

THE BEST OF BETTY SAW

The Best of Betty Saw is a collection of 150 time-tested recipes from Betty Saw, the doyen of Malaysian cooking.

Find sumptuous staples and family favourites such as steamed herbal winter melon soup, Nyonya fish head curry and Malaysian *rendang* as well as savoury snacks and sweet delicacies including *kuih serimuka*, *char siew bao*, pineapple cup tarts and mud cupcakes.

Discover the numerous delights and draw inspiration from Betty Saw as you embark on your own culinary journey. With beautiful photographs and invaluable cooking and preparation tips, *The Best of Betty Saw* makes an ideal gift and is an absolute must-have for every home cook.



Betty Saw is a veteran chef with more than 30 years of experience. A well-loved and respected food consultant, Betty has become a household name over the years. She has appeared on a number of television programmes and is a prolific author of more than 15 cookbook titles, including *The Best of Malaysian Cooking*, *Betty Saw's Best Noodle Recipes*, *The Asian Fish Cookbook*, *Asian Retro Food*, *The Asian Tofu Cookbook*, *Cupcakes and Cookies*.

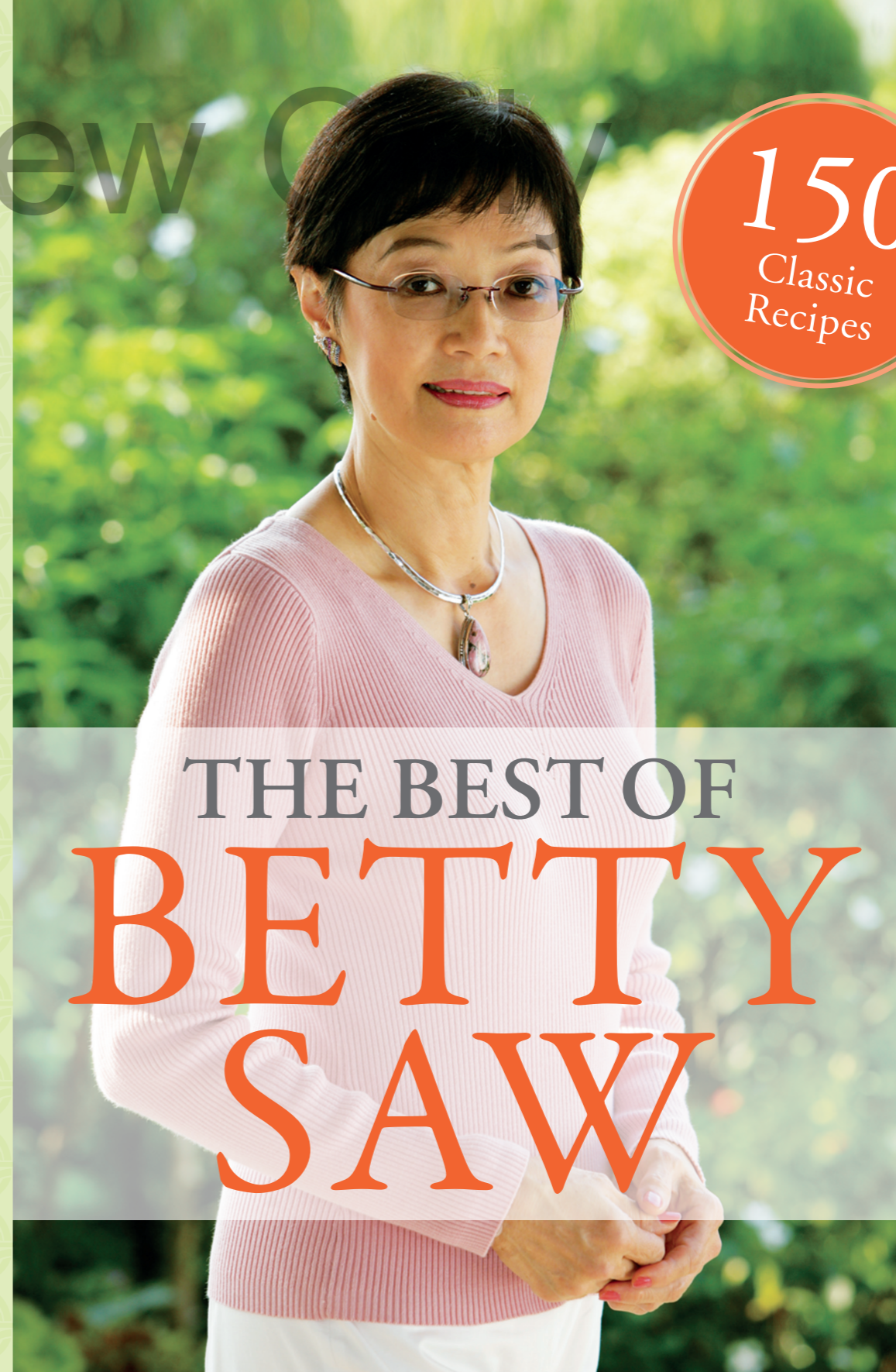
visit our website at:
www.marshallcavendish.com/genref

mc Marshall Cavendish
Cuisine



THE BEST OF
BETTY SAW

Marshall Cavendish
Cuisine
mc



150
Classic
Recipes

THE BEST OF BETTY SAW



For Review Only

150
Classic
Recipes



THE BEST OF BETTY SAW

For Review

The recipes in this book are selected from Betty Saw's previously published cookbooks.

