Mushrooms
2L Water
12g Salt
4g Turmeric Powder
160g Chickpea Mixture

Recipe

- Remove stem from mushroom.
- Bring to boil water, salt and turmeric powder.
- Blanch mushrooms for 40 seconds in boiling water mixture.
- Decant Portobello mushrooms into ice bath.
- Stuff each mushroom with 10g of chickpea mixture.
- Bake at 160°C for 8 minutes.



Plating

1 Portion

Ingredient list for Plating

Banana Leaf
80g Tomato Sauce
4pcs Chickpea Stuffed Boiled Mushrooms
4pc Cucumber spiral
4pcs Tomato Julienne
4pcs Onion Ring
4pcs Picked Frisee

Recipe

- Cut banana leaf 6cm wide and the length of selected plate.
- Make 4 mounds of tomato sauce along the banana leaf.
- Place a stuffed mushroom on top of each tomato sauce mound.
- Garnish each mushroom with a cucumber spiral, tomato julienne, onion ring and picked frisee.

Veggi Mille-Feuille

Pea Puree

Portion/amount: 175g

Ingredient list for Pea Puree

150g Green Peas
50ml Vegetable Stock
6ml Lemon Juice
20g Unsalted butter
TT Salt

Recipe

- Cook green peas for 3 minutes in salted boiling water.
- Strain.
- Blend all ingredients together.
- Pass through tamis.

Baked Beetroot

Portion/amount: 4

Ingredient list for Baked Beetroot

2pcs Large Beetroot
10ml Olive Oil
TT Salt

Recipe

- Rub beetroot with olive oil and salt.
- Wrap in aluminum foil.
- Bake at 170°C for 2 hours.
- Peel Beetroot.
- Cut 12 5mm thick pieces with a size 40 ring.



Pickled Beetroot

Portion/amount: 4

Ingredient list for Pickled Beetroot

60g Beetroot
25g Sugar
80ml Rice Vinegar
TT Salt

Recipe

- Cut raw beetroot in 5mm x 5mm cubes.
- Bring to boil sugar, vinegar, and salt.
- Pour boiling vinegar mixture over beetroot.
- Cover.
- Cool at room temperature.

Beetroot Oil

Portion/amount: 4

Ingredient list for Beetroot Oil

200ml Olive Oil
Baked Beetroot trimmings
TT Salt

Recipe

- Blend ingredients.
- Strain with cheesecloth.
- Season.

Confit Turnips

Portion/amount: 4

Ingredient list for Pickled Beetroot

2pcs Medium Turnips
1pc Bay Leaf
2pcs Garlic Cloves
1bunch of Thyme
5pcs Black Pepper Corn
800ml Olive Oil

Recipe

- Peel Turnips
- Add All Ingredients to a deep oven dish and cover.
- Bake at 180°C for 20 minutes.
- Cool.
- Cut 12 5mm thick pieces with a size 40 ring.

Broad Beans and Green Peas

Portion/amount: 4

Ingredient list for Broad Beans and Green Peas

24g Picked Broad Beans
24g Picked Green Peas
3g Unsalted Butter
TT Salt

Recipe

- Blanch broad beans and green peas 2 minutes in boiling water.
- Peel broad beans.
- On medium heat, cook broad beans and green peas in butter.
- Season.

Plating

1 Portion

Ingredient list for Plating

1pc Orange
40g Halloumi Cheese
3slices Baked Beetroot
3slices Confit Turnips
6g Green Peas
6g Broad Beans
12pc Pickled Beetroot
5ml Beetroot Oil
40g Green Pea Puree

Recipe

- Peel Orange.
- Slice 3 5mm pieces of orange.
- Using blow torch, color the orange.
- Using a size 40 ring cut 3 pieces of 5mm thickness of halloumi cheese.
- Pan sear the halloumi, baked beetroot, and confit turnip slices.
- On the side of a large round plate, make a comma shape with the pea puree using the tip of the spoon.
- Make one straight stack of orange, turnip, beetroot and halloumi in the middle of the plate.
- Make 2 perpendicular stacks of orange, turnip, beetroot and halloumi slices. Both stacks should start on opposite ends of the plate, working their way away from each other.
- Scatter picked beetroot, green peas, and broad beans around the plate.
- With the beetroot oil in a squeeze bottle. Lightly make circular motions over the plate.
- Finish with micro herbs.



MAIN COURSE'S FROM THE SEA





Fihunu Mas and Aluvihiki Riha

Fihumu Mas

Portion: 4

Ingredient list for Fihumu Mas

- 4pc Garlic Cloves
- 80g Onion (1 Medium Onion)
- 2pcs Scotch Bonnet Chili
- 3g Chili Powder
- 1.5g White Pepper
- 1.5g ground cumin
- 30g Coriander
- 1pc Lime
- TT Salt
- 640g Snapper filet (4pcs of 160g)
- 4pcs Banana Leaf

Recipe

- Blend all ingredients together to make marination.
- Marinate snapper for 4 hours.
- Rinse snapper.
- Pan sear snapper skin side down.
- Flip filet and wrap in banana leaf.
- Steam for 3 minutes.

Aluvi Hiki Riha

Portion: 4

Ingredient list for Aluvi Hiki Riha

- 500g Potatoes
- 37ml Vegetable Oil
- 150g Onion
- 10g Curry Leaves
- 2g Ginger
- 4pcs Garlic Cloves
- 1g Mustard Seeds
- 85g Capsicum
- 1g Chili Powder
- 5g Rihaakura
- 15g Masmirus

Recipe

- Peel and cut the potato into cubes.
- Dice onion.
- Grate ginger.
- Finely chop garlic and capsicum.
- Wrap garlic cloves in aluminum foil.
- Bake at 180°C for 20 minutes.
- Pound garlic.
- Pass in tammiss.
- Boil potatoes in salted water for 5 minutes.
- Fry Potatoes at 180°C to golden brown.
- In deep pot on medium heat, heat vegetable oil and mustard seeds to crackling.
- Add onions, ginger, and curry leaves.
- Sautee until onions have caramelized.
- Add potato and capsicum.
- Cook for 2 minutes, continuously stirring.
- Add chili powder, Masmirus, Rihaakura, and garlic.

Plating

1 Portion

Ingredient list for Plating

- 1pc Fihunu mas
- 100g Aluvi Hiki Riha
- 10g Cream Fraiche
- 3g Julienne of Kopee Fin Leaves
- TT Chilli Oil

Recipe

- Place snapper filet on one side of the plate.
- Arrange Aluvi Hiki Riha in mound opposite the fish.
- Top Aluvi Hiki Riha with cream fraiche quenelle.
- Top cream fraiche with julienne kopee fin leaves.
- Finish with chili oil dots around the plate.



Fish en Croute



Fish En Croute

Portion: 4

Ingredient list for Fish En Croute

1pc White Bread Loaf (not sliced)
8pcs 60g Grouper Fillet

Recipe

- Slice the bread 2mm Thick lengthwise.
- Roll Bread around fish twice and cut the excess.
- Color both sides of the fish in a hot pan.
- Finish in oven at 180°C for 3 minutes.

