



SEABOURN®

COOKING DEMONSTRATION

WITH THE TALENTED

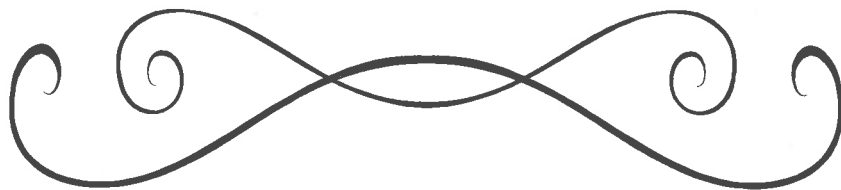
ANDREAS LANG

EXECUTIVE CHEF

AND

ROMUALDO REBELLO

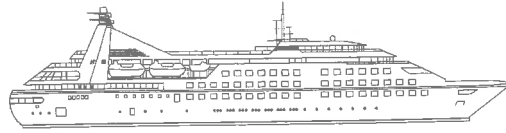
EXECUTIVE PASTRY CHEF



WEDNESDAY, AUGUST, 02 , 2017

AT

09.30 AM | GRAND SALON | SEABOURN QUEST



LOBSTER & SAFFRON RISOTTO

AND

BAILEYS CHOCOLATE MOUSSE



LOBSTER & SAFFRON RISOTTO (SERVES 4)

2	8-OUNCE POACHED AND DICED LOBSTER	1	PINCH OF SAFFRON
3 ½	CUPS CANNED LOW-SALT LOBSTER STOCK	1/3	CUP CHOPPED FRESH CHIVES
3	TABLESPOONS WHITE OR WHITE TRUFFLE OIL	1/3	FRESH GRATED PARMESAN CHEESE
¾	CUP CHOPPED PEELED CARROTS	1	CUP COLD DICED BUTTER
¼	CUP CHOPPED SHALLOTS	¼	CUP WHITE WINE
1	CUP ARBORIO RICE	¼	CUP BRANDY

METHOD

In large pan, heat butter and olive oil to slowly sweat the chopped shallots & carrots.

Add rice, keep stirring, and evenly coat rice with oil & butter.

Add the white wine and brandy this will be absorbed almost immediately

Add saffron

Add a small amount of stock at the time, keep stirring and simmer on low heat. Repeat until the rice is cooked and has the right consistency.

Check doneness – rice should still remain a little ‘crunchy’ in the center and the consistency should be ‘creamy’, nearly runny.

Finish off by adding the pre-cooked lobster meat

Add grated parmesan to taste, adjust seasoning.

Depending on the rice, it will take approx. 18 – 22 minutes to cook the risotto.

Serve on hot plate & sprinkle with cress or other herbs, serve shaved parmesan on side.

You have the option to remove the pre-cooked risotto from the stove after 12 minutes and cool down on a tray for further use. To finish it off, simply re-heating stock, adding the pre-cooked rice and finish it as described above.

If you pre-cook risotto, use half of the liquid for pre-cooking and the other half for finishing the risotto.

NUTRITION INFORMATION PER 4 SERVING

Calories 487 | Carbohydrates 44g (15%) | Fat 19g (29%) | Protein 27g (54%) | Saturated Fat 5g (26%) | Sodium 565mg (24%) | Polyunsaturated Fat 4g | Fiber 2g (9%) | Monounsaturated Fat 9g | Cholesterol 166mg (55%)

BAILEYS CHOCOLATE MOUSSE (SERVES 8)

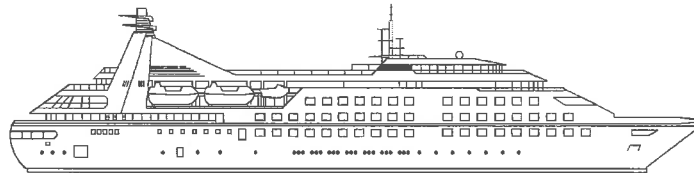
250 G CHOCOLATE
3 PC. EGG YOLK
300 GRAM SUGAR
1 PC. GELATINE LEAF
250 GRAM HEAVY CREAM
25 ML BAILEYS

METHOD

Melt the Chocolate over a water bath
Whipp the egg yolk in the machine and slowly add the sugar
Slowly add the melted chocolate
Gently fold in the whipped heavy cream and the Baileys
When everything is well mixed together fill in the prepared glasses and chill for a few hours

NUTRITION INFORMATION PER 8 SERVING

Calories 704 | Carbohydrates 45g (15%) | Fat 54g (83%) | Protein 7g (15%) | Saturated Fat 34 g (168%) | Sodium 90mg (4%) | Polyunsaturated Fat 2 g | Fiber 2g (10%) | Monounsaturated Fat 15g | Cholesterol 139mg (46%)



...may all your soufflés rise!

Bon appetit!

Chef Andreas

CONVERSION SCALES:

¼ oz	=	7 grams	9 oz	=	255 grams
¾ oz	=	21 grams	10 oz	=	283 grams
1 oz	=	28 grams	11 oz	=	311 grams
2 oz	=	57 grams	12 oz	=	340 grams
4 oz	=	113 grams	13 oz	=	369 grams
5 oz	=	142 grams	14 oz	=	397 grams
6 oz	=	170 grams	16 oz	=	454 grams
8 oz	=	227 grams	32 oz	=	907 grams

LIQUID MEASURES:

1	Tablespoon	=	1.5 centiliter
1	Cup	=	¼ liter
1	Deciliter	=	1/10 liter

FAHRENHEIT – CELSIUS:

30F	=	-1C	120F	=	49C	200F	=	93C
32F	=	0C	125F	=	52C	220F	=	104C
35F	=	2C	130F	=	54C	230F	=	110C
40F	=	4C	135F	=	57C	240F	=	116C
45F	=	7C	140F	=	60C	250F	=	121C
50F	=	10C	145F	=	63C	260F	=	127C
55F	=	13C	150F	=	66C	270F	=	132C
60F	=	16C	155F	=	68C	280F	=	137C
65F	=	18C	160F	=	71C	300F	=	149C
70F	=	21C	165F	=	74C	320F	=	160C
75F	=	24C	170F	=	77C	340F	=	171C
80F	=	27C	175F	=	79C	350F	=	177C
85F	=	29C	180F	=	82C	360F	=	182C
90F	=	32C	185F	=	85C	380F	=	193C
100F	=	38C	190F	=	88C	400F	=	204C

