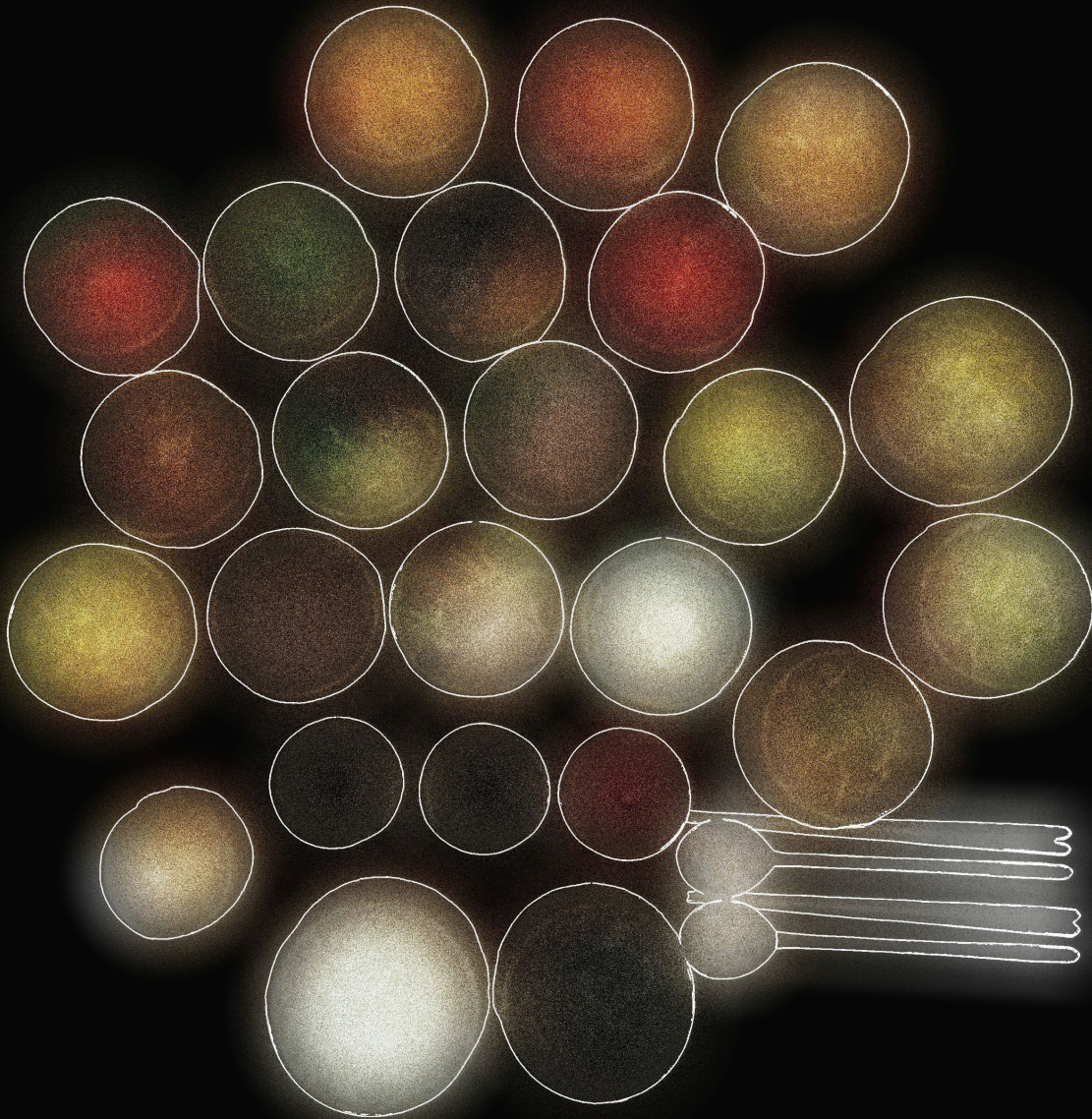


The Hansik Contest 2025

Recipes





Hansik - A culinary journey by young chefs from the UK

Capital City College is delighted to introduce the culinary creations from the 2nd Hansik Contest, which took place at the esteemed Vincent Rooms Restaurant on 1st December 2025.

This year's competition, supported by the Korean Government and CJ Foods, tasked our 1st year Professional Chef Diploma students with developing innovative brasserie dishes inspired by traditional Korean cuisine. From a pool of 38 highly skilled participants, eleven finalists were chosen to compete, each contributing their distinctive approach to this amalgamation of culinary traditions.

