



For Review Only

CHEF ERIC LOW

TEOCHEW
HERITAGE
COOKING

*A treasury of recipes
for Chinese comfort food*

One of the eight distinctive styles of Chinese cooking, Teochew cuisine is defined by light cooking techniques such as steaming, braising and stir-frying to get the best out of the ingredients. The dishes are also lightly seasoned to allow the natural taste of the ingredients to shine through.

A third generation Singaporean Teochew, Chef Eric Low spent years researching the cuisine of his forefathers, visiting their hometown in Chaosan, southern China, and talking to the older generation of Teochews living in Singapore. *Teochew Heritage Cooking* is the culmination of his relentless search for the true flavours of Teochew cuisine, and his personal experience as a chef.

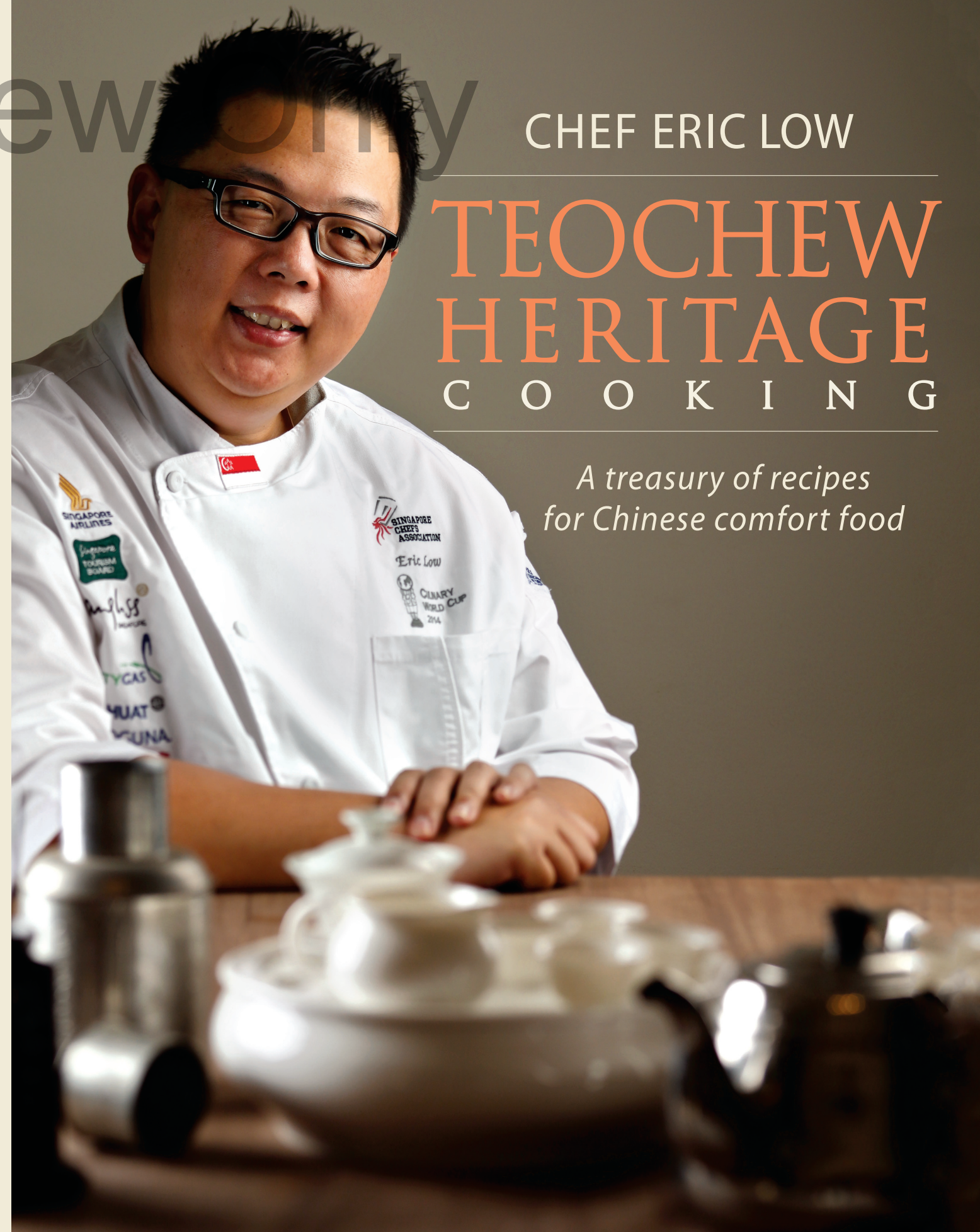
With 50 recipes for authentic Teochew dishes, including a handful of Teochew-inspired creations, *Teochew Heritage Cooking* is the definitive guide for anyone seeking to recreate the refreshing flavours of this alluring cuisine at home.