Designer: Benson Tan

Copyright © 2015 Marshall Cavendish International (Asia) Private Limited

Published by Marshall Cavendish Cuisine
An imprint of Marshall Cavendish International

All rights reserved

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner. Request for permission should be addressed to the Publisher, Marshall Cavendish International (Asia) Private Limited, 1 New Industrial Road, Singapore 536196. Tel: (65) 6213 9300 Fax: (65) 6285 4871. E-mail: genref@sg.marshallcavendish.com
Online bookstore: <http://www.marshallcavendish.com/genref>

Limits of Liability/Disclaimer of Warranty: The Author and Publisher of this book have used their best efforts in preparing this book. The Publisher makes no representation or warranties with respect to the contents of this book and is not responsible for the outcome of any recipe in this book. While the Publisher has reviewed each recipe carefully, the reader may not always achieve the results desired due to variations in ingredients, cooking temperatures and individual cooking abilities. The Publisher shall in no event be liable for any loss of profit or any other commercial damage, including but not limited to special, incidental, consequential, or other damages.

Other Marshall Cavendish Offices:
Marshall Cavendish Corporation, 99 White Plains Road, Tarrytown NY 10591-9001, USA •
Marshall Cavendish International (Thailand) Co Ltd, 253 Asoke, 12th Flr, Sukhumvit 21 Road,
Klongtoey Nua, Wattana, Bangkok 10110, Thailand • Marshall Cavendish (Malaysia) Sdn Bhd,
Times Subang, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam,
Selangor Darul Ehsan, Malaysia

Marshall Cavendish is a trademark of Times Publishing Limited

National Library Board, Singapore Cataloguing-in-Publication Data

Saw, Betty, author.

The best of Betty Saw / Betty Saw. – Singapore : Marshall Cavendish Cuisine, 2015.
pages cm

ISBN : 978-981-4634-24-3 (paperback)

1. Cooking, Malaysian. 2. Cooking, Asian. 3. Cookbooks. II. Title.
TX724.5.M4

641.59595 -- dc23 OCN899227859

Printed in Singapore by Craft Print International Ltd

CONTENTS

Preface	7
Weights & Measures	9
Basic Recipes	11
Rice & Noodles	13
Soups & Salads	35
Vegetables	49
Seafood	69
Meat	95
Poultry	113
Light Snacks & Bites	135
Cookies & Cakes	161



For Review Only

RICE

&

NOODLES



Saffron Rice with Mushrooms and Tomatoes **14**

Fried Rice with Chicken and Pineapple **15**

Fragrant Herb Rice (*Nasi Ulam*) **16**

Fragrant Yam Rice **17**

Chicken Biryani **18**

Salted Fresh Fish, Oyster and Tangerine Peel Porridge **19**

Bubur Pedas **20**

Fried Rice Cake (*Chao Ko*) **21**

Mee Siam Kering **22**

Penang Laksa **23**

Lontong **24**

Lor Mee **25**

Mee Rebus **26**

Rice Noodle Soup (*Ipoh Sar Hor Fun*) **28**

Fried Flat Rice Noodles with Beef **29**

Fried and Braised Noodles (*Char Choo Mee*) **30**

Cha Cheong Meen **31**

Thai-style Fried Noodles (*Phad Thai*) **32**

Claypot Chicken Mushroom Yee Mee **33**

Fragrant Herb Rice (*Nasi Ulam*) Serves 7–8

INGREDIENTS

Chubb mackerel 3, grilled, deboned and flesh ground
Turmeric leaves 5, finely sliced
Polygonum leaves 4 sprigs, finely sliced
Basil leaves 4 stalks, finely sliced
Thai sweet basil 5 stalks, finely sliced
Watercress 4 stalks, finely sliced
Lesser galangal leaves 3, finely sliced
Kaffir lime leaves 3, finely sliced
Lettuce leaves 3, finely sliced
Cashew nut leaves (optional) 4, finely sliced
Lemon grass 2 stalks, tender central portion finely sliced
Shallots 6, peeled and finely sliced
Torch ginger flower 1, finely sliced
Green chillies 3, finely sliced
Grated skinned coconut $\frac{1}{2}$, dry-roasted
Large lime 1, juice extracted
Salt 1 tsp
Cooked rice 1.5 kg (3 lb 4 $\frac{1}{2}$ oz)

Sambal

Red chillies 10
Shallots 5, peeled
Ginger 1.25-cm ($\frac{1}{2}$ -in) knob, peeled
Coconut cream 250 ml (8 fl oz), from 1 grated skinned coconut and sufficient water
Lemon grass 1 stalk, lightly crushed
Salt $\frac{1}{4}$ tsp
Tamarind pulp (*asam Jawa*) 1 tsp, mixed with 2 Tbsp water and strained

METHOD

1. Prepare sambal. Blend chillies, shallots and ginger until fine. Combine ground ingredients with coconut cream, lemon grass, salt and tamarind juice and simmer over low heat. Stir until sauce is thick and oil separates. Set aside.
2. Combine ground fish with the finely sliced ingredients and roasted grated coconut.
3. Heat a wok without oil. When hot, turn off heat and put in combined fish and sliced ingredients, lime juice and salt. Mix well. Transfer to a serving dish.
4. To serve *nasi ulam*, ladle a portion of rice onto a plate, top with required amount of combined fish and sliced ingredients and sambal. Mix well and serve.