Within these pages, you will discover a collection of inventive and delicious recipes, blending classic Korean flavours with European techniques. Each recipe is a testament to the passion, skill, and creativity of our aspiring chefs.

We invite you to embark on a culinary journey and experience the exciting fusion of Korean and European cuisine, as reimagined by the next generation of culinary stars.

The Westminster Centre, formerly known as Westminster Kingsway College's Victoria Centre, boasts a rich history dating back to 1910. Founded by a distinguished committee including Auguste Escoffier and Cesar Ritz, it was the UK's first culinary school.

The college's commitment to inspiring future generations of chefs is evident in its state-of-the-art facilities, including The Vincent Rooms Restaurant, where students hone their skills by serving the public.

Over the years, the college has produced numerous notable alumni who have gone on to achieve great success in the culinary world. As the college enters its second century, it continues to uphold its founding principles and provide world-class training, setting the standards for industry.

To find out more: <https://www.capitalccg.ac.uk/courses/hospitality-and-culinary-arts/353/>

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Gochujang Pasta with Doenjang Clams

*Spinach and Soybean Sauce - Inspired by
K -drama, 'Bon Appetit, Your Majesty'*

by Angel Elemike



1st prize



Bring the flavors of the screen to your table with this creative dish inspired by the K-drama Bon Appetit, Your Majesty. This recipe marries the bold spice of Gochujang pasta with the savory, earthy depth of Doenjang-infused clams. Accented with a nutty spinach-soybean paste and a signature sauce, it offers a sophisticated harmony of textures and umami. A true gourmet experience that tastes as good as it looks on screen.

Ingredients

For gochujang Pasta	For doenjang Clams	For Doenjang–Gochujang	For Spinach paste
•Spaghetti 180 g	•Fresh clams, cleaned and	Sauce / Soup	•spinach 200g
•Olive oil 2 tbsp (30 mL)	•soaked 500 g	•Doenjang 1 tsp (10 g)	•Fresh cooked soybeans 80g
•Garlic, finely sliced 2 cloves	•Olive oil 1 tbsp (15 mL)	•Gochujang 1 tsp (10 g)	•Garlic, finely chopped 2
•Onion, finely chopped	•Garlic, minced 2 cloves	•vegetable stock 250 mL (1	•olive oil 2tbsp (10 ml)
1 small (80 g)	•doenjang 1 tbsp (20 g)	cup)	•Salt
•Unsalted butter 1 tbsp (15	•Soy sauce ½ tsp (2–3 mL)	•Soy sauce ½ tsp (2–3 mL)	•Cashews
g)	•½ tsp Rice vinegar + 50ml	•Sesame oil ½ tsp (2–3 mL)	•½ tsp (3 g) 30g
•gochujang 1½ tbsp (25 g)	•water 53 mL	•sugar ½ tsp (3 g)	
•Soy sauce 1 tsp (5 mL)	•Sesame oil 1 tsp (5 mL)	•Garlic, finely grated ½ clove	
•Sugar ½ tsp (2–3 g)	•Sugar ½ tsp (2–3 g)	•Rice vinegar ½ tsp (2–3 mL)	
•Pasta cooking water			
(reserved) 80–100 mL			
•Sesame oil 1 tsp (5 mL)			
•Black pepper To taste			
Spring onions or chives, sliced			
For garnish			

Method

1. prepare the Clams	4. Make the Doenjang–Gochujang Sauce / Soup
Step 1: Scrub and rinse clams thoroughly with salt water	Step 1: In a small saucepan, whisk doenjang, gochujang, and
Step 2: Heat olive oil in a large pan over medium heat.	stock until smooth.
Step 3: Add minced garlic and doenjang; stir for 30 seconds until	Step 2: Add soy sauce, sesame oil, honey, and garlic.
fragrant.	Step 3: Simmer gently for 5–7 minutes until slightly thickened or
Step 4: Add soy sauce and sugar and stir, then add the clams.	broth-like.
Step 5: Pour in the rice vinegar, cover with a lid, and cook for 4–5	Step 4: Stir in rice vinegar or lemon juice just before serving.
minutes until shells open.	
Step 6: Remove from heat, drizzle with sesame oil, and set aside.	5. make the spinach soybean paste
	step 1: in a small saucepan boil water with a pinch
	of salt, add spinach and blanch for 20-30 seconds
	step 2: transfer spinach to cold water immediately to stop
	the cooking, then drain and squeeze out excess water
	step 3: mash the cooked soybeans lightly and heat vegetable oil
	over low-medium heat.
	step 4: add minced garlic and sauté for 30 seconds
	step 5: add the mashed soybeans and cashews and a pinch of salt
	to the pan
	step 6: finely chop the blanched spinach and add to the pan with
	soybean-garlic mix
3. Make the Doenjang Pasta	
Step 1: In a large pan, heat olive oil and butter.	
Step 2: Add onion and garlic; sauté until soft and translucent	
(about 3 minutes).	
Step 3: Stir in gochujang, soy sauce, and sugar.	
Step 4: Add a splash of the pasta water to loosen and create a	
light sauce.	
Step 5: Add the drained pasta and toss well to coat.	
Step 6: Finish with sesame oil and black pepper.	

