



## SIAL Cooking Show with Local Chef

Chef: Eric Chong

Featured Dish: Lobster Wrapped in Spanish Ham

Order of events Tuesday May 2, 2017 14:30 – 15:00		
14:30 - 14:35 (5 min.)	Chef Introduction and opening remarks	
14:35 - 14:45 (10 min.)	Introduction of featured European and Canadian Ingredients for the Featured Dish	
	<table border="1"><tr><td>Lobster Wrapped in Spanish Ham (Products from the EU Pavilion + Canadian elements)</td><td><ol style="list-style-type: none"><li>1. Extra Virgin Olive Oil (Mathias Export, Portugal)</li><li>2. Leeks (Vlam, Belgium)</li><li>3. Sweet peppers (Vlam, Belgium)</li><li>4. Salt (Zoutman, Belgium)</li><li>5. Ham (Nico Jamones Spain)</li><li>6. Lobster (Canada)</li></ol></td></tr></table>	Lobster Wrapped in Spanish Ham (Products from the EU Pavilion + Canadian elements)
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14:45 – 15:00 (15 min.)	Cooking demonstration and sampling	

### Ingredients:

#### Products from the EU Pavilion:

Extra Virgin Olive Oil (Mathias Export, Portugal)

Leeks (Vlam, Belgium)

Sweet peppers (Vlam, Belgium)

Salt (Zoutman, Belgium)

Ham (Nico Jamones Spanish Ham)

#### Canadian Products:

Lobster





**Additional products:**

Tom Yum Broth  
Black ground pepper

**Preparation Instructions:**

1. The lobsters will be treated in front of audience before cooking them.
2. The lobsters will be poached in a frying pan with butter.
3. The cooked lobster will be then wrapped in the Spanish Nico Jamon Ham.
4. The wrapped pieces will be seared in the pan in the Portuguese olive oil.
5. The Tom Yum broth will be added.
6. The dish will be served on a salad bed of fregola, leeks and sweet peppers. This will be completed by adding the Portuguese Extra Virgin Olive Oil.

Note 1. The lobsters will be kept chilled in a freezer before the cooking show to minimize the harm caused by the killing act. The Chef would like to start the cooking show by bringing on the stage live lobsters in the water tank.

Note 2. We will compose the exact recipe while the chef prepares the dish and we will the upload it to the touch screen on-site.

Note 3. The cooking show will involve killing one living lobster on stage – this is done in order to show how to prepare fresh Canadian seafood. The Tom Yum broth will be precooked to meet the time limits.

Alternative / additional ingredients	Drink pairings
1. Prosciutto di Modena PDO ham/ Parma Ham PDO ham(Italy)	1. Val d'Oca Prosecco DOCG (Prosecco PDO) (Italy)
2. Ham-wrapped Scottish salmon marinated with Estonian Liviko or Finlandia Vodka	2. Lanson Black Label Brut Champagne PDO (France)
3. Gurken Prinz mixed Pickles and Sweet Peppers (Austria)	3. Pfaffl Zeiseneck DAC 2015 (Austria)