Sauce Vierge

Portion: 4

Ingredient list for Sauce Vierge

40g Tomatoes
18g Shallots
15g Piquillo Pepper
8g Almond Flakes
4g Capers
2g Picked Basil
2g Picked Parsley
¼ Lemon
60ml Extra Virgin Olive Oil
4g Dijon Mustard

Recipe

- Blanch, peel and deseed tomatoes.
- Finely chop tomatoes, shallots, piquillo pepper, almond flakes, capers, basil, and parsley.
- Zest and juice lemon.
- Whisk all ingredients together.

Plating

1 Portion

Ingredient list for Plating

2pcs Fish En Croute
10g Baby Spinach
10g Beluga Caviar
30g Cauliflower Puree (Refer To Black & White Recipe)
2g Almond Slice
30g Sauce Vierge

Recipe

- Make 3 dots of 10g of cauliflower puree in the center of the plate.
- Using a spoon drag the dots in straight line following the pictured pattern.
- Stack the Fish in the center of the plate.
- Garnish with baby spinach, Beluga caviar, sauce Vierge, and almond slices.



My Bourride

Traditional Aioli

Portion: 250ml

Ingredient list for Traditional Aioli

1g Saffron
8ml Warm Water
10g Garlic
1pc Egg Yolk
8ml Lemon Juice
8g Mustard
150ml Extra Virgin Olive Oil
100ml Cotton Seed Oil
50g Baked Potato
TT Salt

Recipe

- Soak Saffron in water.
- Using a motor and pestle, crush the garlic, egg yolk, lemon juice, and mustard.
- Add mixture to large mixing bowl.
- Mix olive oil and cotton seed oil.
- Incorporate oil mixture to yolk mixture while whisking slowly.
- Crush peeled baked potato with motor and pestle.
- Whisk potato into mixture.
- Season.
- Finish with saffron infused water.

Bourride and Poached Grouper

Portion: 4

Ingredient list for Bourride and Poached Grouper

4 140g Grouper Fillets (Skin On)
2pcs Carrot
2pcs Onion
1pc Leek
1pc Fennel
2pcs Bay Leaf
10g Black Pepper Corn
1L White Wine
240g Aioli

Recipe

- Remove skin from fish.
- Lay seasoned skin flat between 2 trays.
- Bake at 200°C for 10 minutes.
- Cut each fillet in half, vertically.
- Chop the carrot, onion, leek, and fennel.
- In deep oven tray braise the vegetables at 190°C until brown.
- Add wine and reduce by a quarter.
- Add 1.5L of water and reduce by half.
- Once reduced, strain stock into a deep pot and bring to simmer over medium heat.
- Poach fish filets in stock for 3 minutes and remove.
- Reduce stock to low heat.
- Add aioli one spoon at a time to stock while blending with hand blender.

Potato Fondant

Portion: 4

Ingredient list for Potato Fondant

1pc Large Potato
15ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)
45ml Vegetable Stock
10g Butter

Recipe

- Cut potato with a size 60 ring and a 1.5cm thickness.
- In a deep oven tray, add all ingredients, cover with foil, and bake at 160°C for 30 minutes.

Plating

1 Portion

Ingredient list for Plating

1pc Potato Fondant Ring
2pcs Poached Fish Filet
2pc Kipfler Potatoes (Refer To Nicoise My Way Recipe)
1pc Fish Skin Crisp
1pc Fried Basil
80ml Bourride

Recipe

- Place the potato fondant ring on the base of the plate.
- Stack poach fish filets pieces over potato fondant.
- Garnish with Kipfler potato, fish skin crisp, and fried basil.
- Poor Bourride over center.



Lobster Balotine



Capsicum Soup

Portion/amount: 4

Ingredient list for Capsicum Soup

4pcs Capsicum
2pcs Medium Onions
1pc Leek
400ml Vegetable Stock
60ml Olive Oil
TT Salt

Recipe

- Over gas flame, burn the capsicum until fully black.
- Put in a container and cover.
- Let sit at room temperature until capsicums have cooled.
- Remove skin and seeds.
- Roughly chop capsicums, onions, and leeks.
- Bake at 180° for 30 minutes.
- Blend all ingredients.
- Pass through chinois.
- Season.

Lobster Chorizo Ballotine

Portion: 4

Ingredient list for Lobster Chorizo Ballotine

50g Chorizo
50g Ciabatta Bread
35g Egg White
35g Ground Chicken
35ml Cream
5g Salt
4pc Lobster Tail

Recipe

- Deep fry chorizo and Bread.
- Blend chorizo, ciabatta bread, egg white, ground chicken, cream, and salt.
- Clean out middle of lobster tails.
- Pipe blended mixture into the center of the tail.
- Roll in plastic wrap tightly.
- Tie plastic wrap at both ends.
- Poach at 58°C for 70 minutes.
- Finish on hot pan.

Plating

1 Portion

Ingredient list for Plating

12ml Balsamic Glaze (Refer To Capresse Carpaccio Recipe)
1pc Lobster Baillotine
10g Sour Cream
4g Caviar
150ml Capsicum Soup
1pc Chorizo Tuile

Recipe

- Make 3 dots of balsamic glaze on the base of the bowl.
- Cut lobster baillotine into 3 pieces.
- Place a piece of lobster baillotine over each dot of balsamic glaze. Two pieces should be straight and one should be facing up.
- Quenelle sour cream.
- Place quenelle over the piece of lobster baillotine that is facing up.
- Add caviar over sour cream.
- Serve hot soup on side of dish in tea pot.
- Garnish with crushed chorizo tuile and micro herbs.





THE CHEF'S STORY

I decided to take my time and not blow this golden opportunity. It took around three months to change the menus and devise a new bar menu – all-in-all, this was more than 160 dishes! With around 90% of guests on the all-inclusive or full-board meal plans (meaning no limits on food), my system had to be smart and well-organized. We needed to limit the number of ingredients utilized across all the outlets but think of more ways to serve them, in order to avoid waste and meet targets.

This book features dishes served during my first year at Kandolhu. The idea was conceived over a drink with our owner, Andeen, who mentioned he had always wanted a cookbook. I jumped at the opportunity. Within a few months the portfolio was ready, and a few months after that everything was put together. It gave me the chance once again to be creative and to have fun with photography, which is my favourite hobby.

CONTINUED ON PAGE 190

MAIN COURSE'S FROM LAND

Poulet au Citron

Gratin Boulangere

Portion/amount: 4

Ingredient list for Gratin Boulangere

250g Potato
15g Butter
60ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)
40ml Vegetable Stock
TT Salt
TT Pepper

Recipe

- Slice potatoes as thin as possible; do not put in water.
- Melt butter.
- Grease shallow oven dish.
- Layer potatoes at the base in slight overlap.
- Season.
- Repeat potato and seasoning layering.
- Pour red wine jus and vegetable stock over potatoes.
- Bake at 150°C for 90 minutes.
- Cut with size 50 ring.

Sour Glaze

Portion: 4

Ingredient list for Sour Glaze

25ml Tarragon Vinegar
50ml White Wine
10pcs Pepper Corn
1pc Bay Leaf
1pc Garlic Clove
½ Lemon
40ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)
50ml Cream

Recipe

- Crush garlic.
- Cute ½ lemon into wedges.
- Reduce tarragon vinegar, white wine, pepper corn, bay leaf, garlic clove, and lemon wedges by 2/3 on low heat.
- Strain with chinois.
- On low heat, slowly whisk in red wine jus.
- Add cream and reduce to sauce consistency.

