

# COOKING

UNDER SOFT  
PRESSURE

Chef Heman  
Iron Man Chef



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## MY MENU 菜单

- 6 PREFACE 序
- 8 FOREWORD 前言
- 12 MY UNDERSTANDING OF SOUS VIDE AND CONFIT  
我对真空烹饪和油封的理解
- 15 HOT KETTLE  
暖胃热汤
- 16 JERUSALEM ARTICHOKE SOUP  
耶路撒冷洋蓟汤
- 18 SILKIE FOWL CONSOMMÉ  
黑鸡清汤
- 20 CRUSTACEANS BISQUE  
海鲜浓汤
- 23 VEGETABLES & PLANTS  
蔬果素食
- 24 HEART OF PALM  
棕心耿耿
- 26 "HEMAN-ZING" PLANT-BASED  
BBQ CHICKEN  
HEMAN 植物BBQ 鸡肉
- 28 HEMAN'S IMPOSSIBLE SHAKSHUKA  
HEMAN 莎卡蔬卡蔬食
- 30 HEMAN'S IMPOSSIBLE "PORK"  
MEATBALL FRICASSEE  
HEMAN 法式焖植物肉丸
- 32 CHEF HEMAN'S BLACK BERRY 4-GRAIN  
HEALTHY RICE WITH IMPOSSIBLE  
MEAT PATTIES  
HEMAN 植物肉黑莓米四谷米饭

## MY MENU 菜单

### 35 THE FARM

牧场美味

36 FOIE GRAS

鹅肝

38 BLACK SILKIE POULET

黑鸡

40 TOMAHAWK DE SWINE

战斧猪排

42 HEMAN'S BBQ IBERICO PRIME RIBS

HEMAN BBQ 伊比利亚黑猪上肋排

44 BABY SWINE JOWL STEAK

猪颊肉排

46 MY "TEOCHEW" PORK COLLAR SCHNITZEL

潮州式薄片猪肩炸肉扒

48 NZ GRASS-FED BABY RACK OF LAMB

新西兰草养羔羊肋排

50 THE SERIOUSLY WAGYU FLAT IRON STEAK

和牛平铁牛排

52 ANGUS BEEF SHORT RIB

安格斯牛小排

### 55 THE OCEAN

海洋珍品

56 BARRAMUNDI WITH FERMENTED

RED YEAST WINE

红糟鲈鱼

58 HEMAN'S SALMON FISH & CHIPS

HEMAN 三文鱼和薯条

60 CHAMPIGNON COD DE FILET

蘑菇鳕鱼柳

62 OCTOPUS "TENTACULES DE POULPE"

紫甜薯章鱼

64 SEAFOOD "PAELLA" DE ORZO

西班牙海鲜米粒面

66 HOKKAIDO SCALLOPS ORZO

北海道带子米粒面

68 SOFT SHELL CRAB ORZO

软壳蟹米粒面

## 71 SWEET TEMPTATION

诱人甜品

### 72 MY CENDOL

我的煎蕊

### 74 CRÈME BRÛLÉE CHEMPEDAK

法式尖不辣焦糖布丁

### 76 MY CHOCOLATE "CIGAR"

我的巧克力雪茄

### 78 SOUFFLE

舒芙蕾

## 81 INTERMEZZO

清凉饮料

### 82 THE AVOCADO

牛油果

### 84 THE MANGO COCKTAIL

芒果鸡尾酒

## 87 APPENDIX

附录

### 88 BBQ SAUCE

BBQ 酱

### 90 NOTE FROM PUBLISHER

出版人后记

### 91 ACKNOWLEDGEMENT

致谢



# JERUSALEM ARTICHOKE SOUP

耶路撒冷洋蓍汤

✂ ✂ UNDERSTAND YOUR INGREDIENTS & FUN FACT ✂ ✂

**Jerusalem artichoke** is also known as “sunchoke”. Despite its name, the Jerusalem artichoke has no relationship to Jerusalem, and it is not a type of artichoke. It looks a little like ginger root, with brown skin and an irregular, lumpy shape. Its white flesh is nutty, sweet, and crunchy, and is a good source of iron.





