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HACO Culinary Ambassadors

## Stocks

The secret to any great dish is in its stock.

### Poached Garoupa Fillet With Barley & Fragrant Rice Broth

Serves 4

1 tsp **Haco Fish Stock**, divided  
2 tsp egg whites  
2 tsp cornstarch  
4 x 200g garoupa fillets

#### Barley & Fragrant Rice Broth

3 ltr water  
25g barley, rinsed  
15g uncooked white rice, rinsed  
1 tsp sugar  
Salt and freshly ground white pepper, to taste  
100g asparagus spears, diced

Sliced Chinese dough fritters, for garnishing

- Mix one-quarter teaspoon of **Haco Fish Stock** with the egg whites and the cornstarch in a mixing bowl. Add in the garoupa fillets and marinate for 30 minutes.
- For the barley & fragrant rice broth: Bring 3 litres of water to a boil in a large stock pot. Add in the barley and uncooked white rice to the boiling water, reduce heat and simmer until a sticky consistency is achieved, for about an hour. Bring the mixture to a boil again, add in the remaining **Haco Fish Stock** and season to taste with sugar, salt, and freshly ground white pepper. Add in the diced asparagus and the marinated garoupa fillets and poach until the garoupa fillets are cooked, for about 3 minutes.
- To serve: Ladle the barley and fragrant rice broth into each warmed deep serving dish, and top with a poached garoupa fillet. Garnish with sliced Chinese dough fritters, and serve hot.

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