



Spinach Wrapped Mushroom encrusted with Otah, Cauliflower Puree and Microcress Salad

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SERVES 8

PREP TIME 20MINS

COOK TIME 40MINS

INGREDIENTS

Rempah and Otah:

- 10 shallots
- 3 chillis
- 3 bulb garlic
- 1 inch turmeric
- 1 slice belachan
- ½ cup coconut milk
- 1 locally farmed egg
- 1 tbsp corn starch
- ½ tsp sugar
- ½ tsp salt
- 100ml oil
- 20 shiitake mushrooms
- 20 locally farmed spinach leaves
- 200g locally farmed jade perch or any white fish

Cauliflower Puree:

- ½ head cauliflower
- 1 bulb garlic
- 1 tbsp oil
- Salt to taste
- Pepper to taste
- ½ cup whipping cream
- 2 tbsp butter

Microcress Salad:

- ½ cup locally farmed mixed microgreens
- 2 tbsp extra virgin olive oil
- 1 tbsp lemon juice
- Salt to taste
- Pepper to taste

METHOD

Cauliflower Puree & Microcress Salad:

1. Chop up cauliflower and garlic, coat in olive oil, season with salt and pepper, and roast in oven at 200°C for 30 minutes or until the cauliflower is tender.
2. Heat whipping cream and butter, add roasted cauliflower and garlic and blend until smooth.
3. Pass it through a sieve and set aside for serving.
4. Make vinaigrette by mixing lemon juice and olive oil.
5. Cut up microcress and mix well with the vinaigrette.

Rempah and Otah:

1. Cut shallots, chilli, garlic, turmeric, belachan and blend with oil till fine and fragrant.
2. Fry rempah for another 15 mins until oil splits. Allow to cool before blending the otah paste.
3. To make otah paste, add coconut milk, salt, sugar, corn starch, eggs and 100g of fish meat to rempah.
4. Blend until a fine paste.

Mushrooms & Otah Paste:

1. Cut other half portion of fish into 0.5cm dice and mix into paste.
2. Core Shiitake mushrooms and fill with otah paste.
3. Bake in oven at 200°C for 15 mins.

Spinach Wrap:

1. Blanch spinach in salted water for 20 secs and dry with paper towel
2. Wrap otah in spinach by laying 7 leaves and overlapping each other
3. Blowtorch it for the charred flavor

Plating:

1. Put cauliflower puree at base, otah on puree, microcress salad on top and it's done!

RECIPE SHARED BY

SFA in collaboration with MasterChef Singapore