

TESS ISLAND 1.0



0 made it | 0 reviews



Martin Wong



Lee Zhang An

Formerly a conservation shop-house, Tess Bar & Kitchen is a drink-centric but food-centred concept with a focus on a modern interpretation of cocktails and food situated at 38, Seah Street. Represented by Lee Zhang An & Martin Wong.

- Sub Category Name
Combo
Main Courses
- Recipe Source Name
Real High Tea 2014/15 Volume 1

Ingredients

TESS ISLAND 1.0 Steamed Meringue

- 200g egg white
- 100g sugar
- pinch of salt
- 70ml elderflower syrup
- 1 pc lime zest
- 1 1/2 pc lemon zest

Fruits

- 200g watermelon, diced
- 200g rock melon, diced



Sauce base

- 200g strawberries
- 70ml elderflower syrup

Methods and Directions

TESS ISLAND 1.0

Steamed Meringue

- Whip egg white, sugar, lime zest, lemon zest and salt together. Fit mixture into mould.
- Steam at 100°C for 20 minutes. Glaze with elderflower syrup.

Fruits

- Poach strawberries cut into chunks with elderflower syrup.
- Add black pepper.
- Add 100g chopped basil.

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