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TEOCHEW HERITAGE COOKING

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潮州传统美食

TEOCHEW HERITAGE COOKING



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DEDICATION

This book is dedicated to
my late grandfather Mr Lee Sin Chye
who was himself a Teochew master chef.



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For Review Only INTRODUCTION



The Teochews

The Teochews originate from the Chaoshan region in Guangdong Province located in the southeast of China, a region blessed with a long coastline along the East China Sea. The region comprises the eight districts of Chaoan, Chaoyang, Raoping, Jieyang, Puning, Denghai, Huilai and Nanao, and is collectively referred to as Bayi or Poit Ip (Eight Districts). The close proximity to the sea made the Teochews natural seafarers.

Civil unrest and harsh living conditions in Chaoshan dating as far back as the 16th century and up to the 19th and 20th centuries saw the mass migration of the Teochews to countries such as Thailand, Cambodia, Vietnam, Malaysia and Singapore. It is estimated that half of all Teochews live away from China today.

In Singapore, the Teochews settled in the north, as well as in the area around the Singapore River, and worked as fishermen, boatmen and coolies. Some also became planters and merchants, cultivating and trading lucrative tropical produce such as rubber, pepper and gambier, and contributing significantly to the early development of Singapore. In the Singapore Census of Population 2010, it was recorded that the Teochews made up 20 per cent of the Chinese population in Singapore, second only to the Hokkiens.

Teochew Cuisine

Teochew cuisine features many seafood dishes and seafood-related products. With its sub-tropical climate and fertile plains, the region also boasts an abundance of fresh produce.



Preview Only

SOUPS & PORRIDGE

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SALTED VEGETABLE AND DUCK SOUP

SERVES 8

An everyday household favourite with rich umami from the salted mustard greens, tomatoes, sour plums and mushrooms. This is comfort food at its best. For a simple meal, simply serve the soup hot with freshly steamed rice.

Duck ½, cut into 4-cm (1½-in) pieces

Pork soft ribs 300 g (11 oz)

Salted mustard greens 250 g (9 oz), rinsed and cut into 3-cm (1-in) pieces

Dried Chinese mushrooms 20 g (¾ oz), soaked to soften, stems discarded

Ginger 20 g (¾ oz), peeled and sliced

White peppercorns 1 Tbsp

Water 2.5 litres (80 fl oz / 10 cups)

