

First Runner-Up Dish – Baker & McKenzie

貝克·麥堅時律師事務所

Heart's Haven 健心診所 – 鮮雜菌南瓜片

Ingredients

Japanese pumpkins 2
fresh mixed wild mushrooms 300g
Asparagus
Parsley

Seasoning

Mise en place (Knorr, Pesto)
1 teaspoon of salt
1 teaspoon of sugar



Steps

1. cut the Japanese pumpkins into thin slices.
2. steam them.
3. seasoned the mushrooms with salt, sugar and mise en place
4. stir-fired the mushrooms and asparagus (extra virgin olive oil)
5. pour the mushrooms and asparagus over the steamed pumpkin slices.
6. serve it on a plate.

Salad

Sweet corns 100g
Cherry tomatoes 200g
Spinach 150g
Chick peas 1 can
Dry black mushrooms 150g
Coriander

Seasoning

Grapefruit 1
Lime 2
Sesame oil 1 tea spoon
Balsamic Vinegar 8 ml
Salt Trace