Tomato Provencal

Portion: 4

Ingredient list for Tomato Provencal

4pcs Medium Tomatoes
10ml Olive Oil
2g Herbe De Provence
TT Salt

Recipe

- Using a small knife, from an X shape incision at the base of the tomato.
- Blanch in boiling water for 10 seconds.
- Decant into ice bath.
- Peel off skin.
- Cut a small piece of the top and bottom of the tomato so it can stand straight.
- Cut tomato in half.
- Lay tomatoes on a flat tray.
- Sprinkle with salt, olive oil, and herbe de Provence.
- Bake at 180°C for 8 minutes.

Chicken Baillotine

Portion: 4

Ingredient list for Chicken Baillotine

15g Thyme
15g Rosemary
15g Tarragon
20g Parsley
½ Lemon
35g Egg White
35g Ground Chicken
35ml Cream
20g Dijon Mustard
5g Salt
80g Sliced Prosciutto (8 slices)
480g Chicken Breast (4pcs Chicken Breast)

Recipe

- Deep fry thyme, rosemary, tarragon, and parsley.
- Zest lemon.
- Blend thyme, rosemary, tarragon, parsley, egg white, ground chicken, cream, Dijon mustard, salt, and lemon zest.
- Cut chicken breast into 5mm thickness length wise.
- Roll out plastic wrap on smooth surface.
- Lay sliced prosciutto in a row on plastic wrap.
- Lay out chicken breast in a row on prosciutto.
- Pipe chicken filling onto chicken breast at about 1.5 cm thickness.
- Using the plastic wrap, roll the breast over the stuffing to form a roulade.
- Tie cling film at both ends.
- Poach at 64°C for 90 minutes.
- Finish in a pan to color prosciutto.

Plating

1 Portion

Ingredient list for Plating

2pc Gratin Boulangere
2pc Tomato Provencal
6g Herb Crust (Refer to Niscoise My Way Recipe)
20ml Sour Glaze
1pcs Chicken Ballotine
1Slice Dehydrated Lemon

Recipe

- Splash the sauce over the entire plate.
- Place one piece of gratin boulangere face up.
- Place one piece of gratin boulangere on its side.
- Place one tomato Provencal on top of the gratin boulangere faced up.
- Place one tomato Provencal next to the gratin boulangere on its side.
- Sprinkle herb crust over the gratin boulangere and Provencal tomatoes.
- Stand the dehydrated lemon next to the Provencal tomato.
- Slice chicken ballotine into 3 pieces removing the edges.
- Place the chicken ballotine with 2 facing up and one on its side.





Confit de Canard

Berry Jus

Portion/amount: 4

Ingredient list for Berry Jus

- 20g Frozen Mixed Berries
- 60ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)
- 10g Cream
- TT Salt

Recipe

- Bring to boil mixed berries and red wine jus.
- Blend.
- Finish with cream.
- Season.

Cassoulet

Portion: 4

Ingredient list for Cassoulet

- 300g Dried Butter Beans
- 120g Pork Bacon
- 1pc Celery Stick
- 80g Onion
- 70g Carrot
- 3pcs Garlic Clove
- 15g Duck Fat
- 2pcs Bay Leaf
- 1branch Rosemary
- 1branch Thyme
- 15ml Lemon Juice
- TT Sea Salt
- TT Black Pepper

Recipe

- Soak beans in 900ml of water for 12 hours.
- Brunoise Pork Bacon.
- Pan fry pork bacon to crispy.
- Brunoise celery stick, onion, carrot, and garlic cloves.
- Strain Beans.
- In deep pan, wet beans to height and bring to boil for 20 minutes.
- Strain and set aside.
- Tie together bay leaf, rosemary, and thyme.
- In deep pot, sauté celery, onion, carrot and garlic in duck fat.
- Add beans, pork bacon, tied herbs, and 1.2L of water.
- Bring to boil and skim.
- Add sea salt, black pepper, clove, and lemon juice.
- Bake at 150°C for 1 hours.
- Remove tied herbs.

Confit Duck Leg

Portion: 4

Ingredient list for Confit Duck Leg

- ½pc Lemon
- 500g Rock Salt
- 4g Parsley
- 5g Black Pepper Corn
- 1pc Bay Leaf
- 12g Garlic
- ¼bunch Rosemary
- ¼bunch Thyme
- 4pcs Duck Leg
- 600g Duck Fat

Recipe

- Zest Lemon.
- Blend lemon zest, rock salt, parsley, black pepper corn, bay leaf, garlic, rosemary, and thyme.
- In deep container submerge the duck legs in the salt mixture and keep refrigerated for 12 hours.
- Rinse duck legs under cold running water. Dry.
- In deep tray, add duck fat and duck legs. Cover.
- Cook at 110°C for 5 hours.
- Remove duck legs from fat.
- Color on hot pan with butter.



Plating

1 Portion

Ingredient list for Plating

- 2g Chopped Chives
- 80g Cassoulet
- 10g Herb Crest (Refer To Nicoise My Way Recipe)
- 1pc Confit Duck Leg
- 15ml Mix Berry Jus

Recipe

- Add cassoulet to base of the bowl.
- Sprinkle cassoulet with herb crest and chives.
- Add confit duck leg.
- Serve sauce on side.

Duck à l'Orange

Confit Fennel

Portion/amount: 4

Ingredient list for Confit Fennel

2pc Fennel
300ml Vegetable Stock
100ml Orange Juice
TT Salt
25g Butter
10ml Olive Oil

Recipe

- Cut each fennel into 8 segments.
- Bring to boil vegetable stock, orange juice, salt and butter.
- Reduce to simmer.
- Poach fennel for 14 minutes.
- Strain.
- Heat olive oil in pan.
- Color fennel.
- Season.

Sweet Potato Puree

Portion: 4

Ingredient list for Sweet Potato Puree

150g Sweet potato
120g Pumpkin
20ml Olive Oil
25g Butter
125g Vegetable Stock
TT Salt
TT Pepper

Recipe

- Peel pumpkin.
- Slice pumpkin into

Orange Sauce

Portion: 4

Ingredient list for Orange Sauce

40g Onion (½ Medium Onion)
35g Carrot (½ Medium Carrot)
2pcs Orange
30g Butter
5g Sugar
1pc Bay Leaf
2g Black Pepper Corn
10ml Sherry Vinegar
110ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)

wedges of 1.5cm thickness.

- In bowl, mix sweet potatoes, 10ml olive oil and salt.
- Wrap sweet potato aluminum foil.
- Bake at 180°C for 40 minutes.
- In bowl, mix pumpkin, 10ml olive oil and salt.
- Wrap pumpkin in aluminum foil.
- Bake at 180°C for 20 minutes.
- Peel Potatoes.
- Blend potatoes and pumpkin with vegetable stock and butter.
- Pass through tamis.

Recipe

- Dice onion and carrot.
- Juice one orange.
- Segment one orange.
- Cube Butter.
- Sautee carrot and onion in pot.
- Add sugar, bay leaf and peppercorn.
- Cook until sugar melts.
- Add vinegar and reduce by half.
- Add orange juice and reduce by half.
- Add red wine jus and reduce by half.
- Strain.
- Finish with butter.
- Season.