Gochujang Honey-Glazed Monkfish

*with Doenjang-Lime Charred Hispi, Dulse
Beurre Blanc, and Shoestring Potatoes,
Pickled Cucumber and Radish*

by Austin Arnold



2nd prize



Succulent monkfish glazed in spicy-sweet Gochujang meets charred cabbage infused with Doenjang-lime butter. Finished with a delicate Dulse and Doenjang Beurre Blanc, this dish offers a sophisticated fusion of East and West, perfect for an extraordinary dining experience

Ingredients

For Monkfish	For Cabbage	For Doenjang and dulse	For Shoestring potatoes
•1 headless bone in monkfish	•½ head hispi cabbage	beurre blanc	•1 medium potato
•tail around 600g	•150g unsalted butter	•100ml dry white wine	•Oil for frying
•1 tbsp gochujang	•1tbsp doenjang	•60ml white rice vinegar	•Salt to taste
•¾ tbsp honey	•½ tbsp miso	•½ echalion shallot sliced	
•½ tbsp soy	•Zest and juice of one lime	•1 tsp doenjang	For garnish
•1 tsp rice vinegar	•Pickled vegetables	•½ tsp dried dulce	•Micro nasturtium
•¼ tsp mirin	•100ml rice vinegar	•100g cold unsalted butter	
•Small nob fine grated ginger	•50ml water	•Finely chopped chives	
•½ finely grated garlic clove	•1tbsp sugar		
	•½ tbsp salt		
	•¼ cucumber		
	•5 radishes		

Method

1. Dissolve sugar and salt in water and vinegar then add the cucumber and radish slices then set aside, leaving a minimum of 30 minutes in the pickling liquid.	9. Fry potatoes till light golden brown and season.
2. Char the cabbage in a screaming hot pan then place in the oven set at 180c for 30 mins	10. Place cabbage into a pan with the doenjang butter and baste.
3. Whilst the cabbage is in the oven prepare the doenjang butter by combining the doenjang, miso, lime juice and zest with the softened butter.	11. Heat vinegar reduction then whisk in doenjang, then slowly add the cold cubes of butter to form an emulsion.
4. Combine the ingredients for the gochujang glaze and set aside	12. Add dulce and chives to the sauce at the end
5. Make wine and vinegar reduction by combining wine and vinegar and reducing to around 2 tbsp. Then hydrate dulse in water and set aside and finely chop chives.	13. Slice the monkfish and cabbage
6. Sear monkfish in a hot pan ensuring that it is still raw inside.	14. Plate and garnish with the pickled vegetables and microgreens.
7. Chop potato into fine matchsticks then rinse off starch and place in cold water.	
8. Glaze monkfish then place into oven to cook through, taking out every couple mins to re apply glaze	

Marinated Chicken Ballotine

with Celeriac Puree, Potato Fondant, Pickled Carrots, Gochujang-Glazed Chicken Skin, Gochujang Mayonnaise, and Long-Stem Broccoli

by Reese Ventura



3rd prize



Marinated chicken ballotine with celeriac puree, potato fondant, pickled carrots, gochujang glazed chicken skin, gochujang mayonnaise and long stem broccoli

Ingredients

For Chicken ballotine and	For Potato fondant	For Pickled carrots	For Mayonnaise
•reduction sauce	•2 jacket potatoes	•2 carrots	•1 tbsp gochujang
•60ml water	•1 stem of thyme and parsley	•100ml rice vinegar	•1 spoonful of mayonnaise
•60ml soy sauce	•2 heaped spoons of butter	•50ml water	
•2 tbsp sugar	•1 tsp salt	•A handful of dried pepper	
•2 tbsp gochujang	•250ml chicken stock	•corns, thyme, rosemary	
•2 tbsp doenjang paste	•1 tbsp doenjang paste	•1 bay leaf	
•2 chicken breasts	•Salt to taste.		
•1 tbsp cornstarch and water		For Garnishes	
•for slurry	For Chicken skin	•2 Long stem broccolis	
	•2 chicken skin – from breasts	•Microgreens	
For Celeriac puree	•A drizzle of oil.		
•½ of a shallot	•A pinch of salt and pepper		
•1 garlic clove	•1 tbsp gochujang paste		
•100g celeriac	•1 tbsp soy sauce		
•1 heaped spoon of butter	•½ tbsp honey		
•1 heaped spoon of	• 1/2 tbsp rice vinegar		
•doenjang or to taste	•A drizzle of sesame oil		
•Salt and pepper to taste			
•75ml double cream			