For Review Only

Fragrant Yam Rice Serves 4–5

INGREDIENTS

Chicken meat 300 g (10 $\frac{1}{2}$ oz), cut into 2.5-cm (1-in) pieces
Cooking oil 3 Tbsp + more for deep-frying
Yam 350 g (12 oz), cut into 1.5-cm ($\frac{3}{4}$ -in) cubes
Shallots 6, peeled and sliced
Dried prawns (shrimps) 60 g (2 $\frac{1}{4}$ oz), soaked for 15 minutes and drained
Rice 300 g (10 $\frac{1}{2}$ oz), washed and drained
Light soy sauce 2 tsp
Chicken stock (see page 11) 875 ml (28 fl oz)
Spring onion (scallion) 1, chopped
Red chilli 1, sliced

Seasoning

Salt $\frac{1}{2}$ tsp
Sugar $\frac{1}{2}$ tsp
Ground white pepper $\frac{1}{4}$ tsp
Light soy sauce 1 tsp
Dark soy sauce $\frac{1}{2}$ tsp
Sesame oil 1 tsp
Chinese rice wine (*Shaoxing*) 1 tsp
Cornflour (cornstarch) 1 tsp

METHOD

1. Marinate chicken with combined seasoning ingredients and set aside.
2. Heat oil for deep-frying and fry yam cubes for 8–10 minutes until just cooked. Drain from oil and set aside.
3. Using the same oil, fry shallots until golden. Drain and set aside for garnishing.
4. Remove all but 3 Tbsp oil and stir-fry prawns until fragrant. Dish out and set aside.
5. Stir-fry rice in the same oil for 1–2 minutes. Stir in light soy sauce. Remove from heat and transfer rice to a rice cooker. Pour in chicken stock and switch on rice cooker to cook rice.
6. When stock comes to a boil, add yam and chicken. Let rice cook until done. Garnish with shallot crisps and spring onion before serving.



Review Only

SOUPS



SALADS



- Steamed Herbal Winter Melon Soup **36**
- Tofu and Wakame Soup **37**
- Potato, Carrot and Onion Soup **38**
- Indonesian Hot and Sour Fish Soup **39**
- Catfish and Black Bean Soup **40**
- Chinese Corn Soup **41**
- Salted Vegetable, Chicken and Tofu Soup **42**
- Spicy Mutton Soup **43**
- Warm Sesame Norwegian Salmon Salad **44**
- Vegetable Salad (*Pecal*) **45**
- Norwegian Salmon Yee Sang **46**

Potato, Carrot and Onion Soup Serves 4–5

INGREDIENTS

Chicken or anchovy stock (see page 11)
750 ml (24 fl oz), strained
Medium potato 1, diced
Medium carrot $\frac{1}{2}$, diced
Onion 1, peeled and diced
Canned button mushrooms 5, diced
Tomato 1, diced
Salt $\frac{1}{2}$ tsp
Ground white pepper $\frac{1}{2}$ tsp
Spring onion (scallion) 1, chopped
Coriander leaves (cilantro) 2 sprigs, chopped

METHOD

1. Bring chicken or anchovy stock to the boil. Put in potatoes, carrot, and onion and simmer over medium heat for 5 minutes.
2. Put in mushrooms, tomato, salt and pepper and continue to simmer for 8–10 minutes or until potatoes and carrots are soft.
3. Serve hot sprinkled with spring onion and coriander leaves.

NOTE

A hearty and nutritious home-style soup. Soups play an integral part in Chinese meals. The soup is consumed as the meal progresses, and acts as a palate cleanser.



Indonesian Hot and Sour Fish Soup Serves 3–4

INGREDIENTS

Fish fillets (garfish, tuna or eel) 250 g (9 oz)
Salt 1 tsp
Ground white pepper $\frac{1}{4}$ tsp
Lime juice 1 Tbsp
Cooking oil 1 Tbsp
Garlic 3 cloves, finely chopped
Lemon grass 2 stalks, crushed
Bird's eye chillies 5, left whole
Ground dried chillies 2 tsp
Ginger 2-cm ($\frac{3}{4}$ -in) knob, peeled and crushed
Chicken stock (see page 11) 400 ml (13 fl oz)
Fish sauce $1\frac{1}{2}$ Tbsp
Kaffir lime leaves 4, finely sliced
Salt to taste

METHOD

1. If using garfish or tuna, cut into 5-cm (2-in) cubes or desired serving size. If using eel, cut into 3-cm ($1\frac{1}{2}$ -in) wide pieces. Wash and drain.
2. Season fish pieces with salt, pepper and lime juice. Set aside.
3. Heat oil in a medium-sized saucepan. Stir-fry garlic and lemon grass. Add bird's eye chillies, ground dried chillies and ginger. Cook for 1 minute.
4. Pour in chicken stock and bring to the boil. Add fish sauce and fish pieces. Allow to boil over medium-low heat for 5 minutes.
5. Sprinkle in kaffir lime leaves; reserve some for garnishing if desired. Adjust to taste with salt and serve.

NOTE

Cuttlefish and prawns can be used instead of fish.