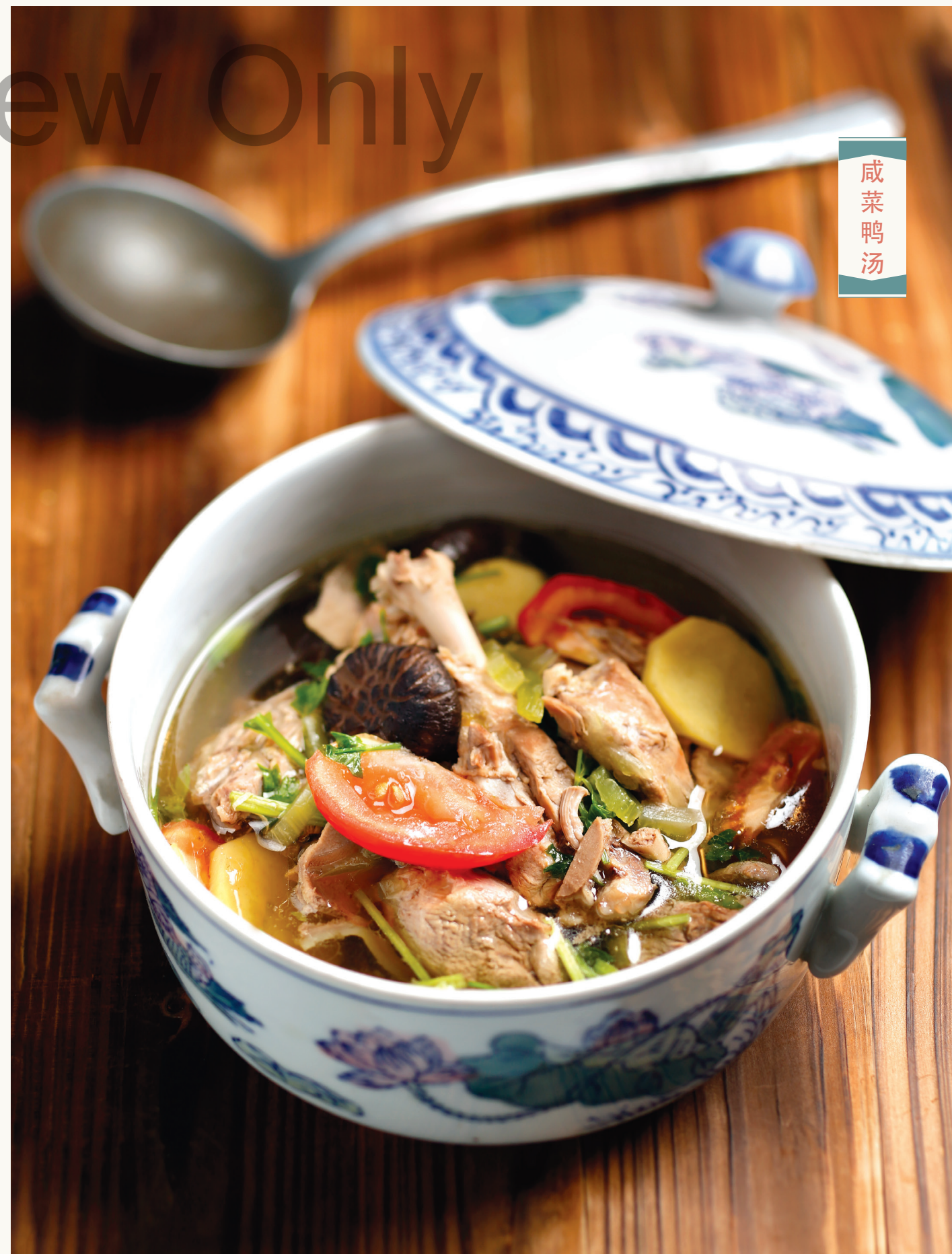
Sugar to taste

Tomatoes 2, large, cut into wedges

Silken bean curd 1 block (300 g / 11 oz), cut into cubes

Chinese celery 40 g (1⅓ oz), cut into short lengths

1. Boil a large pot of water and blanch duck and pork ribs for 10 minutes. Refresh in a basin of cold water. Drain.
2. Place blanched meats in a stockpot. Add salted mustard greens, mushrooms, ginger, peppercorns and 2 litres (64 fl oz / 8 cups) water. Bring to the boil, then lower heat and simmer for 1½ hours.
3. Taste and adjust with a touch of sugar if needed.
4. Add tomatoes and celery. Cook briefly and serve.