Method

Chicken ballotine and reduction sauce	
- Butterfly chicken then pound with a hammer until flattened.	Chicken skin
In a bowl add soy sauce, water, sugar and doenjang paste then	- Remove chicken skin from the breast and on a pan with
marinate chicken for 10 minutes. On a piece of clingfilm lay the	parchment paper, lay flat. Drizzle with oil, salt and pepper then
chicken then spread the gochujang and wrap and seal. Repeat.	bake at 170c until golden brown. Stir gochujang, sesame oil, soy
Boil with veg trimmings for approximately 12 minutes until it	sauce, honey and rice vinegar and brush onto the skin after its
reaches 75c. Remove then poke holes to release the juice – pour	crispy.
into the marinade. Pan fry for colour then cut diagonally for	
plating. For the sauce, make a cornstarch slurry then combine and	Pickled carrots
reduce thickened. Strain and set aside for plating.	- Peel carrots (use trimmings for the chicken to boil in) then cut in
	half. Make egg crack like slices around the carrot and split apart
	for a design. Boil in a salted pot of water until soft. In a pan heat
	the water, vinegar and aromatics until just simmering. Place both
	the carrots and pickling liquid in a bowl until ready for plating.
Celeriac puree	
- Roughly dice the shallot, garlic clove and celeriac. In a pot, add	
butter, the shallot and garlic, after one minute add the celeriac,	
doenjang paste and double cream until soft. Then, add the	
mixture into a liquidiser/immersion blender, add more to taste and	Garnishes
double cream until a smooth puree is formed. Strain if needed.	- Peel the leaves and trim the ends of the broccoli. Boil it in the
	water for one minute.
Potato Fondant	Keep microgreens in the fridge until plating.
- Cut 2 potatoes into rectangles. In a small pan, add a small	
amount of butter, thyme stem and parsley stem and fry the	Mayonnaise
potatoes to get a golden colour. In a separate pot, make chicken	- Cut the gochujang into the mayo so the emulsion doesn't break.
stock and add doenjang paste. Add the rest of the butter and	
some of the stock so the potato is submerged. Cook until soft.	Prepare into a piping bag for plating.

Korean Goulash

with Kimchi-Style Braised Red Cabbage

by Bob Cook



My dish combines the rich and slightly spicy Hungarian beef stew with the complex flavours and subtle spice of the gochujang and the umami of the doenjang plus other Korean ingredients (spring onions, ginger). With the combination of the sharp and sweet tang of the red cabbage with the spice and sourness of the kimchi to make a unique fusion of cultures and flavours.

Ingredients

For the Goulash	For the Kimchi style Cabbage
•40ml of Olive oil	•½ 1 onion
•225g onions	•3tsp sugar
•1 garlic clove	•450g red cabbage
•1 tbsp of ginger	•30ml of red wine vinegar
•225g chuck steak	•2 tbsp of fish sauce
•Salt and pepper	•1tbsp doenjang
•2tbsp gochujang	•1tbsp gochujang
•2 spring onions	
•1tbsp doenjang	
•2 tbsp tomato paste	
•330ml beef stock	
•2tbsp paprika	
•200g Glass noodles	
•1 red chilli	

Method

1. Start by preparing the beef, cut into chunky strips. Brown off the meat and set aside.	9. Add the cabbage and mix in before adding the vinegar, doenjang, gochujang and fish sauce.
2. Slice up the onions, chilli and spring onions (julienne),purée the garlic and finely chop the ginger.	10. Add 150ml of water and cover on a low heat simmer for 1 hr or until the cabbage is tender. Serve hot with the Goulash.
3. Put the onions in the pan with some oil and brown off before adding the ginger, garlic and spring onions. Once all incorporated is add 2 tbsp gochujang, and paprika and combine.	
4. Add back in your meat and combine then add the stock, purée and soya sauce, mix then cover and leave to cook on a simmer for an hour or until the meat is tender.	
5. Boil the glass noodles for 2-3 minutes until properly cooked.	
6. Once cooked serve with glass noodles and garnish with spring onion and sliced red chilli.	
7. Kimchi style red cabbage	
8. Slice up the onion in a pan in some oil and then and the sugar until the mixture is golden.	

