

NEW RECIPES

A suitcase of flavours

An itchy-footed chef has settled in Thailand to unpack his blend of world of cuisines



Carpaccio of salmon and zucchini

By Khetsirin Pholdhampalit

DAILY XPRESS

Using his classical French culinary roots and nine years of experience in Asian countries, Adrian O'Herlihy has created a light, fresh and colourful cuisine.

You can check out his elegant yet health-conscious fusion menu at Sofitel Centara Grand Resort & Villas Hua Hin, where he's the executive chef. After training in French cuisine in Dublin, the Irishman embarked aged 21 on a culinary journey to Frankfurt, then London, New York, Beijing, Tokyo and Chiang Mai.

"Thailand is my favourite country. Thai are cool and sabai sabai."

"Thai food is also very unique in terms of fresh flavours and herbs. That's re-

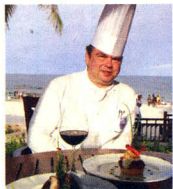
flected in things like the lemon grass and kaffir lime I use in my dishes. I've even used tamarind sauce for lamb and red-curry sauce with salmon," says O'Herlihy, who took an advanced course in Thai cuisine at the Bangkok Oriental's Thai Cooking School.

At the Hua Hin Sofitel's Palm Seafood Pavilion, the chef mixes fresh seafood with herbs and great presentations. Among the starters are pan-fried Maryland crab cake with watermelon, yellow bell pepper aoli, duo of king scallop and langoustine, and carpaccio of citrus-cured salmon and courgette. The mains include roast cod nicoise with dill butter sauce, crisp tomato chips, and risotto with king prawns with cepe mushrooms, asparagus and fresh herbs.

But O'Herlihy has something to offer you too – the secrets to his starter of carpaccio of salmon and zucchini and his main of pan-seared breast of chicken with blue cheese and prosciutto.

"The method is not too complicated to follow," he says.

Bon appetit.



Chef Adrian O'Herlihy

CARPACCIO OF SALMON AND ZUCCHINI

Serves 1

100 g	zucchini, thinly sliced
100 g	fresh salmon, thinly sliced
15 ml	extra-virgin olive oil
	Juice of one lemon
	Salt and freshly ground black pepper
30 g	fresh parmesan cheese, shaved
	2 cherry tomatoes, halved
	1 shallot, finely sliced
10 g	capers

Method

- >> Mix together the olive oil, lemon juice, salt and pepper for a dressing.
- >> Marinate the zucchini in this for at least five to 10 minutes.
- >> Fan the zucchini slices across the centre of the plate.
- >> Layer the smoked salmon on top of the zucchini.
- >> Toss the arugula leaves in dressing then bunch them with a curl of zucchini and place on the salmon.
- >> Place the cherry tomato halves, the sliced shallots and the capers around this centrepiece.
- >> Drizzle dressing over top.

PAN-SEARED BREAST OF CHICKEN WITH BLUE CHEESE AND PROSCIUTTO

Serves 4

4 x 150 g	chicken breast
240 g	blue cheese
100 g	spinach, blanched (stalks removed)
4	large thin slices of prosciutto
20 g	finely chopped sage
	Salt and freshly ground black pepper
45 g	butter
45 g	olive oil
	Basil mashed potatoes (recipe below)
	Port wine sauce (recipe below)
	Basil oil (recipe below)

Method

- >> Make a horizontal slit in each chicken breast and season well.
- >> Divide the stuffing between each of the breasts. Do not overstuff them.
- >> Wrap each of the breasts in a prosciutto slice and dust with the chopped sage.
- >> Heat the butter and olive oil in large frying pan and saute the chicken over high heat for three to four minutes, transfer to oven and cook for a further seven to 10 minutes.
- >> To serve, pipe the basil pesto mash into two-inch-high ring moulds in the centre of the plates. Arrange the asparagus on top of the mash. Sit the chicken breast carefully on top of the asparagus. Pour the port wine sauce around the plate. Garnish dish with fresh basil.



Pan-seared breast of chicken with blue cheese and prosciutto

POT WINE SAUCE

Serves 4

30 ml	olive oil
4	shallots, peeled and sliced
2	cloves garlic
2	sprigs thyme
	Salt and freshly ground black pepper
4	glasses of port
300 ml	demi-glace
50 g	butter

Method

- >> Sauté the shallots, garlic and thyme in olive oil.
- >> Add the port wine and demi-glace and reduce slightly.
- >> Season and strain through a fine strainer. When serving, whisk in the butter.

BASIL MASHED POTATOES

Serves 4

8	potatoes, peeled and cut into quarters
50 g	butter
50 ml	cream
20 ml	basil oil (recipe below)
	Salt and freshly ground black pepper

Method

- >> Simmer potatoes in large pan of water until tender then drain and mash. Heat the butter and cream and allow to reduce slightly.
- >> Add the chopped basil leaves and gradually add the mashed potatoes.
- >> Fold in the basil oil and season with salt and pepper.

BASIL OIL

100 g	basil
200 ml	olive oil
	Salt and freshly ground black pepper
2	cloves garlic, peeled

Method

- >> Puree the basil with a little cold water into a switched-on blender.
- >> Transfer to a bowl and gradually whisk in the oil.
- >> Season and add the garlic.
- >> Refrigerate until needed and remove 30 minutes before serving.