咸菜鸭汤



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FISH & SEAFOOD DISHES

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STEAMED FISH, TEOCHEW-STYLE

SERVES 4

This is one of the most popular ways of cooking fresh fish in Teochew cuisine. The combination of fresh vegetables and flavour-building ingredients like pickled plum, pickled mustard greens and mushrooms, blend well in the light broth with gentle steaming. The best way to enjoy this dish is to take a mouthful of the stock before starting on the fish itself.

Whole groupa or fillet 600–700 g
(1 lb 5¹/₃ oz–1¹/₂ lb)

Salt ½ tsp

Fish sauce 2 Tbsp

Ginger 20 g (2/3 oz), peeled and sliced

Dried Chinese mushrooms 15 g
(½ oz), soaked to soften, stems discarded and sliced

Pork fat 50 g (1¾ oz), thinly sliced

Red chilli 1, sliced

Pickled mustard greens 40 g
(1½ oz), soaked, rinsed and sliced

Salted plums 2

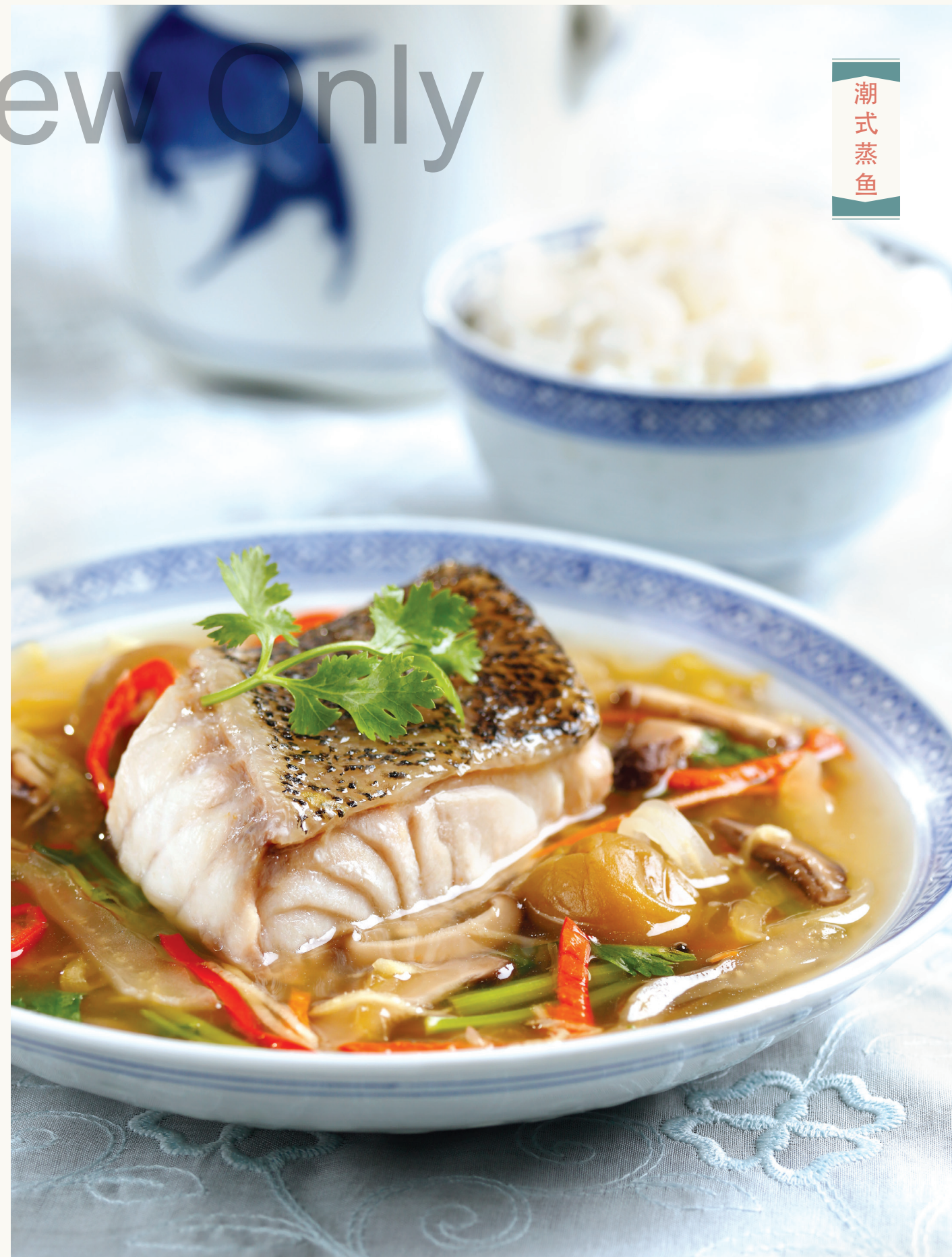
Spring onions 2

Chicken stock (page 34) 200 ml
(6¾ fl oz)

Ground white pepper to taste

1. Season fish with salt and fish sauce. Place on a steaming tray.
2. Scatter ginger, mushrooms, pork fat, chilli, pickled mustard greens, salted plums and spring onions over fish. Pour chicken stock over ingredients.
3. Place in a steamer and steam for 7 minutes over high heat.
4. Transfer fish to a deep serving dish. Add a dash of pepper and garnish with coriander leaves. Serve immediately.

潮式蒸鱼





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EGG DISHES

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Preserved Radish Omelette 100

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PRAWN AND GARLIC CHIVE OMELETTE

SERVES 4

The combination of prawns with fresh green garlic chives (*ku chye*) is prevalent in two classic Teochew dishes, one being this omelette and the other being a dumpling with a filling of garlic chives and prawns. This is another of my favourite egg dishes with porridge.