Sweet Potato Fondante

Portion: 4

Ingredient list for Sweet Potato Fondante

2pcs Sweet Potato
125ml Vegetable Stock
20g Unsalted Butter
5ml Olive Oil
10ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)

Recipe

- Using size 40 ring, cut 12 6mm thick pieces of sweet potato.
- Heat vegetable stock, unsalted butter, olive oil, and veal jus till all ingredients are combined.
- Aligned potatoes in tray.
- Wet half way with stock liquid.
- Bake at 165°C for 20 minutes.

Broad Beans

Portion: 4

Ingredient list for Broad Beans

48g Picked Broad Beans
3g Unsalted Butter
TT Salt

Recipe

- Blanch broad beans 2 minutes in boiling water.
- Peel broad beans.
- On medium heat, cook broad beans in butter.
- Season.



Duck Magret

Portion: 4

Ingredient list for Sweet Potato Fondante

24g Oats
2pc of 400g Duck Magret
20g Unsalted Butter
TT Salt

Recipe

- Toast oats.
- Chop oats.
- Season duck on meat side.
- In a pan on low heat; cook duck skin side down till crispy, color skin (approximately 12 minutes). Continuously decant fat from pan.
- Cook duck at 180°C for 2 minutes with meat side down.
- Finish in pan while basting with butter.
- Rest duck magret 4 minutes.
- Slice each magret into 6 pieces; remove the edges.
- Dip skin side of magret into oats.

Plating

1 Portion

Ingredient list for Plating

70g Sweet Potato Puree
3pcs Sweet Potato Fondant
3pcs Confit Fennel
Micro Herbs
20ml Orange Sauce
½ Duck Magret (3 slices)
12g Broad Beans

Recipe

- Place puree in middle of plate.
- Press puree with base of a pot and lift in a swift motion.
- Place the sweet potato fondant in a row.
- Add fennel over sweet potato fondant.
- Garnish fennel with micro herbs.
- Place 3 dots of orange sauce parallel to sweet potato fondant.
- Place a piece of duck over each sauce dot.
- Top duck with broad beans.



Olive Crusted Lamb

Whipped Goat Cheese Portion/amount: 4

Ingredient list for Whipped Goat Cheese

- 100g Goat Cheese
- 150g Cream
- 4g Salt
- ¼ Vanilla Bean

Recipe

- Whisk all ingredients to smooth consistency.

Almond Crumble

Portion: 4

Ingredient list for Almond Crumble

- 100g Unsalted Butter (soft)
- 100g Flour
- 20g Sugar
- 6g Salt
- 60g Almond
- 40g Almond Powder

Recipe

- Chop whole almonds.
- Mix all ingredients in a bowl by hand.
- Crumb mixture onto a baking tray covered with parchment paper.
- Bake at 180°C for 6 minutes.

Tapenade

Portion/amount: 200g

Ingredient list for Tapenade

- 8g Garlic
- 1pc Lemon
- 70g Deseeded Green Olives
- 100g Deseeded Black Olives
- 20ml Olive Oil
- 1pcs Salted Anchovy Filets
- 7g Chili Paste
- 7g Capers

Recipe

- Mince garlic.
- Zest and juice lemons.
- Blend all ingredients together.

Olive Crust

Portion/amount:

Ingredient list for Olive Crust

- 175g Tapenade
- 150g Unsalted Butter (soft)
- ½pc Lemon
- 75g Bread Crumbs

Recipe

- Spread Tapenade on baking tray to dry it.
- Bake at 150°C for 15 minutes.
- Cool.
- Combine all ingredients in a mixing bowl.
- Place the mixture between 2 pieces of baking paper and roll to 2mm thickness.
- Freeze overnight.
- Portion the mixture to the size of the lamb rump.

Carrot Mousse

Portion/amount: 4

Ingredient list for Carrot Mousse

- 400g Carrot
- 250ml Vegetable Stock
- 5g Baking Soda
- 45ml Olive Oil
- 20g Butter
- ¼ Lemon
- 12g Salt
- 4g Agar

Recipe

- Peel and Slice carrot.
- Cook carrots, vegetable stock, baking soda, olive oil, butter, lemon, and salt in sous vide at 90°C for 40 minutes.
- Blend with agar.
- Poor into 2.5cm high container.
- Set in chiller for 4 hours.
- Cut 4 portions with a size 60 ring.
- Cut the middle of the ring with a size 20 ring.
- Keep both pieces.

Carrot Roulade

Portion/amount: 4

Ingredient list for Carrot Roulade

- 140g Carrot (2 Medium size carrots)
- 5ml Olive Oil
- 200ml Water
- TT Salt

Recipe

- Peel carrot.
- Cut carrot into 1.5cm by 10cm.
- Using a peeler, slice 40 pieces of the rectangular shaped carrot.
- Blanch the carrot slices in salted boiling water and olive oil for 1 minute.
- Roll carrot.





Lamb Rump

Portion/amount: 4

Ingredient list for Lamb Rump

4pcs of 160g Lamb Rump
20g Unsalted Butter
TT Salt
4pcs Olive Crust

Recipe

- Season lamb rump.
- In a pan on high heat, cook the lamb on one side to golden brown.
- Cook lamb rump at 180°C for 3 minutes; uncooked side down.
- Finish in pan while basting with butter.
- Place olive crust over the lamb.
- Rest lamb rump for 3 minutes.
- Slice each lamb rump into 3 pieces; remove the edges.

Red Wine Jus

Portion/amount: 4

Ingredient list for Red Wine Jus

1kg Veal Bone
90g Leek (1 Medium Size Leek)
140g Carrot (2 Medium Size Carrots)
160g Onion (2 Medium Size Onion)
70g Celery (2 Celery Sticks)
1pc Whole Garlic
5branch Thyme
1pc Bay Leaf
4g Black Pepper Corn
375ml Dry Red Wine
TT Salt

Recipe

- Roast veal bones in a flat tray at 200°C till they caramelize. Approximately 20 minutes.
- Roughly chop leek, carrot, onion, and celery.
- Horizontally slice the whole garlic in half.
- In a deep pot; sweat leek, carrot, onion, celery, garlic, thyme, bay leaf, and pepper corn.
- Decant bones into deep pot.
- Remove fat from bone tray.
- Deglaze tray using red wine.
- Transfer red wine and bone sugars into deep pot.
- Wet to height.
- Simmer for 4 hours.
- Pass stock.
- Reduce by $\frac{3}{4}$ to thick.
- Season.

Broad Beans

Portion/amount: 4

Ingredient list for Broad Beans

48g Picked Broad Beans
3g Unsalted Butter
TT Salt

Recipe

- Blanch broad beans 2 minutes in boiling water.
- Peel broad beans.
- On medium heat, cook broad beans in butter.
- Season.