For Review Only

VEGETABLES

Acar Rampai **50**

Kerabu Sotong Kering **51**

Stir-fried Masala Potato and Tofu **52**

Rojak Betik Terengganu **53**

Bean Sprouts with Salted Fish **54**

Pressed Tofu, Preserved Radish and Peanuts (*Chao Lup Lup*) **55**

Stuffed Tofu Puffs with Mixed Vegetables **56**

Stir-fried Aubergines with Minced Meat **58**

Braised Stuffed Hairy Marrow **59**

Mixed Vegetable Stew **60**

Fried Yam Ring with Mixed Vegetables **61**

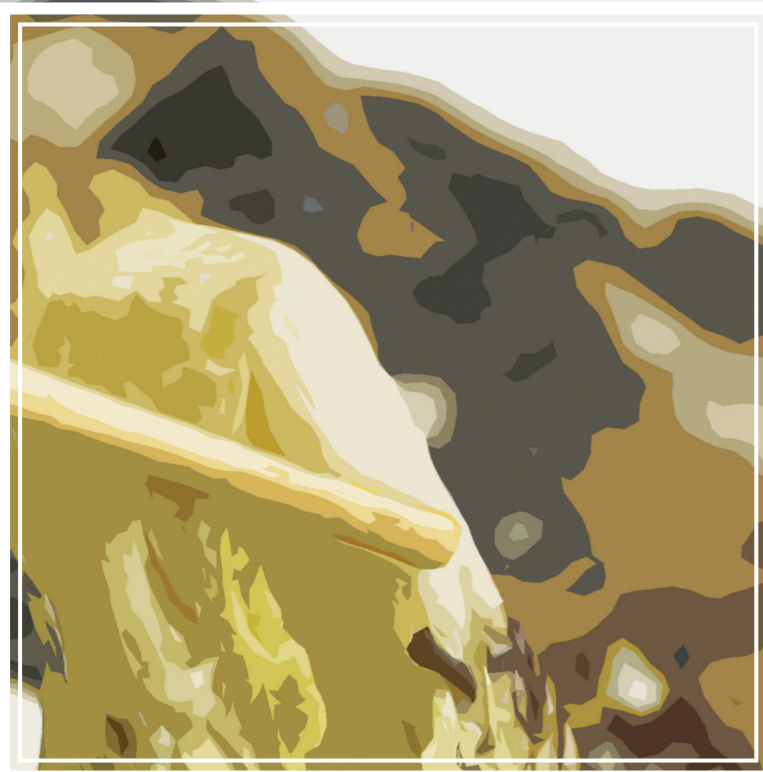
Fried Cabbage (*Kobis Masak Putih*) **62**

Coconut Sambal **63**

Spinach and Fermented Soy Bean Cake Curry **64**

Salted Fish, Snake Gourd and Spinach Curry **65**

Indonesian Sayur Lodeh **66**



Stuffed Tofu Puffs with Mixed Vegetables Serves 4–5

INGREDIENTS

Fried tofu puffs 5 pieces
 Cooking oil for deep-frying
 Cucumber 1, sliced
 Tomatoes 2, sliced

Filling

Cooking oil 1 Tbsp
 Garlic 3 cloves, peeled and minced
 Shallots 2, peeled and finely sliced
 Shiitake mushrooms 3, about 60 g (2¹/₄ oz),
 diced small
 Long (snake) beans 50 g (1²/₃ oz), diced
 Carrots 75 g (2³/₅ oz), peeled, diced small
 and parboiled
 Bean sprouts 100 g (3¹/₂ oz)
 Cornflour (cornstarch) 1 tsp, mixed with
 2 Tbsp water
 Spring onion (scallion) 1/2, chopped
 Coriander (cilantro) leaves 1/2 sprig,
 chopped

Seasoning

Salt 1/2 tsp
 Sugar 1 tsp
 Light soy sauce 1 tsp
 Oyster sauce 1 tsp
 Ground white pepper 1/4 tsp

Sweet soy sauce chilli dip

Red chillies 3, large
 Indonesian sweet soy sauce 1 Tbsp
 Lemon or lime juice 1 tsp
 Salt a pinch

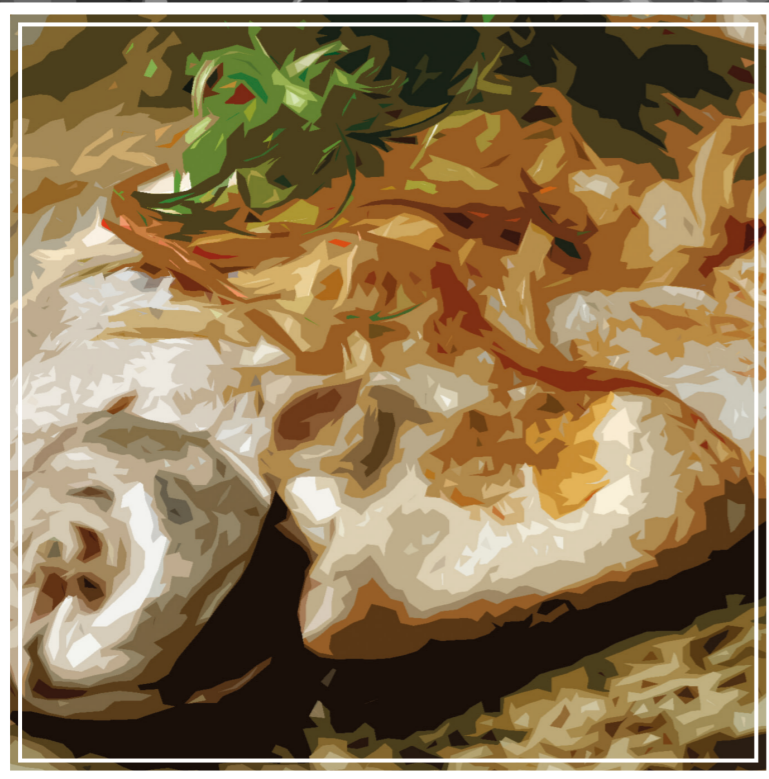
METHOD

1. Bring a saucepan of water to the boil and scald tofu puffs for a few seconds to remove excess oil. Drain thoroughly.
2. Heat oil and deep-fry tofu puffs until crisp. Drain on absorbent kitchen paper.
3. Prepare filling. Heat oil in a wok and lightly brown garlic and shallots. Add mushrooms and stir-fry for 1 minute. Add long beans and cook for 30 seconds. Add carrots and lastly bean sprouts. Combine seasoning ingredients and add to wok. Toss well.
4. Thicken with cornflour mixture. Remove from heat and stir. Add chopped spring onion and coriander. Dish out and use as required.
5. Combine ingredients and blend in a mini food blender (processor) until fine. Serve with stuffed tofu puffs.
6. When cool, slice each tofu puff diagonally to obtain two triangles. Slit each piece without cutting through and stuff with the filling.
7. Arrange on a serving dish garnished with cucumber and tomato slices. Serve with sweet soy sauce chilli dip.
8. Cut each tofu puff into 9 even pieces and place on the cucumbers. Pour peanut sauce over tofu puffs and serve immediately.