Eggs 6

Fish sauce 2 Tbsp

Garlic chives (*ku chye*) 100 g
(3½ oz), cut into 1-cm (½-in)
strips

Peeled prawns (shrimps) 100 g
(3½ oz), diced

Ground white pepper ½ tsp

Cooking oil as needed

1. Beat eggs with fish sauce. Add garlic chives and prawns. Add pepper and mix well.
2. Heat oil in a wok over medium heat. Pour half or one-third of the mixture into the wok and cook over low heat until underside is set and golden brown before flipping the omelette over to brown the other side. Dish out. Repeat with remaining ingredients.
3. Serve hot with rice or porridge.

韭菜
虾仁
煎蛋





New Only

SNACKS & DESSERTS

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SUGAR-CRUSTED YAM

SERVES 4-6

Made with crystallised sugar to resemble fine sand, the spring onion-flavoured sugar crust pairs perfectly with the tender and fragrant deep-fried yam. This dessert does not hold up well in humid environments, so prepare just before serving.

Cooking oil for deep-frying

Sugar 250 g (9 oz)

Yam 500–600 g (1 lb 1/12 oz–1 lb 5 1/3 oz), peeled and cut into rectangular pieces about 5-cm (2-in) long

Water 100 ml (3 1/2 fl oz)

Spring onion 1/2, finely diced

1. Heat oil for deep-frying in a wok and fry yam pieces until light golden brown. Drain well and set aside.
2. Drain oil from wok and add sugar and water. Cook over low heat, stirring constantly, until syrup is clear and thick (at about 135°C / 275°F).
3. Add spring onion followed by fried yam. Stir constantly to coat each piece with syrup.
4. Spread yam out on a sheet of nonstick paper to crystallize and cool. The sugar coating will harden and turn white upon cooling. Serve warm.

翻沙芋头



ABOUT THE AUTHOR WEIGHTS & MEASURES

Quantities for this book are given in Metric, Imperial and American (spoon and cup) measures. Standard spoon and cup measurements used are: 1 tsp = 5 ml, 1 Tbsp = 15 ml, 1 cup = 250 ml. All measures are level unless otherwise stated.



