

DELICIOUSLY HEALTHY RECIPES

By Celebrity Chef William Soh



ONE°15 MARINA 
Sentosa Cove Singapore

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ABOUT CELEBRITY CHEF WILLIAM SOH

ONE°15 Marina's Celebrity Chef William Soh oversees the kitchens in LATITUDE Bistro and WOK°15 Kitchen. He also looks after the banquets, catering services for yachts and charters, as well as special Members' events. His wealth of experience has made him one of the most sought-after chefs in Singapore. Chef William is frequently invited as a star guest on local variety TV shows, community cooking events, and even as culinary consultant for the Prime Minister's Annual Chinese New Year Garden Party.

ABOUT ONE°15 MARINA SENTOSA COVE SINGAPORE

Nestled within the exclusive Sentosa Cove enclave, ONE°15 Marina is part of the emerging hip, upscale luxury neighbourhood that is positioned to become one of the world's most well-integrated waterfront lifestyle communities.

Evoking the glamour and elegance of Monte Carlo, ONE°15 Marina offers world-class marina facilities and is replete with a comprehensive range of luxurious private club amenities catering to both boaters and non-boaters alike. More than just a club, it is an unprecedented lifestyle destination.

Since its inauguration in 2007, ONE°15 Marina Sentosa Cove is the winner of several international accolades including the Outstanding Hospitality Award at the Helm Magazine Singapore Yacht Show Awards 2013, eight-time winner of Asian Marina of the Year (2009, 2012 – 2014, 2016 – 2019), and the prestigious FIVE Gold Anchor Award.



SEAFOOD IN TOMATO SPICES SAUCE

Seafood is a beautifully versatile ingredient that lends its flavour effortlessly to the profiles and cooking traditions in both Asian and Western cuisines.

PREP TIME	25 – 30 minutes
COOK TIME	15 – 20 minutes
SERVES	4 persons

INGREDIENTS

- 500g prawns, peeled and washed
- 500g squid, peeled and washed
- 3 stalks lemongrass
- 3 ripe tomatoes

SPICES

- 200g shallots
- 20g garlic
- 20g galangal
- 20g turmeric
- 20g ginger
- 20g candlenuts
- 12 red chilli
- 4 chilli padi
- 2 tbsps chilli paste
- 1 tbsp tom yum paste
- Salt and sugar (to taste)

DIRECTIONS

- Blend the spices in a blender to a fine paste. Place in a cooking pot.
- Add in the lemongrass and ripe tomatoes, cook over low heat for about 10 minutes.
- Add the squid and prawns, bring to a boil.
- Stir in salt and sugar, and serve.



SALMON & QUINOA GLUTEN LIGHT MEAL

Prepare a hearty, nutritious meal using white rice alternatives and impress family, friends and loved ones with a lunch or dinner that's equal parts delicious, wholesome and healthy.

PREP TIME	30 minutes
TOTAL TIME	45 minutes
SERVES	1 person

INGREDIENTS

- 180g fresh salmon
- 110ml chicken stock
- 110g quinoa
- 50g broccoli
- 50g yellow cherry tomatoes
- 45g carrots
- 45g red cherry tomatoes
- 1 onsen egg

DIRECTIONS

- Cook onsen egg at 65°C for 45 minutes.
- Preheat a non-stick pan with olive oil, season salmon with salt and pepper.
- Pan-sear salmon skin till crispy and turn over to sear the other side. Make sure not to overcook— the salmon should still be pink on the inside. Set aside salmon.
- Cook the broccoli and carrots in a pot of boiling salted water.
- Preheat a sauté pan with butter and add the broccoli, carrots and cherry tomatoes. Season with salt and pepper, and sauté for a while.
- In a medium pot, add quinoa and chicken stock and bring to a boil.
- Simmer for 15 minutes, till all the liquid is absorbed. Once cooked, arrange quinoa in a rice bowl to serve.
- Place quinoa in the centre of the plate, arrange the sautéed vegetables around it and add the onsen egg. Lastly, place the cooked salmon on top of the quinoa. Serve.



WAGYU BEEF SATAY

Explore new and refreshing ways to enjoy beef, and recreate the signature local delight with a luxurious twist! Flavourful and tasty, this is definitely a masterpiece that will be well-loved by family and friends.

PREP TIME	1 hour
COOK TIME	8 - 10 minutes
SERVES	5 - 6 persons

INGREDIENTS

- 1 kg wagyu beef cut into 1-inch cubes
- 100g shallots, sliced
- 20g garlic, sliced
- 20g ginger, sliced
- 10g yellow ginger (tumeric)
- 10g blue ginger, sliced
- 10g cumin powder
- 2 stalks lemongrass, sliced
- Salt and pepper (to taste)
- Sugar (to taste)

PREPARATION

- Blend shallots, garlic, lemongrass and blue ginger to a fine consistency.
- Marinate the cubed wagyu beef with cumin powder and the blended spices.
- Season lightly with salt and pepper and complete the process with sugar.
- Keep in the fridge for a day.

COOKING METHODS

Grilling over charcoal heat

- Grill the beef on skewers for 1 – 2 minutes on each side, turning frequently and basting with oil, as the beef is very tender.
- Pressure-test the meat using your finger to check doneness. If you like the beef to be well cooked, extend the cooking time.

Grilling in the oven

- Place the skewers on a baking sheet lined with non-stick foil and set an oven rack close to the heating element.
- Watch carefully and turn after 1 – 2 minutes. A longer cooking time will dry out the meat and cause it to lose its succulence.
- Start grilling on high heat and finish with low heat to prevent the meat from being too well done.