For Review Only



For Review Only



SEAFOOD

- Fresh Scallops on Tofu **70**
- Tamarind Squid **72**
- Chilli Cuttlefish (*Dry Sambal Sotong*) **73**
- Special Sweet and Sour Fish **74**
- Fried Prawns with Stink Beans (*Udang Tumis Petai*) **75**
- Sambal Goreng Tempeh **76**
- Butter Prawns with Toasted Coconut **77**
- Teochew Steamed Fish **78**
- Steamed Fish, Cantonese Style **79**
- Braised Fish Head (*Hoong Siew Yee Tau*) **80**
- Spicy Butter Red Tilapia **82**
- Grilled Five-spice Norwegian Salmon **83**
- Baked Salmon with Creamy Mushrooms **84**
- Nyonya Acar Fish **85**
- Baked Fish in Banana Leaf **86**
- Stuffed Sambal Fish **87**
- Sambal Ikan with Belimbing **88**
- Sambal Santan Udang **89**
- Fish Head Curry **90**
- Stingray Curry with Pineapple **91**
- Chilli Oyster Crabs **92**

Baked Fish in Banana Leaf Serves 4–6

INGREDIENTS

Whole fish (black promfret or sea bass) 1,
about 600 g (1 lb 5½ oz)
Salt 1 tsp
Ground white pepper ¼ tsp
Sunflower oil 3 Tbsp
Kalamansi lime juice 1 Tbsp
Dark soy sauce 1 Tbsp
Banana leaves 1–2, greased with a little
cooking oil
Bamboo toothpicks or cocktail sticks
Red chilli 1, seeded and julienned, for
garnishing
Thai sweet basil for garnishing

Ingredients to be finely ground

Red chillies 5, seeded
Candlenuts 5
Shallots 10, peeled
Lemon grass 2 stalks, sliced
Dried prawn (shrimp) paste (*belacan*)
granules 2 tsp
Chilli powder 1 tsp
Kaffir lime leaves 2
Salt 1 tsp
Sugar 1½ tsp

METHOD

1. With knife held at an angle, make 2 diagonal cuts on each side of fish. Season with salt and pepper. Set aside.
2. Heat oil in a wok. Stir-fry ground ingredients over low heat until aromatic, takes 5–7 minutes.
3. Stir in lime juice and soy sauce. Transfer to a small bowl and leave for a while to cool.
4. Spread fried ground ingredients over fish, smearing into slits and stomach cavity.
5. Wrap fish with banana leaves and secure tightly with bamboo toothpicks or cocktail sticks.
6. Bake in an oven preheated to 175°C (350°F) for 15–20 minutes.
7. Garnish and serve hot with rice.

NOTE

For variation, this dish can be prepared with golden trevally or threadfin trevally.



Stuffed Sambal Fish Serves 8

INGREDIENTS

Medium horse mackerel 4–6, slit along both
sides of back bone
Salt 1 tsp
Tamarind pulp (*asam Jawa*) 1 tsp, mixed
with 2 Tbsp water and strained
Kaffir lime leaves 2, finely sliced
Cooking oil for shallow-frying

Ingredients to be finely ground

Shallots 6–8, peeled
Garlic 3 cloves, peeled
Dried prawn (shrimp) paste (*belacan*)
2.5 x 2.5 x 1-cm (1 x 1 x ½-in) piece
Lemon grass 2 stalks
Dried chillies 5–6, seeded and soaked
Fresh chillies 4, seeded
Turmeric 5-cm (2-in) knob, peeled
Salt ½ tsp
Cooking oil 2 Tbsp

METHOD

1. Rub fish with salt and set aside.
2. Place all to-be-ground ingredients into a food blender (processor). Add 2 Tbsp water or more if required and blend until fine.
3. Combine ground ingredients and tamarind juice in a saucepan. Over low heat, stir for 8–10 minutes or until fragrant.
4. Stir in lime leaves, then remove from heat and allow sambal (chilli paste) to cool. Stuff fish, including stomach cavity, with sambal.
5. Heat sufficient oil for shallow-frying in a wok. Lower in fish and cover wok. Fry fish on both sides until just cooked through.



For Review Only



MEAT

- Curried Variety Meats (*Feng*) **96**
- Steamed Pork with Salted Fish **97**
- Five-spice Meat Rolls (*Lor Bak*) **98**
- Sweet and Sour Pork with Pineapple **99**
- Braised Pork Ribs with Sea Cucumbers **100**
- Satay Daging **101**
- Braised Pot Pourri **102**
- Rendang Rembau **104**
- Rendang Terlagi-lagi **105**
- Dalca **106**
- Kurma Daging Perlis **107**
- Masak Arab Daging **108**
- Stir-fried Capsicum and Chilli Beef **109**
- Chinese Beef Steak **110**
- Mutton Curry (Kari Kambing) **111**