An award-winning chef, Chef Eric Low is a third generation Singaporean Teochew. His late maternal grandfather, Mr Lee Sin Chye, was a well known Teochew chef who worked at the iconic Hung Kang Restaurant in North Canal Road. He trained a generation of Teochew chefs from various restaurants, among them, the Chin Lee Restaurant and the new Hung Kang Restaurant.

In 1998, aged 26, Chef Eric became the youngest member in the Singapore National Culinary Team to compete in the prestigious Food & Hotel Asia (FHA) trade exhibition. The competition gave him the opportunity to travel out of Singapore to the Middle East, Europe, US and the Caribbean, cooking for many well known business personalities, Hollywood celebrities and royalty.

In 2000, as one of the winners of the California Walnut Board Competition, Chef Eric was invited by the Culinary Institute of America, his alma mater, to prepare a luncheon with other chefs. At the event, the chefs were invited to speak about their home cuisine. That was Chef Eric's wake-up call as he realised then how little he knew about Teochew food.

Upon his return to Singapore in 2002, he joined food giant Nestle as their R & D chef and gained a firm understanding about Asian food. He also became an active member of various Teochew associations and began to learn more about traditional Teochew food. In speaking to the older members who knew his grandfather and/or had tasted his grandfather's cooking, Chef Eric started to piece together his grandfather's legendary dishes, many of which he shares in this book.

Today, Chef Eric runs Lush Epicurean Culinary Consultancy. He is often featured on television and in newspapers and magazines, and is a familiar face with home cooks and food aficionados both in Singapore and abroad.

Liquid And Volume Measures

Metric	Imperial	American
5 ml	1/6 fl oz	1 teaspoon
10 ml	1/3 fl oz	1 dessertspoon
15 ml	1/2 fl oz	1 tablespoon
60 ml	2 fl oz	1/4 cup (4 tablespoons)
85 ml	2 1/2 fl oz	1/3 cup
90 ml	3 fl oz	3/8 cup (6 tablespoons)
125 ml	4 fl oz	1/2 cup
180 ml	6 fl oz	3/4 cup
250 ml	8 fl oz	1 cup
300 ml	10 fl oz (1/2 pint)	1 1/4 cups
375 ml	12 fl oz	1 1/2 cups
435 ml	14 fl oz	1 3/4 cups
500 ml	16 fl oz	2 cups
625 ml	20 fl oz (1 pint)	2 1/2 cups
750 ml	24 fl oz (1 1/5 pints)	3 cups
1 litre	32 fl oz (1 3/5 pints)	4 cups
1.25 litres	40 fl oz (2 pints)	5 cups
1.5 litres	48 fl oz (2 2/5 pints)	6 cups
2.5 litres	80 fl oz (4 pints)	10 cups

Dry Measures

Metric	Imperial
30 grams	1 ounce
45 grams	1 1/2 ounces
55 grams	2 ounces
70 grams	2 1/2 ounces
85 grams	3 ounces
100 grams	3 1/2 ounces
110 grams	4 ounces
125 grams	4 1/2 ounces
140 grams	5 ounces
280 grams	10 ounces
450 grams	16 ounces (1 pound)
500 grams	1 pound, 1 1/2 ounces
700 grams	1 1/2 pounds
800 grams	1 3/4 pounds
1 kilogram	2 pounds, 3 ounces
1.5 kilograms	3 pounds, 4 1/2 ounces
2 kilograms	4 pounds, 6 ounces

Oven Temperature

	°C	°F	Gas Regulo
Very slow	120	250	1
Slow	150	300	2
Moderately slow	160	325	3
Moderate	180	350	4
Moderately hot	190/200	375/400	5/6
Hot	210/220	410/425	6/7
Very hot	230	450	8
Super hot	250/290	475/550	9/10

Length

Metric	Imperial
0.5 cm	1/4 in
1 cm	1/2 in
1.5 cm	3/4 in
2.5 cm	1 in

Abbreviation

tsp	teaspoon
Tbsp	tablespoon
g	gram
kg	kilogram
ml	millilitre