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CROWN Miss Intercontinental Sri Lanka 2017

Natalee Fernando

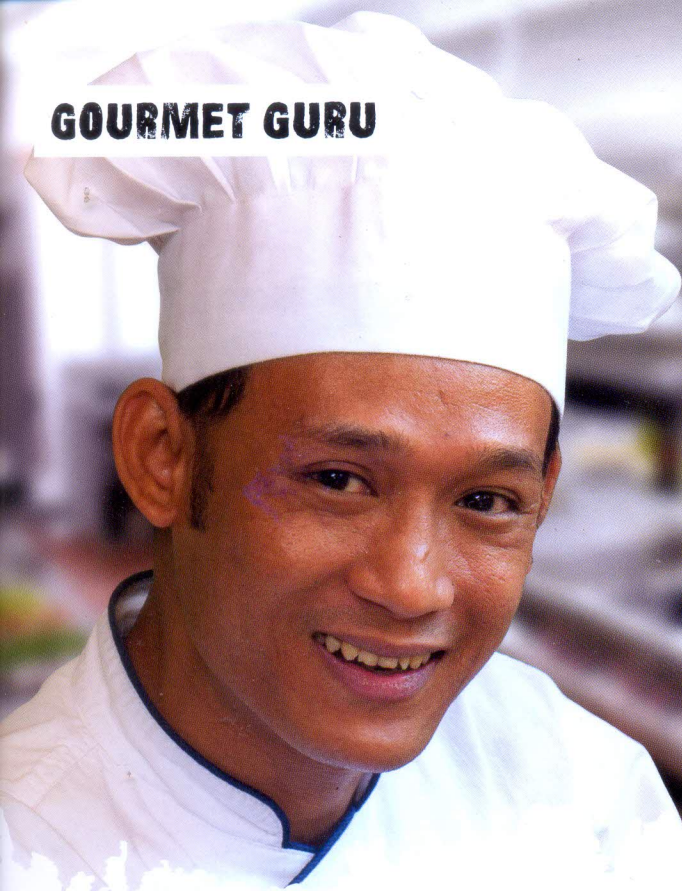
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THE ZESTFUL CHEF

Tin Lin

NAME

Saw Tin Lin Oo (Lin)

CURRENT ROLE

Executive Chef at Sanctum Inle Resort
(Apple Tree Group)

CITY OF ORIGIN

Yangon (Myanmar)

LEISURE HOURS

Visiting the food market and undertaking
food tours at the night market

FAVOURITE DISH AND DRINK

Tandoori chicken and
super cold Corona beer

HIMSELF IN A WORD

Determined

Starting his career at a casual dining Italian restaurant, chef Lin has accumulated experience in varying capacities at an array of internationally recognised establishments such as The Ritz-Carlton Hotel Company, Shangri-La Hotels and Resorts and Apple Tree Group, where he joined as Executive Sous Chef and went on to become the Executive Chef of Sanctum Inle Resort three years ago.



Compiled by
Ruwandi Perera

Q: Who inspired you to venture into the hospitality trade?

A: It came naturally. I left the country when I was 19 to join a training programme at the Ritz-Carlton in Doha. As trainees, we were assigned to different departments and when it was my time in the kitchen, I didn't want to leave!

Q: What was your first dish?

A: Spinach Cream Cheese Ravioli with Langoustine Sauce (bisque).

Q: As a chef, what do you consider to be your greatest achievement?

A: My greatest achievement so far has definitely been setting up Sanctum Inle Resort's kitchen and training staff. Seeing how far we've come as a team makes my heart swell.

Q: What are the emerging trends in food and drink?

A: In the culinary space, I still see a lot of molecular gastronomy. But these days, more chefs are exploring the idea of 'concept cooking' whereby they choose a specific concept and work their menus around it.

For instance, we offer unique cocktails including our 'Leg-rower,' which pays homage to the Intha fishermen on Inle Lake and their iconic one legged rowing style.

Q: Any advice for home cooks...?

A: Keep cooking and do not be discouraged if you don't get a dish right. Inspiration normally comes from home. Seeing how your loved ones enjoy what you've prepared is an achievement in itself. Simply put your heart and soul into every meal you cook!

Q: What are your three favourite ingredients?

A: Italian basil, quality cooking wine and truffle oil.



SIGNATURE DISH

SEARED SCALLOP WITH DUCK BREAST, GREEN PEA PUREE AND LEMONGRASS FOAM

INGREDIENTS

3	scallops
200g	garden peas (frozen)
½	lemon
20g	shallots
6g	duck breast
3g	black pepper
2g	salt
1 tbsp	olive oil
10g	butter
30g	cream
200ml	milk
2½g	lecithin

RECIPE

To make the pea puree, sweat the shallots in the oil until soft but not coloured. Add the garden peas, salt and milk, and simmer for eight minutes. Drain the milk into a jug and pour the peas into a blender. Blitz for two minutes until ultra smooth while adding enough milk to make a thick puree. After blending, cool as soon as possible because the colour will begin to fade fairly quickly.

Heat a nonstick pan over a medium flame. When hot, pour olive oil, add the scallops and cook until golden on one side. In around two minutes, turn them over, add a knob of butter, seasoning and

a squeeze of lemon juice. Transfer to a plate along with the cooking juices.

To make the lemongrass foam, combine the ingredients and blitz in a blender for a minute. Gently heat to approximately 40°C and no higher than 50°C. Using a hand blender fitted with an aerator, foam up the mix and leave it to rest for a minute.

Spoon some pea puree into the centre of the bowl. Add a cooked scallop and some peas around the edge. Spoon the foam around to finish and serve immediately.

Q: Name three favourite utensils without which you can not cook...

A: Chef's knife, kitchen forceps and stick or immersion blender.

Q: Any cooking tips for our readers...?

A: Good stock is a must for soups and sauces. And in case you accidentally burn your sauce, add a little vinegar and sugar to rid it of that burnt taste.

Q: What plans do you have for the future?

A: It is every chef's ultimate dream to own a restaurant where he can freely express himself.

I'd like to own and run a restaurant in a style and with a menu that fully reflects my personality. Another dream is to write a recipe book in which I can share my favourite dishes with everyone and hopefully inspire more people to cook.

Q: Your advice to aspiring chefs would be...? Put another way, what are the golden rules?

A: At the start of my career, I experienced my fair share of challenges. Once, a chef literally threw a shoe at me; and on another occasion, I was asked to clean a walk-in freezer and not allowed to leave it until I'd finished – yes, despite the biting cold!

Be humble and acknowledge that you're on a learning curve, and will make many mistakes along the way. Be respectful. Rise to the challenges you face and learn from your colleagues. Do not rush your success and don't focus on money. A solid foundation is more important than the position or salary.

Never lose your passion and interest. Don't compare your achievements to those of other chefs. Continue to improve your skills and when it's your time to be 'The Chef,' inspire others by sharing every ounce of knowledge you have with them. And never give up on your dreams no matter how bumpy the road is.