Korean-Style Steak Frites

by Veloshka Monteiro



A bulgogi inspired steak, sweet potato coated in/ or served with ssamjang sauce, with cucumber salad as some final touches for the dish and maybe mashed green peas. I would name this dish as

Bulgogi Bliss with sweet spiced chips.

Ingredients

For Bulgogi Steak Marinade	For Sweet potatoes with	For Cucumber salad	For Garnishes
•2 large (1.5-2 inch thick)	ssamjang sauce	•1 seedless English	•Toasted sesame seeds
•New York Strip Steaks, room	•680g/ 1lb sweet potatoes	cucumber, cut into ½ inch	•Chopped coriander or
•temperature	•1 tbsp all-purpose flour	coins and quartered	parsley
•Kosher salt and black	•1 tbsp cornflour	•1 tbsp spicy chilli crisp	
pepper to taste	•1/8 tsp baking powder	•Juice from ½ lemon	
•2tbsp vegetable oil	•1/8 tsp baking soda	•Salt to taste	
•1.25 tbsp soy sauce	•½ tsp white vinegar		
•1.25 tbsp oyster sauce	•½ tsp water	For Mashed green peas	
•1.25 brown sugar	•Vegetable oil for deep frying	•1 cup frozen green peas	
•1.25 tbsp mirin	•¼ cup (51.5g) gochujang	•3-4 minced garlic	
•1 tbsp minced garlic (3	•1/6 cup (56.5g) honey	•3 tbsp butter	
garlic gloves)	•1.5 tbsp toasted sesame oil	•Salt and black pepper to	
•1 tsp toasted sesame oil	•1 tbsp toasted sesame seeds	taste	
•3 green onions	•75g doenjang	•5 fresh mint leaves	
•1 tbsp honey	•2 green onions, thinly sliced		
	•3 cloves garlic, grated		

Method

1. Start by preparing the beef, cut into chunky strips. Brown off the meat and set aside.	9. Add the cabbage and mix in before adding the vinegar, doenjang, gochujang and fish sauce.
2. Slice up the onions, chilli and spring onions (julienne),purée the garlic and finely chop the ginger.	10. Add 150ml of water and cover on a low heat simmer for 1 hr or until the cabbage is tender. Serve hot with the Goulash.
3. Put the onions in the pan with some oil and brown off before adding the ginger, garlic and spring onions. Once all incorporated is add 2 tbsp gochujang, and paprika and combine.	
4. Add back in your meat and combine then add the stock, purée and soya sauce, mix then cover and leave to cook on a simmer for an hour or until the meat is tender.	
5. Boil the glass noodles for 2-3 minutes until properly cooked.	
6. Once cooked serve with glass noodles and garnish with spring onion and sliced red chilli.	
7. Kimchi style red cabbage	
8. Slice up the onion in a pan in some oil and then and the sugar until the mixture is golden.	

Korean-Inspired Pork Cassoulet

with Cannellini Beans and Korean Yuzu Slaw

by Emily Williams



A unique gourmet dish crafted from familiar ingredients. The rich flavors of doenjang and gochujang deeply infuse the pork loin and cannellini beans, delivering a profound umami experience. Paired with a crunchy yuzu slaw, this dish achieves a perfect harmony of vibrant visuals and balanced taste.

Ingredients

For Cassoulet	For Slaw
•200g pork loin diced	•1 carrot
•1 onion	•White cabbage
•1 carrot	•Radishes
•1 stick of celery	•Spring onions
•2 cloves of garlic	•Yuzu juice
•1tbsp of sunflower oil	
•1 tin cannellini beans	
•1tbsp doenjang	
•2tsp gochujang	
•2tsp rive wine vinegar	
•Black pepper	

Method

Dice and brown the pork, in sunflower oil and set aside in a bowl
with the doenjang, gochujang, rice wine vinegar, 1 puréed clove
of garlic and pepper.
Mix items so sauce coats the browned meat.
Finely dice and fry the vegetables on a low medium heat until soft.
Add other clove of garlic (also should be puréed) and fry for a
further minute
Add cannellini beans and return meat to the pan. Simmer and
adjust the seasoning to taste.
Make slaw: grate the carrot, radishes, spring onions, cabbage so
they are all the same size
Prepare dressing: mix yuzu juice with honey
Serve

Roasted Duck and Pumpkin Rice Cakes

by Jessica Barker



Duck breast served on a bed of puréed seasonal roasted pumpkin with Korean rice cakes, spiced with gochujang. Garnished with garlic chilli oil, spring onions, and pumpkin seeds.