Braised Pot Pourri Serves 8–10

INGREDIENTS

Pork ribs 800 g (1½ lbs), cut into 5-cm (2-in) lengths

Belly pork 500 g (1 lb ½ oz), skinned and cut into 0.5 x 5-cm (¼ x 2-in) slices

Chinese sausages 4 pieces, sliced diagonally

Cooking oil 1 Tbsp

Garlic 24 cloves, skinned and kept whole

Shallots 2, sliced

Dried Chinese mushrooms 8–10, soaked and halved

Cloud-ear fungus 20 pieces, soaked

Chinese rice wine (*Shaoxing*) 1 Tbsp

Pre-fried chicken feet 8–10 pairs

Sea cucumber 3 pieces, rinsed and cut into 5-cm (2-in) pieces

Cornflour (cornstarch) 2 tsp mixed with 2 Tbsp water

Spring onions (scallions) 2, chopped

Coriander leaves (cilantro) 2 sprigs, chopped

Seasoning Ingredients A

Light soy sauce 1 Tbsp

Thick soy sauce ½ Tbsp

Oyster sauce 1 Tbsp

Salt ½ tsp

Ground white pepper ¼ tsp

Sugar 1 tsp

Seasoning Ingredients B

Light soy sauce ½ Tbsp

Thick soy sauce 1 tsp

Sugar 1 tsp

Salt ½ tsp

Ground white pepper ¼ tsp

Sauce

Chicken stock (see page 11) or water 500 ml (16 fl oz)

Light soy sauce ½ Tbsp

Thick soy sauce 1 tsp

Salt ½ tsp

Ground white pepper ¼ tsp

Sugar 1 tsp

METHOD

1. Marinate ribs with seasoning ingredients A and belly pork with seasoning ingredients B for at least 30 minutes.
2. Heat a saucepan without oil until hot. Stir-fry pork belly for about 5 minutes until liquid evaporates. Remove pork and set aside.
3. Put in sausages and stir-fry until lightly browned and fragrant, about 3 minutes. Dish out and set aside.
4. Reheat a clean saucepan with 1 Tbsp oil and lightly brown garlic and shallots. Add dried mushrooms and toss 1 minutes. Put in the cloud-ear fungus and stir-fry for a few seconds. Drizzle in Chinese rice wine. Add pork ribs, chicken feet and fry for 2 minutes.
5. Pour in sauce ingredients and bring to the boil. Put in sea cucumber and fried belly pork. Reduce heat and simmer for 30–45 minutes or until ribs are tender and sauce is thickened.
6. Put in Chinese sausages. Thicken with cornflour mixture. Lastly stir in spring onion and coriander leaves.

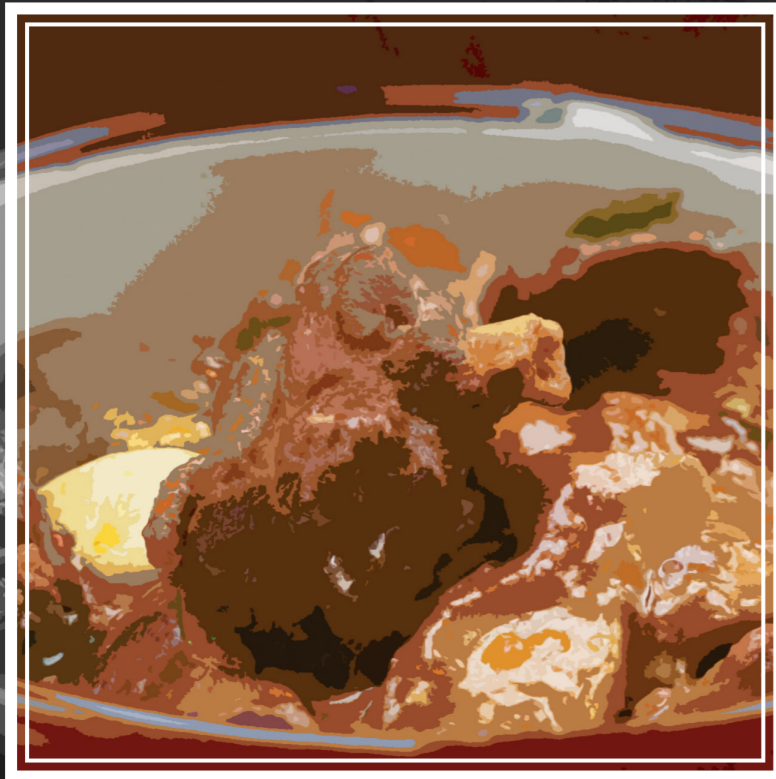
NOTE

A rich stew that goes well with rice. It tastes even better the next day after reheating.

For Review Only



For Review Only



POULTRY

- Diced Chicken with Cashew Nuts **114**
- Chicken and Tofu Sambal **115**
- Braised Chicken Feet with Mushrooms **116**
- Steamed Chicken on Lotus Leaf **117**
- Ginger Chicken in Earthen Pot **118**
- Salt Baked Chicken **119**
- Pandan Chicken **120**
- Kung Po Chicken **121**
- Paper-wrapped Chicken with Mushrooms **122**
- Tamarind Chicken (*Ayam Sioh*) **124**
- Ayam Rendang Pedas **125**
- Encik Kebin **126**
- Kuzi Ayam **127**
- Ayam Golek **128**
- Stewed Chicken/Pork (*Ayam/Babi Pong Tay*) **129**
- Chicken Debal Curry **130**
- Ayam Masak Putih **131**
- Roasted Duck with Plum sauce (*Pee Par Hup*) **132**
- Claypot Ginger Duck **133**

Paper-wrapped Chicken with Mushrooms Serves 10

INGREDIENTS

Chicken 1, about 1.25 kg (2 lb 10 oz), cut into 10 large pieces
 Spring onion (scallion) 1, chopped
 Coriander leaves (cilantro) 2 sprigs, chopped
 Dried Chinese mushrooms 20, soaked to soften
 Oyster sauce 1 Tbsp
 Sugar $\frac{1}{2}$ tsp
 Ground white pepper $\frac{1}{2}$ tsp
 Sesame oil $\frac{1}{2}$ tsp
 Dried scallops 2, crushed
 Cooking oil 3 Tbsp + more for deep-frying
 Ginger 2.5-cm (1-in) knob, peeled and crushed
 Chicken stock (see page 11) 125 ml (4 fl oz) or water
 Greaseproof paper 5 sheets, folded into ten 10 x 15-cm (4 x 6-in) bags
 Corn oil 1 Tbsp, mixed with 1 tsp sesame oil
 Cucumber slices as needed

