



Chef Alex Sanchez

Executive Chef
The Table



Chef Alex Sanchez, a top graduate of America's most prestigious culinary academy, The Culinary Institute of America, is the Executive Chef of The Table. Before arriving here, rather recently, he spent the last eight years refining his expertise in some of San Francisco Bay Area's finest kitchens.

An Eastern European Jew, he was raised in Long Island, New York, in a traditional family environment, which naturally means there was great culinary influences in his life. For a leg of lamb cooked by his grandmother, he would fly down to Miami, right until she passed away when Alex was 19. "It was awesome, she would marinate it for a few days with just garlic, rosemary, and some onions thrown in for good measure, no olive oil, mostly butter, some pepper and salt. It was always over-cooked, but perfect. And I ate it with mint jelly." Well, Alex is just 26 and does not have to dig too deep into his memory bank to remember the taste.

Chef Alex is now enjoying the various ways he can cook fish. "Chicken is chicken is chicken, but cooking with fish can be so versatile. There are so many ways of 'doing' it. Each species offers so many opportunities of handling it. Rawas, salmon, trout... Mumbai has more access to good fish than chicken."

In the few years since he started, his career graph is pretty impressive. It includes cooking with culinary giants such as Roland Passot at La Folie, Michael Mina at his eponymous restaurant, and David Kinch at Manresa; with brief apprenticeships at Daniel Patterson's, Coi and Thomas Keller's The French Laundry. During his tenure at these establishments, they all received stars in the Michelin Guide, with both Michael Mina and Manresa receiving two stars each.

Alex does not regret the bold step he took — having never previously been to India, in relocating to Bombay, to take up the helm at The Table, where he has the movers and shakers eating out of his palm, quite literally.

Editor's favourite: The Perfect Roast Chicken





CALIFORNIA FISH TACOS WITH SALSA FRESCA

Ingredients:

For fried snapper:

1 ltr oil, for frying
 40 gm red snapper (12 pieces)
 1 cup flour
 1 cup cornflour, plus ½ cup extra, for dusting
 1 tbsp baking powder,
 2 tsp salt
 2 cups ice water

Method:

Heat oil in a saucepan to 175° C.
 Mix together all remaining ingredients except for the Snapper, to create a batter.
 Lightly dust the Snapper pieces in cornflour, dip them in the batter and fry them in hot oil until cooked (about 4 to 5 minutes).
 Drain the fish on a rack and keep in a warm place.

For salsa fresca:

1 cup tomato, seeds removed, diced
 ½ cup white onion, diced

½ cup coriander, chopped
 ¼ cup lime juice
 2 tsp green chilli, seeds removed, chopped
 2 tsp salt
 2 tsp olive oil

Method:

Mix everything together and marinate for at least two hours.

For assembly:

fried snapper
salsa fresca
 8 lime wedges
 2 radishes, sliced thinly
 1 head of Iceberg lettuce, shredded
 12 small flour tortillas or *roomali roti*

Method:

Heat up the tortillas and lay them out on a serving dish.
 Place one piece of fried Snapper on top of each tortilla.
 Garnish the fish with radish, *salsa fresca* and shredded lettuce.
 Serve immediately with wedges of lime on the side.



THE PERFECT ROAST CHICKEN

Ingredients:

For chicken:

3.7 ltr cold water, 1 cup plus 2 tsp kosher salt (sea salt)
 ¼ cup plus 2 tbsp honey
 12 bay leaves
 1 head of garlic, smashed but not peeled
 2 tbsp black peppercorns
 3 large rosemary sprigs
 1 small bunch of thyme
 1 small bunch of parsley
 lemon zest, finely grated, and juice of 2 lemons
 1 whole 1.3 kg chicken, innards removed
 salt and pepper to taste

Method:

Combine all ingredients except for the chicken, bring them to a boil in a large pot. Once the water boils, remove from heat and allow to cool completely.
 Submerge the chicken in the flavourful liquid overnight.
 Pre-heat oven to 190° C.
 Remove the chicken from the liquid, wipe off any pieces of herbs or peppercorns, and pat dry with a kitchen towel.
 Season the chicken with salt and pepper (inside and out) and roast on a roasting rack for 1 hour or until the juices in the meat of the thigh run clear.
 Cover loosely with silver foil and rest for 20 minutes before carving.
 Serve the chicken with boiled potatoes and carrots, and the natural pan juices.



WATERMELON PANZANELLA SALAD

Ingredients:

4 cups brioche croutons, cut into large squares (other tender breads can be used instead if brioche is not available)
 4 cups watermelon, seeds removed, cut into large chunks
 2 cups Rocket lettuce
 1 cup red onion, sliced thin, soaked in ice water
 ½ cup basil leaves, torn
 ½ cup white Balsamic vinegar
 1 cup extra virgin olive oil
 salt and pepper to taste

Method:

Combine the croutons and watermelon chunks and season with salt and fresh ground black pepper. Allow to marinate for 10 minutes
 Add the remaining ingredients and season to taste. Serve immediately.



YELLOWFIN TUNA TATAKI, ICICLE RADISH & AVOCADO

Ingredients:

- 300 gm *sushi* grade yellowfin tuna
- 1 cup black sesame seeds
- 1 cup white sesame seeds
- 2 tbsp cooking oil
- ¼ cup Sherry vinegar
- 1 tbsp honey
- ½ cup salad oil
- ¼ cup sesame oil
- ¼ cup soy sauce
- 1 small icicle or round radish sliced paper thin
- 1 medium-sized ripe avocado, diced
- 1 *wonton* skin, fried crisp and broken into small pieces

Method:

- Mix together white and black sesame seeds, and coat the tuna completely on all sides.
- Sear tuna for 15 seconds on all sides in a very hot pan with 2 tbsp cooking oil. Place onto a dish and allow to cool completely.
- Combine Sherry vinegar, honey, salad oil, sesame oil and soy sauce in a mixing bowl and set aside.
- Thinly slice tuna and arrange on a serving plate.
- Coat tuna liberally in the Sherry vinaigrette.
- Garnish with diced avocado, fried *wonton* skin, and sliced radish. ❄️

ROASTED RED BEETS, CHEVRE, ORANGE, PINE NUTS & MINT

Ingredients:

For marinated beetroot:

- 1 kg red beetroot, 3 rosemary sprigs
- 5 thyme sprigs, ½ cup olive oil
- 2 tbsp Sherry vinegar, 1 tbsp red onion, minced, salt to taste

Method:

- Pre-heat oven to 170° C.
- Mix together the beetroot, rosemary, thyme and ¼ cup of olive oil, ensuring the beetroot is well coated. Place ingredients into a baking dish, cover with aluminum foil and bake for an hour or until the beetroot is completely cooked through.
- Allow beetroot to cool, then peel and cut into bite-sized wedges.
- Mix wedges with remaining olive oil, Sherry vinegar, and red onion and allow to marinate until use.

For the goat cheese (*chevre*) mousse:

- 1 cup soft, unripe goat cheese, without rind, ¼ cup cream

Method:

- Whisk together goat cheese and cream until smooth and light. Set aside.

For assembly:

- cooked beetroot, goat cheese mousse
- 2 pcs oranges, peeled, segmented, 1 pc orange, zested
- 2 tbsp pine nuts, toasted, 1 tbsp mint, chopped

Method:

- Place a few dollops of the goat cheese mousse on the bottom of the plate.
- Artfully arrange the marinated beetroot and orange segments on top of the mousse.
- To garnish, sprinkle on chopped mint, toasted pine nuts and orange zest.