Plating

1 Portion

Ingredient list for Plating

1pc Lamb Rump (3 Slices)
15ml Red Wine jus
1pc Carrot Mousseline Size 60
1pc Carrot Mousseline Size 20
10pcs Carrot Roulade
6g Almond Crumble
12g Broad Beans
6g Olive Powder (Refer To Black & White Recipe)
3pcs Picked Rocket
6pcs Olive Chips
15g Whipped Goat Cheese
3g Chives
Micro Herbs

Recipe

- Place both carrot mousselines on opposite sides of the plate.
- Pipe dots of whipped goat cheese around and on top of carrot mousselines.
- Place carrot roulade around and on top of carrot mousselines.
- Place broad beans around and on top of carrot mousselines.
- Dust almond crumble around and on top of carrot mousselines.
- Dust olive powder around and on top of carrot mousselines.
- Top carrot mousselines with olive chips, chopped chives, and micro herbs.
- Place red wine jus in the middle of the size 60 carrot mousseline.
- Place 3 dots of red wine jus in the middle of the plate.
- Place Lamb on each red wine jus dot, 2 standing up and one on its side.
- Finish with rocket.

Beef and Waffles

Salty Waffle

Portion: 400g

Ingredient list for Salty Waffle

- 1pcs Egg
- 140g All-Purpose Flour
- 180ml Milk
- 90g Melted Butter
- 3g Sugar
- 13g Parmesan Powder
- 13g Mushroom Powder (Refer To Waguy Beef Recipe)
- 3g Salt
- 3g Baking Powder

Recipe

- Mix all purpose flour, salt, baking powder, sugar, mushroom powder, parmesan powder.
- Beat eggs.
- Mix eggs, milk and butter.
- Slowly whisk in liquid mixture to dry mixture.
- Cook in waffle machine until golden.

Gratin Dophinoise

Portion: 4

Ingredient list for Gratin Dophinoise

- 250g potatoes
- 65ml milk
- 65ml cream
- 2g garlic clove
- TT Salt

Recipe

- Slice potatoes as thin as possible; do not put in water.
- Heat milk and cream.
- Grease shallow oven dish.
- Layer potatoes at the base in slight overlap.
- Season.
- Repeat potato and seasoning layering.
- Poor milk and cream mixture over potatoes.
- Bake at 150°C for 90 minutes.
- Straight after removing from oven, way down potatoes directly in pan for 3 hours.
- Cut into 10cm x 4 cm rectangles.

Cream Cheese

Portion: 4

Ingredient list for Cream Cheese

- 40g Cream Cheese
- 20g Green Sauce (Refer To Frog Lollypop Recipe)

Recipe

- Whisk all ingredients together.

Rocket Foam

Portion: 4

Ingredient list for Rocket Foam

- 50ml Water
- 15g Rocket
- 0.8g Lecite
- TT Salt

Recipe

- Blend all ingredients together.
- Strain.
- Foam with hand blender.



Plating

1 Portion

Ingredient list for Plating

- 200g Angus Beef Filet
- ½pc Portobello Mushroom
- 3pc 1.5cm Thick Onion Wedges
- 10ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)
- 2pcs Salty Waffle
- 30ml Green Sauce (Refer To Frog Lollypop Recipe)
- 5g Foam
- 15g Cream Cheese
- 1pc Gratin Dauphinoise
- Micro Herbs

Recipe

- Boil onion in for 4 minutes.
- Color onion with torch.
- Sautee Portabelle mushroom.
- Cut portabello mushroom into 3 pieces.
- Make coma shape using the tip of the spoon on one side of the plate.
- Place grain dauphinoise perpendicular to the thin side of the coma.
- Place one salty waffle on big part of coma and the other on gratin dauphinoise.
- Scatter onion and mushroom around the plate.
- Make 2 quenelles of cream cheese and place over waffle.
- Poor red wine jus in open corner of plate.
- Place beef on top of red wine jus.
- Scatter foam on plate.
- Finish with micro herbs.



PRE-DESSERT'S

Tomato Sorbet

Portion/amount: 500ml

Ingredient list for Tomato Sorbet

500g Tomatoes
4g Salt
½ pc Garlic Clove
TT White Pepper
1g Chili Powder
2ml Red Wine Vinegar
8ml Olive Oil

Recipe

- Deseed tomatoes.
- Grate tomato flesh.
- Strain.
- Mix all ingredients together.
- Churn.

Plating

1 Portion

Ingredient list for Plating

40g Feta Foam (Refer To refreshed Greek Salad)
80g Tomato Sorbet
1g Black Sesame Seeds
3ml Olive Oil
1pc Fried Basil Leaf
3pcs Dehydrated Tomato Chips
1pc Basil Leaf

Recipe

- Scoop Tomato sorbet into half the class.
- Pipe feta foam into second half.
- Garnish feta foam with black sesame seeds, olive oil, and fried basil leaf.
- Garnish tomato sorbet with dehydrated tomatoes and basil leaf.



Brie Farcie

Lavosh

Portion/amount: 4

Ingredient list for Lavosh

150g All Purpose Flour
15g Poppy Seeds
5g Salt
3g Sugar
140ml Water
30g Beaten Egg
25g Unsalted Butter

Recipe

- Mix all dry ingredients in kitchen mixer with spiral attachment on medium speed.
- Mix egg and water.
- Slowly incorporate egg and water mixture until dough forms.
- Add room temperature butter and mix until dough becomes soft and glossy.
- Wrap dough in plastic wrap and let rest for 30 minutes.
- On floured surface, roll dough to 1mm thickness.
- Place dough on tray between two baking papers.
- Place another tray on top of first tray to weight down the dough in order to achieve a flat finished product.
- Bake at 150°C for 15 minutes.
- Brake to shape.

Crumbed Brie

Portion: 4

Ingredient list for Crumbed Brie

500g Brie
32g Amaretto Cherries
80g Flour
80g Beaten Egg
80g Bread Crumbs

Recipe

- Roughly chop Amaretto cherries.
- Using a size 70 ring cut 4 portions into Brie.
- Slice Brie Rings in half.
- Stuff 8g of Amaretto cherries into the middle of each brie.
- Cover back Brie.
- Set in chiller for 2 hours.
- Pane the cheese with flour, egg and bread crumbs.
- Fry at 180°C to golden brown.

Plating

1 Portion

Ingredient list for Plating

3ml Amaretto Cherry Syrup
1pc Crumbed Brie
1 Branch Red Grapes
4pcs Lavosh
1pc Picked Frisee
TT Truffle

Recipe

- Make a circle around the plate with Amaretto cherry syrup.
- Cut crumbed brie in half.
- Place grapes in the middle of the plate.
- Add lavosh around the plate.
- Place Frisee in front of grapes.
- Stack sliced brie in front of frisee.
- Finish with shaved truffle.



Rhubarb Lollypop

Rhubarb Yogurt Sorbet

Portion: 600g

Ingredient list for Rhubarb Yogurt Sorbet

150ml Water
200g Sugar
1pc Vanilla Bean
250g Rhubarb
½pc Lemon
500g Yogurt

Recipe

- Bring to boil water, sugar, and vanilla bean scrapings.
- Reduce to simmer for 10 minutes.
- Chop Rhubarb.
- Juice Lemon.
- Sweat rhubarb on low heat.
- Add Lemon juice.
- Add sugar syrup to rhubarb and bring to boil.
- Cover and remove from heat.
- Cool at room temperature.
- Blend.
- Pass through tamis.
- Fold rhubarb puree into yogurt.
- Churn.
- Poor 50g of mix into 12 espresso cups.
- Skewer with chop sticks cut to 12cm.
- Set.

