

If you haven't yet sampled the exotic new flavours on the menu at the fully refurbished restaurant in the InterContinental Hotel then you're in for a treat.

Taking my duties as Newsletter editor very seriously, it didn't take a lot of arm-twisting to agree to attend a tasting session with Eric Huyer, the Executive Assistant Manager, who introduced me to the delights of Chef Michael's latest creations.

Michael Walter has learnt his craft in a number of locations from Cairo to Venezuela and obviously believes that food should look good as well as taste good, but when I asked him how he put some of the dishes together, I got a good deal more of an explanation than I'd bargained.

So in case you'd like to try this at home, here's a couple of the recipes for you to practice on:

Sampling Platter - Ingredients

peeled shrimps	800gr	soy sauce	150ml
crab meat	600gr	oyster sauce	150ml
calamari	600gr	glass noodles	200gr
carrot	400gr	sweet & sour sauce ...	200ml
spring onion	100gr	thai chilli sauce	150ml
onion	200gr	coconut powder	100gr
cabbage	400gr	bread crumbs	150gr
shiitake mushrooms	200gr	Spring roll wrapper	2
beansprouts	100gr	salt, pepper, butter, bread	

Peel the shrimps, wash them and coat with egg and plain flour. Roll them in desiccated coconut and deep fry until golden brown in color.

For the vegetable spring rolls, take the carrots, leeks, bok choy, bean sprouts and cut in julienne and sauté quickly in a pan. Lay flat the spring roll wrapper and fill with a teaspoon of the mixed vegetables, and roll the wrapper together. Brush with egg yolk to seal the wrapper so that it doesn't open during frying. Deep fry the spring roll to a golden brown color.

For the crab cake, take some crab meat, season with salt and pepper and add spring onions, fresh coriander and chili. Mix together and form into small patties. Pan fry in oil or butter until both sides are golden brown.

Cut the calamari into rings and cover with Cajun spices, fry them until golden brown.

Soak the glass noodles in hot water for a short while and then drain them very well.

Cut more carrots, leeks, bok choy, spring onions into julienne, wok fry them, then add bean sprouts, chili, and the glass noodles, seasoning all with salt, pepper, soy sauce, oyster sauce and chili.

Put the glass noodles on a plate and garnish them with all the other items. Serve with dips like soy sauce, chili sauce, Thai sweet chili sauce as you like.

MONDO'S GUIDE TO GOOD FOOD



Honey Sesame Salmon With chanterelles, button and oyster mushrooms ragout, organic fingerling potatoes

fresh salmon fillet	2.2kg	bean sprouts	500ml
sesame seeds	100gr	onion	400ml
chanterelles mushrooms	150gr	cabbage	400gr
oyster mushrooms	150gr	pak choy	800gr
oyster sauce	300ml	sesame oil	100ml
soy sauce	200ml	honey	100ml
potato	1kg	coriander	300gr
flour	200gr	Spring onions	400gr
carrots	500gr	salt, pepper, butter, bread	

For the salmon, cut the fillet into pieces and dry with paper then season with salt and pepper. Grill and on all sides until the colour changes. Take out and coat with sesame seeds and honey, put the salmon fillet in a flame-proof dish and finish the cooking process in the oven at 160°C for about 10 min.

For the sautéed mushroom ragout, take any mushroom you like, clean and wash properly and cut into medium size pieces. Sauté them in a pan and add a little soy sauce and oyster sauce at the last minute.

For the potato finger ling, peel the potatoes and boil until they are very soft drain and leave to cool. Mash the potatoes then knead a dough from the potatoes. If the potatoes are too dry, add some flour and season with salt and nutmeg and form finger size sticks. Before serving, sauté the potatoes in butter until golden brown.

Take a plate and place the sautéed mushroom ragout in the middle. Set the salmon on top and place the potatoes at side.