SERVES 2 PORTIONS 两人份

### SOUS VIDE EGG

- 2 eggs

### JERUSALEM ARTICHOKE SOUP

- 90 gm sliced white onions
- 500 ml cream
- 400 ml milk
- 500 gm Jerusalem artichoke
- 250 ml water
- Salt to taste

### GARNISH

- 10 gm sunchoke chips
- 10 gm lumpfish caviar

### TO ASSEMBLE

- 5 gm sunchoke chips
- 5 gm lumpfish caviar
- 1 sous vide egg
- 200 ml Jerusalem artichoke soup

### METHOD OF COOKING:

1. Sous vide the eggs at 64 °C for 45 min.
2. Jerusalem artichoke soup:
  - Wash the Jerusalem artichoke. Peel off the outer layer then clean it again before slicing.
  - Heat up a cooking pot. Sauté the onions till translucent. Add the sliced Jerusalem artichoke, lightly sauté it, add milk and cream.
  - Boil till soft, blend everything till smooth. Salt to taste.
3. Sunchoke chips: Thinly slice then deep fry sunchoke till crispy and set aside.
4. To assemble, place the sous vide egg, sunchoke chips and lumpfish caviar on the base of each serving dish. Pour the soup on the side. Serve immediately.

### 低温真空蛋

- 2粒鸡蛋

### 耶路撒冷洋蓟汤

- 90克切片白洋葱
- 500毫升的奶油
- 400毫升的牛奶
- 500克耶路撒冷洋蓟
- 250毫升的水
- 适量的盐

### 点缀

- 10克耶路撒冷洋蓟脆片
- 10克蓝波鱼子酱

### 摆盘

- 5克耶路撒冷洋蓟脆片
- 5克蓝波鱼子酱
- 1粒低温真空蛋
- 200毫升耶路撒冷洋蓟汤

### 烹调法:

1. 低温真空64摄氏度煮蛋45分钟。
2. 耶路撒冷洋蓟汤:
  - 洗干净耶路撒冷洋蓟后, 将外层撕掉, 切片后再洗一次。
  - 加热锅子后, 将洋葱炒到透明, 加入耶路撒冷洋蓟, 快炒后加入牛奶和奶油。
  - 烹煮到软后, 放进搅拌机搅拌均匀顺滑, 加入适当的盐。
3. 耶路撒冷洋蓟脆片: 切薄片后油炸。
4. 摆盘时, 先在盘面放低温蛋、耶路撒冷洋蓟脆片和蓝波鱼子酱, 然后在周边倒入汤, 趁热上桌。



## ACKNOWLEDGEMENT 致谢

Gratitude, a positive emotion that helps us to see others and ourselves in a positive light.

I am glad that I have the opportunity here to exercise it. Though these few paragraphs are not sufficient to list all those that have helped in the completion of this book, here I would like to mention a few.

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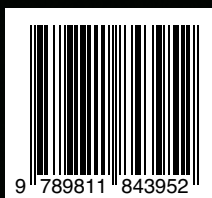
# HEMAN TAN

## IRON MAN CHEF

Chef, ceramicist, triathlete and author Heman Tan shares his journey into Asian-inspired modern European cuisine in his 6th book – ***Cooking Under Soft Pressure***. Combining his knowledge from the kitchen with sous vide techniques, Chef Heman's culinary creations are sure to inspire and delight as he presents his point of view, using Asian and western ingredients in new and fresh ways.

Each recipe is designed with the home chef in mind, with simple step by step instructions from preparation to assembly. With every dish ready to impress with its flavour and presentation, get ready to create your very own fine dining experience with Chef Heman.

Bon appetit!



SGD\$40.00

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