Strawberry Coulis

Portion: 4

Ingredient list for Strawberry Coulis

¼pc Lemon
125g Strawberry Puree
125g Sugar
50ml Water

Recipe

- Juice Lemon
- Bring all ingredients to boil.
- Pass through chinois.



Plating

1 Portion

Ingredient list for Plating

3pc Rhubarb Lollypop
45ml Strawberry Coulis
10g Desiccated Coconut

Recipe

- Dip rhubarb lollypop into strawberry coulis.
- Set.
- Arrange desiccated coconut along the plate.
- Place rhubarb lollypop over the desiccated coconut.





DESSERT'S

Banbukeyo Bondibai

Papaya Sorbet

Portion/amount: 500g

Ingredient list for Salty Waffle

640g Papaya
1½pc Lime
60ml Water
55g Sugar
30ml Coconut Milk
1pinch Salt

Recipe

- Peel and dice papaya.
- Arrange papaya in single layer on tray.
- Freeze for 12 hours.
- Zest and juice lime.
- Dissolve sugar in water in pan over high heat.
- Cool.
- Blend all Ingredients.

Banbukeyo Bondibai

Portion: 4

Ingredient list for Banbukeyo Bondibai

180g Sugar
240ml Coconut Cream

Recipe

- Dice breadfruit.
- Boil breadfruit in water for 8 minutes.
- Strain.
- In a pot, over medium heat, cook sugar and bread fruit until sugar has melted and breadfruit is soft.
- Add coconut milk.
- Bring to simmer for 5 minutes.

Plating

1 Portion

Ingredient list for Plating

140g Banbukeyo Bondibai
62g Papaya Sorbet
8g Diced Raw Coconut Palm Heart
1pc Picked Mint
1g Desiccated Coconut
2g Fried Banana Chips

Recipe

- Add Banbukeyo Bondibai to bowl.
- Top Banbukeyo Bondibai with diced raw coconut palm heart and desiccated coconut.
- Top with papaya sorbet quenelle.
- Garnish quenelle with banana chips and picked mint.



Matcha Sorbet

Matcha Sorbet

Portion/amount: 500g

Ingredient list for Matcha Sorbet

10g Green Tea Powder
200g Sugar
310ml Water

Recipe

- Bring to boil all ingredients.
- Churn.



Honey and Madarin Caramel

Portion: 4

Ingredient list for Honey and Madarin Caramel

2pcs Mandarin
160ml Orange Juice
45g Honey

Recipe

- Peel and separate mandarin.
- Bring to boil orange juice and reduce by $\frac{1}{4}$.
- Add honey and reduce by $\frac{1}{4}$.
- Remove from heat.
- Add mandarin.

Plating

1 Portion

Ingredient list for Plating

30ml Honey and Mandarin Caramel
 $\frac{1}{2}$ Honeyed Mandarin
60g Matcha Sorbet
3pcs Candied Orange Zest

Recipe

- Arrange honeyed mandarin in base of bowl.
- Cover in honey and mandarin caramel.
- Top mandarin with scooped Matcha sorbet.
- Finish with candied orange zest.



Lava Cake

Chocolate Lava

Portion/amount: 4

Ingredient list for Chocolate Lava

- 2pcs Egg
- 40g Sugar
- 50g Flour
- 80g Butter
- 95g Dark Chocolate Chips

Recipe

- In kitchen mixer, whisk together eggs and sugar till light yellow color.
- Add flour and whisk till all ingredients are combined.
- Melt butter and chocolate in Bain-Marie.
- Whisk together chocolate mixture and egg mixture.
- Pipe 40g of mixture into 7.5cm square cutter.
- Add 23g of dark chocolate chips on mixture.
- Pipe 50g of mixture over chocolate chips.
- Bake at 200°C for 8 minutes.

Minted Yogurt Sorbet

Portion/amount: 500ml

Ingredient list for Minted Yogurt Sorbet

- 50g Mint
- 500L Milk
- 150g Sugar
- 50g Glucose
- 125g Yoghurt

Recipe

- Chop Mint.
- In a pot on low heat, simmer the mint, milk, sugar and glucose for 60 minutes.
- Blend.
- Add Yogurt.
- Churn.

Chocolate Sauce

Portion/amount: 50ml

Ingredient list for Chocolate Sauce

- 25g 70% Chocolate
- 25ml Cream

Recipe

- Melt ingredients in Bain-Marie.

Crumble

Portion/amount: 50ml

Ingredient list for Crumble

- 20g Unsalted Butter (soft)
- 20g Flour
- 20g Sugar

Recipe

- Mix all ingredients.
- Crumble with hand on lined baking tray.
- Bake at 180°C for 10 minutes.

Plating

1 Portion

Ingredient list for Plating

- 10ml Chocolate Sauce
- 1pc Chocolate Lava
- 10g Crumble
- 60g Minted Yogurt Sorbet
- 1pc Poison Berry

Recipe

- Pipe chocolate sauce on plate in three rings.
- Place hot chocolate lava on the left side of plate.
- Place crumble on right side of plate.
- Scoop ice-cream on crumble.
- Finish with berries.



Poire Belle Hélène

Poached Pear

Portion/amount: 4

Ingredient list for Poached Pear

- 4pcs Pear
- 200g Sugar
- 300ml Water
- ½pc Cinnamon Stick
- ½pc Vanilla Bean
- 1pc Star Anis

Recipe

- Peel Pear.
- Bring to boil sugar, water, cinnamon, vanilla bean, and star anis.
- Add pear to liquid.
- Cook for 10 minutes.
- Cool pear.
- Cut pear into half, length wise.



Chocolate Ganache

Portion/amount: 4

Ingredient list for Chocolate Ganache

- 100ml Cream
- 3g Glucose
- 4g Trimoline
- 50g 65% Chocolate

Recipe

- Bring to boil 40ml cream, glucose, and trimoline.
- Poor cream mix over chocolate.
- Mix till chocolate is fully melted.
- Whisk in remainder of cream.

Chocolate Cremeux

Portion/amount: 4

Ingredient list for Chocolate Cremeux

- 43ml Milk
- 43ml Cream
- 18g Egg Yolk
- 8g Sugar
- 38g 70% Chocolate

Recipe

- Bring to boil milk and cream.
- Poor cream mix over chocolate.
- Mix till chocolate is fully melted.
- Blanch egg yolk and sugar vigorously with a whisk until creamy, foamy, and pale.
- In a pot, mix the blanched egg yolk and sugar and chocolate mix.
- Heat to 84°C.
- Chill.

Hazel Nut Praline

Portion/amount: 4

Ingredient list for Hazel Nut Praline

- 27g Hazelnut
- 50g Sugar
- 30g Water

Recipe

- Line tray with baking paper.
- Spread hazelnuts over tray.
- Bring to boil water and sugar.
- When liquid turns a deep caramel color remove from heat.
- Immediately poor over tray with hazelnuts.
- When caramel has hardened, crack to crumble.