This dish is warm and hearty with notes of traditional spicy Korean flavours. The contrast in textures delivers an exciting dinning experience.

Ingredients

- 600g pumpkin
- Olive oil
- 2 duck breasts
- 400ml chicken stock
- 50g ginger, peeled
- 1 tbsp gochujang
- 300g Korean rice cakes
- 3 cloves of garlic, peeled and thinly sliced
- 2 tsp gochugaru
- 2 spring onions, thinly sliced
- Pumpkin seeds

Method

1. Preheat oven to 200 degrees Celsius. Remove the pumpkin seeds and set aside, cut pumpkin into wedges, toss with oil and salt, roast for 40-45 minutes until golden and tender.

2. Score the duck's skin in a crosshatch pattern, season well with salt, set aside ready for cooking later.

3. Blend the roasted punk in with the stock, ginger, and gochujang until smooth. Season to taste, transfer to a pan with the rice cakes, and set aside to heat later.

4. Render duck skin-side down in a cold frying pan over a medium heat for 6-8 minutes until the skin is crispy and golden. Transfer the duck to a tray and roast for 5-6 minutes, then rest for 10 minutes.

5. Toss the pumpkin seeds in oil and season, then roast in the oven for 5-10 minutes until crisp and golden.

6. Fry the garlic slices in the residual duck fat until golden, then remove and set aside. Take the pan off the heat and stir in the gochugaru to make a chill oil.
7. Simmer the pumpkin sauce and rice cake together until the rice cakes are soft and the sauce has reduced to a sauce that coats them.

8. Slice the duck and serve on top of the rice cakes. Drizzle over the duck-fat chilli oil and scatter over the spring onions, garlic, and pumpkin seeds.

Duck Breast with Orange & Doenjang

Gochujang-Marinated Fennel and Silky Potato Mash

by Charlie Skinner



This Korean inspired dish is a beautiful simple dish that will smother your dreams, dining into a beautifully cooked duck breast with an indulgent orange and doenjang sauce severed with gochujang marinated fennel seared in a pan and creamy delightful mash.

Ingredients

•2 duck breasts	For the sides
	•1 fennel bulb
For the sauce	•1 teaspoon gochujang
•2 large oranges zest and juice	•2 tablespoons honey
	•1 garlic clove
•1 tea teaspoons Doenjang	•10 ml rapeseed oil
•15 grams cornflour	•2 large potatoes (marris piper or russets)
•3 tablespoons of honey	•60-70 g butter
	•Salt and peeper
	•Bunch of chives

Method

Start by boiling peeled, salted potatoes for 10–15 minutes until soft. While they cook, whisk together honey, gochujang, garlic, and salt to coat your sliced fennel wedges. In a separate small pan, simmer orange juice, zest, honey, doenjang, and marmalade. Thicken this sauce at the end with a small splash of cornflour slurry, then strain it for a smooth finish.
Prepare the duck by patting the skin dry, scoring it lightly with a knife, and seasoning heavily with salt. Place the breasts skin-side down into a cold pan and turn the heat to low. This allows the fat to render slowly. Cook them mostly on the skin side (the 90/10 rule) until the internal temperature hits 55°C, then give them a quick flash on the meat side before letting them rest on a wire rack.
While the duck rests, pass the cooked potatoes through a sieve or ricer, then beat in plenty of butter over low heat until perfectly creamy. In the same pan you used for the duck, sear the marinated fennel on high heat until it is dark and caramelized. Finally, pipe the mash onto the plate, arrange the sliced duck and fennel alongside it, and pour over the glossy orange sauce with a sprinkle of chives on top of the mash.

Doenjang & Black Bean Seafood Tagliatelle

by Israel Wade



This dish is inspired by both Korean and Italian foods, a fusion of both. Prawns and mussels stirred into a sauce made from black bean paste, soy sauce and doenjang with a touch of brown sugar to tame the saltiness of the dish. In the same sauce, fresh-handmade tagliatelle is tossed to coat the pasta lightly. To finish it off, the dish is sprinkled with chillies and green onions, which are both placed on top and in the sauce itself.

