

PORTUGUESE DICE WITH CHORIZO AVOCADO & QUAIL EGG



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IFT offers degrees and professional programmes and a wide range of tourism related disciplines among which are hospitality and culinary arts. Represented by Billy Chang & Jeffery Lai.

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

Ingredients

PORTUGUESE DICE WITH CHORIZO AVOCADO & QUAIL EGG

White Bread

- 311g bread flour
- 94ml water
- 5g salt
- 25g sugar
- 31g butter
- 47g eggs
- 62ml milk
- 3g yeast
- 25g cream

Chorizo Avocado



- 50g avocado
- 8g black olive
- 30g chorizo
- 2 tbsp lemon juice
- 1 tsp garlic
- Salt, to taste
- Pepper, to taste
- 2 tbsp extra virgin olive oil

Garnish

- 3 pcs quail egg
- 2 pcs cherry tomato
- 1 tsp extra virgin olive oil
- 2 cloves garlic
- Micro greens, as needed

Methods and Directions

PORTUGUESE DICE WITH CHORIZO AVOCADO & QUAIL EGG

White Bread

- Mix bread flour, water, cream, milk, yeast, sugar and eggs on 1st speed for 5 minutes.
- Then add in the salt and butter, switch to 2nd speed for 8 minutes. The desired dough temperature is 27°C. Ferment for 45 minutes; divide the dough into 300g portions each, then shape the dough in the mould. Final fermentation should be for 60 minutes. Then bake at 170°C for 40 minutes.
- Cut the white bread into 3cm x 3cm cubes; brush with olive oil on 6 sides. Pan fry until light golden brown in color, then bake at 170°C for 8 minutes.
- Hollow the toasted bread cube with a paring knife.

Chorizo Avocado

- Peel and core the avocado.
- Remove the casing of chorizo.
- Blend everything together to get a nice smooth texture.

Garnish

- Boil quail egg for 2 minutes and then soak in ice water for a while, remove the shell and cut in half.
- Cut the garlic to paper thin slices, blanch, and deep fry at 140°C until golden brown.
- Slice the cherry tomato and coat with olive oil.



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