Vanilla Ice Cream

Portion/amount: 500ml

Ingredient list for Vanilla Ice Cream

- 300ml Cream
- 200ml Milk
- 150g sugqr
- 5pcs Egg Yolk
- 10g Milk Powder
- 1pc Vanilla Bean

Recipe

- Blanch egg yolk and sugar; beat egg yolk and sugar vigorously with a whisk until creamy, foamy, and pale.
- Add Vanilla bean scrapings to blanched egg and sugar.
- Whisk in milk powder.
- Whisk in milk.
- Cook mixture on low heat stirring continuously till mixture coats the spoon.
- Churn.

Plating

1 Portion

Ingredient list for Plating

- 1pc Poached Pear
- Chocolate Ganache
- 25g Chocolate Cremeux
- 5g Hazelnut Praline
- 60g Vanilla Ice Cream
- 4pc Picked Mint

Recipe

- Brush chocolate ganache around the center of the plate.
- Pipe chocolate cremeux into pear; approximately 10g per pear.
- Pipe chocolate cremeux around the plate.
- Top all chocolate cremeux with hazelnut praline.
- Scoop ice cream over hazel nut praline to secure into place.
- Finish with picked mint.



Blueberry Cheesecake

Cheesecake Crust

Portion/amount: 1 Cake

Ingredient list for Cheesecake Crust

220g Cracker Crumbs
113g Unsalted Butter
56g Sugar

Recipe

- Pulse all ingredients together till crumbs become moist.
- Press crumbs into greased size 200; 5cm high.
- Bake at 190°C for 8 minutes.

Cheesecake Filling

Portion/amount: 1 Cake

Ingredient list for Cheesecake Filling

225g Cream Cheese
113g Sugar
5pc Egg
85g Flour
450g Sour Cream
60ml Milk
1pc Vanilla Bean

Recipe

- Beat cream cheese and sugar till blended.
- Beat in flour.
- Beat eggs in one at a time.
- Beat in sour cream, milk, and vanilla.
- Poor filling into cheesecake crust.
- Bake at 190°C for 50 minutes.
- Turn off oven.
- Leave cheesecake in oven for 60 minutes.

Cheesecake Topping

Portion/amount: 1 Cake

Ingredient list for Cheesecake Topping

300g Frozen Mixed Berries
100g Frsh Mixed Berries
TT Sugar

Recipe

- Melt berries and sugar over medium heat.
- Coat cheesecake.



Plating

1 Portion

Ingredient list for Plating

1/8pc Cheesecake
2pcs Blueberry
2pcs Raspberry
1pc Picked Mint

Recipe

- Place slice on stand.
- Garnish with blueberry, raspberry, and mint.



Citrus Tartlets

Tartlet Base

Portion/amount: 4

Ingredient list for Tartlet Base

- 105g All-Purpose Flour
- 35g Icing Sugar
- 25g Sugar
- 75g Room Temperature Butter
- 1g Salt

Recipe

- Knead all ingredients together.
- Roll out to 3mm thick.
- Cut with 12cm ring.
- Arrange in size 90 pastry ring.
- Bake at 150°C for 14 minutes.
- Cool.



Lemon Custard

Portion/amount:

Ingredient list for Lemon Custard

- 1pc Egg Yolk
- 40g Sugar
- 85ml Milk
- 10g Corn Flour
- ½pc Lemon
- 1ml Vanilla Extract
- 25g Butter

Recipe

- Whisk egg yolks and sugar to ribbon stage.
- On medium heat, bring milk to simmer.
- Whisk egg yolks and sugar into milk.
- Whisk corn flour, lemon, vanilla extract and butter into mixture.
- Cool.
- Poor 50g of mixture into each tartlet base.
- Set in chiller for 90 minutes.

Vanilla Chantilly

Portion/amount:

Ingredient list for Vanilla Chantilly

- 200g Whip Cream
- 30g Sugar
- ½pc Vanilla Bean

Recipe

- Whip cream to soft peak.
- Add sugar to cream.
- Whip cream a sugar to hard peak.
- Scrape inside of vanilla bean.
- Fold vanilla bean scrapings into cream.

Plating

1 Portion

Ingredient list for Plating

- 2pcs Orange Segment
- 3pcs Raspberry
- 2pcs Blackberry
- 2pc Blueberry
- 4pcs Picked Mint
- TT Orange Zest
- 40g Vanilla Chantilly
- 1pc Tart

Recipe

- Cut all berries and orange segments in half.
- Color orange with torch.
- Arrange fruits over tart.
- Pipe 10g of Vanilla Chantilly on tart.
- Garnish Chantilly with orange zest.
- Finish tart with picked mint.
- On the plate next to tart, drop remainder of vanilla Chantilly and drag into coma shape with spoon tip.

Vanilla Crème Brûlée

Cream Brulee

Portion/amount: 4

Ingredient list for Cream Brulee

250ml Milk
250ml Cream
1pcs Vanilla Bean
90g Sugar
4pcs Egg Yolk

Recipe

- Boil milk, cream, and vanilla.
- Whisk egg yolks and sugar in standing mixer.
- Slowly add hot cream mixture.
- Cook mixture on low heat stirring continuously till mixture coats the spoon.
- Poor 145g of mixture into 10cm ramekins.
- Bake in bain-marie at 180°C until the cream brulee is set but still trembling in the center; approximately 35 minutes.
- Cool and allow to rest for 3 hours.
- Sprinkle with sugar.
- Burn sugar.

Biscotti

Portion/amount: 1 Loaf

Ingredient list for Biscotti

1pc Lemon
50g Unsalted Butter
110g Sugar
175g Flour
2g Salt
10g Baking Powder
5g Coriander Powder
50g Polenta
1pc Egg
10ml Brandy
40g Almond
70g Pistachio

Recipe

- Zest lemon.
- In sanding mixer, mix room temperature unsalted butter and sugar.
- Mix in flour, salt, baking powder, and coriander.
- Mix in polenta, egg, brandy, and lemon zest.
- Mix in almond and pistachio.
- Shape dough into biscotti (25cm x 6cm).
- Bake at 160°C for 30 minutes.
- Cool.
- Slice 5mm pieces.



Plating

1 Portion

Ingredient list for Plating

1pc Cream Brulee
2pcs Biscotti
20g Crumble (Refer To Lava Cake Recipe)
3pcs Mint Leaves
2pcs Raspberry

Recipe

- Serve on plate with biscotti on side.
- Garnish with crumble, raspberry, and mint leaf.





Yuzu Parfait

Yuzu Parfait

Portion/amount: 4

Ingredient list for Yuzu Parfait

- 4pcs Egg
- 260g Sugar
- 140ml Yuzu Juice
- 40ml Orange Juice
- 8g Gelatin
- 140g Unsalted Butter
- 180g Whipped Cream

Recipe

- Whisk egg and sugar together.
- Add yuzu juice and orange juice.
- Cook in bain-marie whisking continuously.
- When mixture reaches 80°C remove from heat.
- Whisk butter into mixture.
- Add gelatin.
- Strain in chinois.
- Cool.
- Fold in whipped cream.
- Poor mixture into 4cm deep tray.
- Freeze.
- Cut 4 portions using a size 90 ring.