Seasoning

Salt $\frac{1}{2}$ tsp
 Ground white pepper $\frac{1}{2}$ tsp
 Five-spice powder $\frac{1}{2}$ tsp
 Sugar 1 tsp
 Oyster sauce 2 Tbsp
 Brandy 1 Tbsp
 Ginger juice $\frac{1}{2}$ Tbsp
 Light soy sauce $\frac{1}{2}$ Tbsp
 Sesame oil $\frac{1}{2}$ Tbsp
 Cornflour (cornstarch) 1 Tbsp

METHOD

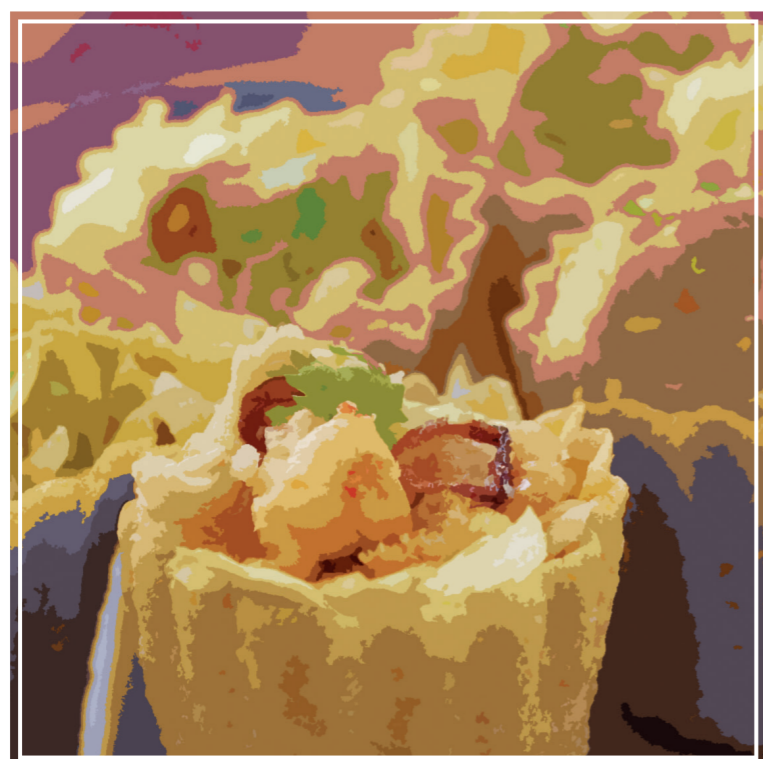
1. Marinate chicken pieces in a bowl with combined seasoning ingredients and chopped spring onion and coriander. Leave for 3 hours or overnight in the refrigerator.
2. Marinate mushrooms with oyster sauce, sugar, pepper and sesame oil for at least 1 hour.
3. Steam dried scallops for 15 minutes or until soft. Shred with fingers and set aside.
4. Heat cooking oil in a wok and fry ginger for 30 seconds. Put in dried scallops and toss for a few seconds. Add marinated mushrooms and stir-fry for 1 minute. Pour in chicken stock or water and simmer over low heat for 8–10 minutes. Remove and leave to cool.
5. Lightly grease the inside of each paper bag with corn oil and sesame oil mixture. Put a piece of chicken and two pieces of marinated mushrooms into each bag. Fold and seal the opening with a stapler.
6. Heat oil for deep-frying in a wok. Deep-fry paper parcels for 7–8 minutes. Remove and drain.
7. Arrange parcels on a serving dish and garnish with cucumber slices.

For Review Only



For Review Only

LIGHT SNACKS & BITES



Thai Fish Cakes **136**

Packet Otak-otak **137**

Siew Mai **138**

Prawn Balls **139**

Char Siew Pow **140**

Fried Wonton **142**

Jemput Pisang **143**

Lacy Pancakes (*Roti Jala*) **144**

Egg Tarts (*Tarn Tart*) **145**

Dadar **146**

Kuih Pie Tee **147**

Kuih Serimuka **148**

Nyonya Kuih Mah Chee **149**

Dodol **150**

Banana Coconut Cream with Palm Sugar Syrup
151

Cheese-and-bacon Scones **152**

Curry Buns **153**

Puteri Berendam **154**

Raisin Pinwheels **155**

Coconut Tarts **156**

Almond Tartlets **157**

Vanilla Doughnuts **158**

Grandma's Pinwheels **159**

Siew Mai Makes 40

Siew mai are steamed meat dumplings and are a popular type of dim sum.

INGREDIENTS

Wanton (dumpling) skins 150 g (5 oz),
7.5-cm (3-in) square pieces

Cooked crab roe 1 Tbsp

Filling

Prawns (shrimps) 240 g (8½ oz), peeled,
deveined and well minced

Fatty pork 240 g (8½ oz), minced

Cooked crabmeat 120 g (4¼ oz)

Salt 1 tsp

Sesame oil ½ tsp

Ground white pepper a pinch

Egg white 1

Cornflour (cornstarch) 1½ Tbsp

Corn oil 1 Tbsp

Dried Chinese mushrooms 2, soaked, stems
discarded and minced

Water chestnuts 3, peeled and minced

Spring onion (scallion) 1, thinly sliced

METHOD

1. Combine prawns, pork and crabmeat. Season with salt, sesame seed oil, pepper and egg white. Stir in cornflour and corn oil. Beat mixture with a spoon.
2. Mix in mushrooms, water chestnuts and spring onion. Refrigerate for 1 hour.
3. Cut wonton skins into 7.5-cm (3-in) rounds with cutter. Put 2 tsp filling on each centre. Gather edges of skin and smooth toward the top, pleating will occur naturally.
4. Place in greased bamboo baskets. Decorate with crab roe on top. Steam for 12 minutes.