Ingredients

•Mussels (100g)	•Enoki Mushrooms (55g)
•Raw Jumbo Prawns (150g)	•Red & Green Chillies (4)
	•Green Onion (4)
•Plain Flour (200g)	•Garlic (1 clove)
•Eggs (2)	
•Doenjang (3 ½ Tbsp)	
•Soy Sauce (2 ½ Tbsp)	
•Black Bean Paste (3 Tbsp)	
•Caster Sugar (3 ½ Tbsp)	
•Cornflour (1 ½ Tbsp)	
•Water (1 ½ Tbsp)	

Method

Mise en place - Weigh ingredients out & Place two sauce pans filled with water on the stove & one frying pan	Drain the mussels and clean the outer shell with a sponge or towel. (throw out any open mussels that don't close when pressed down). Place them in a pot of boiling water for 3 minutes in which they should open and remove from the pot after.
Place the mussels into a bowl of cold-salted water and leave for 15 minutes.	
Pour flour onto the counter and make a well in the centre before adding the eggs in. Mix the egg in the middle with a fork before slowly scraping flour in from the sides.	Unwrap pasta dough and half it. Flour surfaces before rolling both pieces out thinly with either a rolling pin or pasta machine. Slowly fold the ends inwards on each other till it appears stacked or layered. Slice through the dough, making sure each piece is made to be an equal width. When unravelled, it should make equal sized pieces of tagliatelle.
Once a rough dough has formed, begin to knead it till smooth. (Should be able to lightly poke it and the dough should spring back). Cover with clingfilm and leave to rest in a room-temp environment for 25-30 minutes.	
Thinly slice both the chillies and green onions, placing them into two small separate bowls (one to mix into the sauce and another for garnish).	Place in a pot of boiling-salted water. Toss the prawns and mussels back into the pan with the sauce while the pasta cooks, stirring it and ensuring it's coated well then remove again with roughly ⅓ of the sauce.
On the same board, dice the garlic clove and sprinkle it with salt, dragging the end of the knife along it to make a paste of a sort. On a high heat add oil to the frying pan and saute the prawns, then transfer to a bowl.	Transfer the pasta to the pan with the sauce and coat it well. Place the steamer over the boiling pot used for the pasta and place enoki mushrooms in it to steam, place a lid on top.
Turn down the heat and combine the doenjang, soy sauce, black bean paste and caster sugar in the pan, mixing it all together. Once mixed well, add in the garlic, some of the chillies and green onions.	Plate the dish up in the order of pasta, mushrooms and seafood. Sprinkle the green onions and chillies on top as garnish.

Korean Sea Bass with Avocado Cream and Roasted Butternut Squash

by Lachlann Stevens



This is a modern Korean-influenced sea bass dish featuring a pan seared sea bass fillet marinated in Greek yogurt, gochujang and coriander. Served on a like-bright avocado cream with sweet roasted butternut squash. it is topped with roasted crushed cashew nuts and finely sliced green onions giving a creamy, spicy, sweet and nutty elements in a clean restaurant-style presentation.

Ingredients

•2 fillets of sea bass	For Avocado cream
•200g butternut squash	•½ avocado
•25g cashew nuts	•1 lime zested and squeezed
•Salt and pepper to taste	•50g Greek yoghurt
For Marinade	
•150g Greek yoghurt	
•2tsp gochujang paste	
•A few sprigs of coriander	

Method

1. Preheat the oven to 200°C
2. Blend the gochujang paste with the Greek yoghurt and coriander and season to taste
3. Place the fillets of fish into the marinade and cover and leave to marinade for 30 minutes.
4. Make the avocado cream by blending all of the ingredients together until smooth and season.
5. Roast cashew nuts and crush and reserve for garnish
6. Evenly dice the butternut squash and toss in oil and seasoning, then roast in the oven for 25-40 minutes or until golden and tender.
7. Heat oil in a pan and place the fillets on skins side down for approx3-5 mins on each side.
8. Spoon the avocado cream into the center of a warm plate and place the butternut squash on top. Finally lean the sea bass on top and finish with the crushed roasted cashews and green onions.

Fried Squid & Roasted Doenjang Aubergine

with Yuzu Foam, Gochujang-Ginger Aioli and Cucumber Salad

by Mykyta Zaiets



A sophisticated fusion masterpiece featuring crispy squid atop melt-in-your-mouth aubergine roasted in a savory Doenjang glaze. This dish is elevated by a light, citrusy Yuzu foam and a bold Gochujang Ginger Aioli that adds a spicy, creamy kick. Served with a refreshing Korean-style cucumber salad, it offers a masterful play of textures and flavors—from umami-rich depths to bright, zesty highlights.