Pineapple Gazpacho

Portion/amount: 4

Ingredient list for Pineapple Gazpacho

- 40g Unsalted Butter
- 40g Soft Brown Sugar
- 2pc Pineapple
- 1pc Red Chili
- 2pc Star Anise
- 500ml Pineapple Juice

Recipe

- Dice Pineapple
- Melt butter in pan.
- Add sugar, pineapple, red chili and star Anise.
- Cook till sugar has caramelized.
- Add pineapple juice and bring to boil.
- Blend all ingredients.
- Strain through chinois.
- Cool.

Coconut Biscuit

Portion/amount:

Ingredient list for Coconut Biscuit

- 50g Unsalted butter (Soft)
- 50g Desiccated coconut
- 50g Sugar
- 100g All-Purpose Flour
- 1pc Egg Yolk
- 15ml Milk

Recipe

- Mix all-purpose flour and unsalted butter.
- Add desiccated coconut, egg, sugar, and milk.
- Knead to dough.
- Roll 3mm thick
- Cook at 180°C for 8 minutes.
- Cool.
- Using size 90 ring, cut into 8 pieces.

Pistachio Praline

Portion/amount:

Ingredient list for Pistachio Praline

- 35g Pistachio
- 65g Sugar
- 40ml Water

Recipe

- Coarsely chop pistachio.
- Spread pistachio on baking paper.
- Mix sugar and water together.
- Boil for 3 minutes.
- Remove from heat for 2 minutes.
- Poor over pistachios.
- Cool.
- Crush.



Plating

1 Portion

Ingredient list for Plating

- 2pc Coconut Biscuit
- 1pc Yuzu Parfait
- 30g Pistachio Praline
- TT Chili Flakes
- 120ml Pineapple Gazpacho
- Micro Herbs

Recipe

- Stick coconut biscuits to both sides of yuzu parfait.
- Place pistachio praline on center of plate.
- Sprinkle with chili flakes.
- Place yuzu parfait over pistachio praline.
- Poor cold pineapple gazpacho into tea pot.
- Finish with micro herbs.

THE CHEF'S STORY

Sometimes guests ask how we survive on such a small island. Firstly, you have to enjoy disconnecting from the 'real world'. Secondly, you need to be in love with your job. Thirdly, you need to have good people around you. Kandolhu has all of these things, and that's how we can survive on a 200m-long sandbank in the Indian Ocean! We have a lot of things planned for the next 12 months; this place never rests and if our guests come once a year, every year, they will always see some new innovations.

I'm working in a great team with my resort manager, Marc, and the rest of my colleagues; the group general manager, Latheef, and of course our owner, Andeen, who gives us a lot of support. Being the executive chef of Kandolhu gives me the chance to play around as a chef with pretty much anything I want

to, from pancakes, to pizzas, burgers, curries, pasta, sushi and tandoori dishes to European fine dining. I feel blessed to be here, and I'm truly enjoying myself.

I was a leader in the kitchen from a very young age but now I feel like I have more time to focus on developing my craft, trying things, learning, and experimenting. This is a dream for any chef, and is especially my personal dream, inspired mainly by my grand-mother, Fanou, but also by the other inspirational women in my family; my other grand-mother, Regina and my mum, Claire.

I hope you enjoy the colour and flavours of Kandolhu in this book, which is a souvenir of your time there. I also hope it helps to give you a greater understanding of the culinary journeys we take you on each day.

BONUS DISH





Wagyu and Charcoal



Mushroom Powder

Portion/amount: 4

Ingredient list for Mushroom Powder

70g Brown Button Mushrooms
2g Salt

Recipe

- Thinly slice mushrooms.
- Season.
- Bake at 90°C for 12 hours.
- Blend to powder.

Carrot Foam

Portion: 4

Ingredient list for Carrot Foam

400g Carrot
20g Unsalted Butter
15ml Olive Oil
10g Salt
750ml Water
80ml Cream

Recipe

- Peel and slice carrot.
- In deep pot, bring to boil carrot, butter, water, salt, and olive oil.
- Reduce to simmer.
- Cook until carrot is soft.
- Strain.
- Blend Carrot with cream.
- Pass through tamis.
- Put mixture in Siphon.
- Charge with 2 cartridges.

Parsley Salsa

Portion: 4

Ingredient list for Parsley Salsa

20g Picked Parsley
100ml Olive Oil
2pcs Garlic Cloves
10g Dijon Mustard
TT Salt

Recipe

- Grate garlic.
- Blend all ingredients together.



Potato Crumb

Portion: 4

Ingredient list for Potato Crumb

100g Potato
TT Salt

Recipe

- Peel potato.
- Slice potato as thin as possible.
- Blanch potato in boiling water for 40 seconds.
- Dry.
- Fry at 160°C.
- Cool.
- Flash fry at 180°C.
- Cool.
- Blend to powder.
- Season.

Wagyu Beef

Portion: 4

Ingredient list for Wagyu Beef

40g Unsalted Butter
40ml Extra Virgin Olive Oil
80ml Red Wine Jus
3g Thyme
3g Rosemary
8g Garlic
15g Salt
8g Whole Black Pepper
760g Wagyu Beef Filet Mignon
32g Charcoal Powder

Recipe

- Fine chop rosemary, thyme, and garlic.
- Mix together room temperature butter, olive oil, red wine jus, thyme, rosemary, garlic, salt, and whole black pepper corn.
- Vacuum pack Wagyu beef filet mignon with mixture.
- Cook in Bain Marie at 58°C for 45 minutes.
- Roll in charcoal powder.
- Finish on hot pan with butter only to color.
- Portion beef into 4 pieces of 190g.

Plating

1 Portion

Ingredient list for Plating

3g Mushroom Powder
20g Carrot Foam
4g Garlic Puree (Refer To Pear, Peach & Scallop Recipe)
15g Potato Crumb
8g Parsley Salsa
10ml Red Wine Jus (Refer To Olive Crusted Lamb Recipe)
1pcs Wagyu Beef Fillet Mignon
Micro Herbs

Recipe

- Cover a corner of a big round plate using a tea saucer.
- Dust mushroom powder over plate.
- Carefully remove saucer.
- Make 3 dots of carrot foam.
- Pipe 4 dots of garlic puree.
- Dust potato crumb over garlic puree.
- Spread 3 lines of parsley salsa.
- Place red wine jus in saucer spot.
- Place Wagyu beef fillet mignon on the red wine jus.
- Finish with micro herbs.



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Hih is Dhivehi for 'heart'

Kurun means 'make'

Hihsaakurun means 'share'

Those words were the book guideline.

Let Mickael Farina, chef and enthusiastic photographer, take you on a culinary and visual journey around Kandolhu and onwards, beyond the sparkling islands of the Maldives.

This beautifully-illustrated book showcases the talents of Kandolhu's staff, combined with recipes for our chef's most creative dishes, served during his first year.

From fish curry to sushi, from burgers to chocolate dessert; a comprehensive list of recipes from Kandolhu's kitchen. Some may challenge you, all will inspire you.

Woven into the book is the story of how Kandolhu blossomed from humble beginnings to become the acclaimed five-star luxury retreat it is today, as well as the personal story of the chef at its helm.

Follow Mickael's journey from his grandmother's kitchen to a fine dining restaurant, and how he came to find happiness and professional fulfilment in the middle of the Indian Ocean.