Grilling over the stove

- Set a cast-iron grill pan on the stove. Cook on high heat at the start, and complete over a low fire to keep the juices within the meat.



GRILLED SALMON WITH TOMATO SALSA

Savour all-time favourite Mediterranean flavours redolent of Southern European charm.

PREP TIME	10 minutes
TOTAL TIME	30 minutes
SERVES	1 person

INGREDIENTS

- 150g salmon
- 80g potatoes
- 50g mixed lettuce
- 50g diced tomatoes
- 10ml olive oil
- 2ml lemon juice
- Salt, pepper and thyme to season

DIRECTIONS

- Prepare the salsa by combining the diced tomatoes, olive oil and lemon juice. Season generously with salt, pepper and fresh thyme before putting aside.
- Boil the potatoes until soft, then mash and set aside.
- Season the salmon on both sides and grill in a pan, skin-side down, for about 6 to 8 minutes - just long enough for it to form a crispy skin while staying pink in the centre.
- Using a foil ring or a fork, mould the mashed potatoes in the centre of the plate and arrange the lettuce.
- Place the cooked salmon on top of this centrepiece before drizzling the salsa on the side.



LION'S HEAD MEATBALLS

Featuring one of Chef William's favourite recipes, recreate this delectable culinary treat with an easy recipe.

PREP TIME	1 hour
TOTAL TIME	1 hour 30 minutes
SERVES	6 – 8 persons

INGREDIENTS

- 1 kg pork belly
- 300g prawn meat
- 50g white cabbage
- 30g chopped water chestnuts
- 20g chopped garlic
- 2 eggs
- Oil for deep frying

SEASONINGS

- 2 tbsp Hua Diao wine
- 2 tbsp fish sauce
- 1 tbsp light soya sauce
- 1 tbsp sesame oil
- 1 tbsp five-spice powder
- Salt and pepper to taste

DIRECTIONS

- Mince pork belly and chop prawn meat. Place minced pork belly and prawn meat into a whisking bowl.
- Add remaining ingredients and seasonings, mix well. Form into small balls.
- Heat up oil, deep-fry meatballs in hot oil until golden brown. Remove and drain. Serve with sweet and sour sauce.



PAN-FRIED LATINO CHICKEN

Bite into soft, juicy chicken meat with a perfect fusion of various spices and herbs. This classic and delicious dish is a not only a crowd favourite, but one where you can easily make at home!

PREP TIME	1 hour
TOTAL TIME	1 hour 30 minutes
SERVES	4 – 5 persons

INGREDIENTS

- 1 kg of chicken whole leg, boneless
- 10g of ginger, chopped
- 2 cloves of garlic, chopped
- 2 teaspoons of fresh thyme
- 1 onion, chopped
- 1 chilli, chopped
- 1 teaspoon of allspice
- 1 teaspoon of black pepper, crushed
- 1 lime, juiced
- Salt and pepper to taste
- Cooking oil

DIRECTIONS

- Marinate the boneless chicken overnight.
- Add cooking oil to frying pan, medium heat.
- Sear both sides of the chicken and continue cooking over low heat until the chicken is cooked completely.
- Serve with seasonal vegetables.



PRAWNS AND SCALLOPS WITH MESCLUN, HOUSE- MADE BALSAMIC DRESSING

Taste seafood at its finest. Drizzled with sweet balsamic glaze, experience fine dining in the comfort of your own home. Light, delicious and delicate, this dish spices up any meal effortlessly.

PREP TIME	30mins
TOTAL TIME	1 hour
SERVES	2 people

INGREDIENTS

- 160g prawns (poached and peeled, with heads and tails left on)
- 60g scallops (without shell)
- 60g mesclun or mixed salad
- 40g olive oil
- 30g onions, chopped
- 20ml balsamic vinegar
- Dash of mustard
- Fresh herbs (to garnish)
- Sugar, salt and pepper (to taste)

DIRECTIONS

- Poach prawns and peel off shells, keeping the heads and tails on.
- Heat up pan and sear both sides of the scallops. Set aside.
- Prepare balsamic dressing. Set aside.
- Arrange the salad and garnish with the fresh herbs.
- Arrange the prawns and scallops neatly on two dinner plates.
- Drizzle with balsamic vinegar and serve.



TIRAMISU MOUSSE

Indulge your inner sweet tooth with this all-time favourite, classic dessert. Whether you are a coffee or liqueur person, this dessert is sure to please your palate.

PREP TIME	20 minutes
TOTAL TIME	20 minutes
SERVES	4 persons

INGREDIENTS

- 500g mascarpone cheese
- 300ml espresso coffee or liquor (Kahlúa, brandy, amaretto etc)
- 300g ladyfinger biscuits
- 250g whipping cream
- 110g sugar
- 30ml Marsala wine
- 5 egg yolks

DIRECTIONS

- Beat the egg yolks, sugar and Marsala wine in a heatproof bowl or in the bowl of a double boiler.
 - Whisk until the cream thickens.
- The zabaglione will thicken just before boiling point.
- Mash the mascarpone cheese in a bowl until creamy.
 - Add the zabaglione into the mascarpone cheese and mix well.
 - Whip the cream and fold it into the zabaglione and mascarpone cheese mixture until smooth.
 - Lightly soak the ladyfingers in the coffee, one at a time.
 - Place one layer in a container.
 - Evenly distribute half of the zabaglione cream over the ladyfingers.
 - Repeat with a second layer of ladyfingers, and top it with the rest of the cream.
 - Refrigerate for about 3 to 4 hours before serving.

Hungry for More?

Explore a diverse selection of epicurean delights from award-winning Cantonese cuisine to Asia & Continental delights.

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