Ingredients

For fried squid	•Put all the ingredients in	For doenjang aubergine	•1.5g sesame oil
•400g of fresh squid tubes	a jar, let them sit there for	marinade	•2ml rice vinegar
half a lemon	couple of minutes. Then blitz	•doenjang 2 tbsp	
	the mixture blender needs	•soy sauce 1 tbsp	For Cucumber salad
•Salt and black pepper to	to touch the bottom of	•honey 1 tbsp	•500g of Cucumbers
season	container, while covering yolk,	•rice vinegar 1 tsp	•1 tbsp of salt
	without moving the stick.	•grated garlic 1 clove	•2 tbsp gochugaru
•Sunflower or olive oil to fry	After 15-20sec when mayo	•sesame oil 1 tsp	•1 tbsp of sugar
1 teaspoon of baking soda	starts to emulsify can start	•white pepper a pinch	•tbsp sesame oil
	moving stick up and down		•1 tbsp apple vinegar
For Gochujang Aioli	until everything is combined.	glaze	•1 big garlic clove
•Mayonnaise 120 g (1		•Honey 2 tbsp, bit of lemon	•sesame seeds
whole egg	•Gochujang 20g	juice, sesame oil table spoon	
•½ tbsp lemon juice	•1 garlic clove		For plating
•1 tsp white wine vinegar	•8g of lemon juice	For Yuzu foam	•1 nori sheet (will crash and
•¼ tsp Dijon mustard	•5g of soy sauce	•Yuzu juice 40ml(50 if with	sprinkle on top)
•¼ tsp sea salt	•5g of honey	water)	•Couple of edible flowers (
•230ml avocado oil	•Sesame oil 4g of ginger	•Dashi 15ml (if not able to	can be marigold)
		get can use water 30-40ml	
		check consistency)	
		•Sugar 6 g	
		•salt 1 g	
		•Soy lecithin 0.3g (or other	
		foaming agent: 1 gelatin leaf,	
		or 0.5g of agar agar)	

Method

Cooking instructions: Preheat oven 210	Yuzu foam
	-In a bowl combine all the ingredients except soy lecithin(add
	if after tasting), and stir until dissolved, adjust the taste and add
Prep squid tubes first, by cleaning them, putting them in a bowl,	foaming agent . Cool the mixture to room temp, and let hydrate
sprinkling it with salt, adding some lemon juice and baking soda	for 5 minutes. Blitz the liquid. When serving only scoop the foam
and letting it sit for 15-20 minutes.	from the top of the liquid
Doenjang aubergine	
-Cut 2 2.5 -4 cm thick wheels, score lightly and sprinkle salt on	Squid
top, let it sit for 5 minutes to withdraw water.	-dry them with paper towel. cut in crisscross patterns on outer
mix all the marinade ingredients together, and cover aubergines	part. Heat the frying pan, add a touch of oil let it heat up, then on
with it. Place it in the oven and roast for around 20-25 minutes, 5	high temperature fry squid on each side for around 45second to 1
minutes until ready apply glaze on top.	minute, until nice golden colouring.
Gochujang Aioli	Plating
-Prepare garlic and ginger. In a bowl whisk gochujang with mayo	-Preheat the plate. Place the aubergine wheel at the bottom, then
then whisk garlic mince, ginger, lemon juice, soy sauce, honey	put foam around it, place squid pieces on top and make dots of
into the sauce. Put the sauce in a sauce bottle.	sauce around the wheel , and serve with a side plate of cucumber
	salad
Cucumber salad	
-Cut the cucumbers, cover with salt and let them sit for 10	
minutes to withdraw water, then pat dry the cucumbers and add	
the rest of the ingredients and give it a mix	





















1st prize
Angel Elemike



2nd prize
Austin Arnold



3rd prize
Reese Ventura

CJ FOODS

“Share Better Food, Create New Wellness”

CJ Foods, a business unit of CJ CheilJedang, is a global food company delivering a variety of products ranging from foodstuffs and frozen/chilled foods to appetizers. As the largest food company in Korea with global sales of 11.3 trillion KRW in 2023, CJ Foods is now leading the globalization of Korean food with its fast-growing bibigo brand. The company operates over 60 sites in multiple regions worldwide including South Korea, the U.S. (Schwan's Company), China, Japan, Southeast Asia, Europe, and Oceania.

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Learning opportunities such as food ingredient studies, traditional recipe research, and master classes

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Mentoring opportunities with master chefs to gain insights from their experiences and expertise

Career Opportunity

Business and career support to pursue chefs' dream of owning their own restaurants as chef patrons

Networking

Networking opportunities to meet and be inspired by renowned chefs around the world