For Review Only

Prawn Balls Makes 24–30

INGREDIENTS

Small/medium prawns (shrimps) 600 g
(1 lb 5⅓ oz)

Light soy sauce 2 tsp

Sesame oil 1 tsp

Salt ½ tsp

Sugar ½ tsp

Ground white pepper a pinch

Egg white ½

Cornflour (cornstarch) 1 tsp

Spring onions (scallions) 2, finely sliced

Coriander leaves (cilantro) 1 sprig, finely
sliced

Water chestnuts 4, peeled and minced

Bread 1½ loaves, 1-day old and cut into
very small cubes

Cooking oil for deep-frying

Chilli sauce

Large red chillies 12, seeded

Garlic 3 cloves, peeled

Water 225 ml (7⅓ fl oz)

Tomato sauce 2 Tbsp

Vinegar ½ Tbsp

Sugar ½ Tbsp

Salt ¼ tsp

Cooking oil 1 Tbsp

METHOD

1. Peel and wash prawns. Dry with a tea towel. Mince to a fine paste.
2. Season with soy sauce, sesame seed oil, salt, sugar, pepper, egg white and cornflour. Stir in spring onions, coriander and water chestnuts. Refrigerate for at least 30 minutes.
3. Prepare chilli sauce. Blend chillies, garlic and water into a fine paste. Transfer to a small saucepan.
4. Add remaining ingredients. Bring to the boil. When cool, store in glass jars at room temperature.
5. Drop teaspoonfuls of mixture onto bread cubes. Form bread-coated balls. Deep-fry over low heat until golden. Serve with chilli sauce.



For Review Only

COOKIES

CAKES



Pineapple Delights **162**
Almond Cookies with Mango or Papaya Jam **162**
Orange White Chocolate Crunchies **164**
Chocolate Cookies Coated with Pecans **164**
Coffee Cookies **166**
Ribbon Biscuits **166**
Ultimate Apple Slices **168**
Wholemeal Apricot Slices **169**
Fig, Apricot and Oat Bars **170**
Chocolate Fudge Slices **170**
Chocolate Crinkles **172**
Semolina Milk Biscuits **173**
Cheese Cupcakes **174**
Lemon Cream Cheese Cupcakes **175**

Chocolate Banana Brownie Cupcakes **176**
Mud Cupcakes **178**
Peach and Passionfruit Streusel Cupcakes **180**
Jackfruit Cupcakes **181**
Papaya Cupcakes with Papaya Glaze Icing **182**
Banana Pistachio Cupcakes **183**
Hot Island Orange Almond Cupcakes **184**
Pumpkin Seed Spice Cupcakes with Lime Glaze Icing **186**
Apricot Yoghurt Cupcakes **188**
Pineapple Upside-down Cake **189**
Indonesian Layer Cake **190**
Rainbow Wheels **191**

Pumpkin Seed Spice Cupcakes with Lime Glaze Icing

Makes 12

An exciting mix of spice and citrus flavours with a crunchy topping.

INGREDIENTS

Plain (all-purpose) flour 125 g (4½ oz)
 Cinnamon powder ¾ tsp
 All-spice powder ¾ tsp
 Ground nutmeg ¾ tsp
 Baking powder ½ tsp
 Baking soda ½ tsp
 Butter 125 g (4½ oz)
 Castor (superfine) sugar 90 g (3 oz)
 Medium eggs 2, 60 g (2¼ oz) each,
 separated
 Vanilla essence ½ tsp
 Salt ½ tsp
 Natural yoghurt or sour cream 75 ml
 (2⅖ fl oz)
 Pumpkin seeds 45 g (1½ oz), lightly toasted
 and coarsely chopped

Lime glaze icing

Icing (confectioners' sugar 60 g (2¼ oz),
 sifted

Kalamansi juice 1 Tbsp

Topping

Extra toasted pumpkin seeds

Large paper cases 12, 4.5 cm base x 3.5-cm
 height (1⅔–1⅖-in)

METHOD

1. Line a 12-hole muffin pan with paper cases.
2. Sift plain flour, cinnamon, all-spice powder, nutmeg, baking powder and baking soda together.
3. Cream together butter and castor sugar in bowl of electric mixer until pale and fluffy. Beat in egg yolks, one at a time, and then beat in vanilla essence.
4. On very low speed, mix in sifted ingredients and salt, alternating with yoghurt or sour cream.
5. Whisk egg whites in separate bowl until just stiff. Then gently fold into main mixture, half at a time. Mix in pumpkin seeds.
6. Spoon mixture evenly into the prepared cases and smoothen the surfaces with a teaspoon.
7. Bake in preheated oven at 175°C (350°F) for 25 minutes or until cooked through when tested with a wooden skewer.
8. Cool cupcakes in pan.
9. Prepare lime glaze icing by placing icing sugar in a mixing bowl. Heat the kalamansi juice in a microwave oven on high for 15–20 seconds. Stir into icing sugar until smooth. Use glaze immediately as it will set very quickly.
10. Drizzle lime glaze onto cakes and arrange a few pumpkin seeds in the shape of a flower with a pink soft sweet centre.

NOTE

Pumpkin seeds brown very quickly. Keep an eye on them while toasting. It will only take about 5 minutes in the oven at 175°C (350°F).

If candied nutmeg is not available, decorate with toasted pumpkin seeds instead.

For Review Only

