



Forest Leong

Forest Leong (*right*) established her culinary calling at a young age as an apprentice to her father, a Thai chef. Today, the professionally trained chef is one of the most prominent cooking instructors in Singapore, teaching budding cooks the intricacies of Thai home cooking.

Mdm Pit Yoke Eng

Under the careful guidance of her husband, renowned chef Leong Mun Soon, Mdm Pit Yoke Eng (*seated*) learnt the ropes of Cantonese cooking. She ran a chicken rice stall in Johor in the 1980s before settling in Singapore and working at two famous chicken rice stalls.

Joe Leong

Despite his young age, Joe Leong (*left*) has had the privilege of being immersed in the culinary scene since birth. He has also trained under some of Singapore's most talented pastry chefs, including Chef Janice Wong of 2am:dessertbar.



Cooking is a family passion with the Leongs. Celebrity chef Sam Leong's late father was a renowned Cantonese chef and his mother used to run her own chicken rice stall. His wife, Forest, is herself a Thai chef and his son, Joe Leong, is a budding pastry chef. *Sam Leong: A Family Cookbook* is as much a celebration of food that has kept the Leong family cooking together, as a collection of Chinese family favourites.

Put together by Sam, his wife, mother and son, this treasury features recipes for time-tested dishes such as stir-fried chicken with basil leaves, everyday staples such as winter melon soup, and contemporary favourites such as salted egg crab, which Sam himself enjoys preparing and eating together with his family. Bonus dishes include sweet treats such as tiramisu and vanilla panna cotta, which would not be out of place on any modern Chinese table today.

Whether cooking for or with your family, these dishes will bring you together as you make them a part of your family's dining repertoire for years to come.

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SAM LEONG A FAMILY COOKBOOK

Cooking Across Three Generations



Sam Leong
with Forest Leong, Mdm Pit Yoke Eng and Joe Leong



Sam Leong

Multiple award-winning Chef Sam Leong is best known as the forerunner of modern Chinese cuisine in Singapore. He started his career training under his father, a chef renowned for his shark's fin dishes, then proceeded to work at the Hilton Kuching and Novotel in Bangkok before becoming the executive chef of Jiang Nan Chun at the Four Seasons Hotel in Singapore when he was just 28. He joined the Tung Lok Group thereafter as director of kitchens and corporate chef at Jade restaurant at the Fullerton Hotel and My Humble House at The Esplanade where he created many signature dishes that continue to be synonymous with his name today. Sam currently helms the kitchen at Forest 森, the highly-acclaimed celebrity chef restaurant at Resorts World Sentosa.

For Review Only

SAM LEONG A FAMILY COOKBOOK

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with Forest Leong, Mdm Pit Yoke Eng and Joe Leong

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DEDICATION

To you, dear reader,
for believing in our culinary journey.

Sam Leong





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INTRODUCTION

In my first cookbook, *A Wok Through Time* (2004), I shared a range of dishes, from those that my father, Leong Mun Soon, used to prepare in the 1960s and 1970s as a chef in a Cantonese restaurant, to those I used to prepare for special guests and celebrities in some of Singapore's top restaurants, and modern Chinese dishes that brought me to the forefront of the culinary scene. I then showcased a wide range of my modern Chinese creations in *Sensations* (2011) and shared everyday favourites in *Home Cooking with Sam & Forest* (2011) and *Chinese Home Cooking with Sam Leong* (2013).

It has been a memorable journey for me, sharing the dishes that my father taught me at the start of my career, to dishes that I created to modernise Chinese cuisine, and dishes that are part of my Chinese heritage. So when my publisher approached me to do another collection of recipes, and suggested that I share the dishes that I used to enjoy as a child, as well as the dishes that I cook for my family today, we came up with the concept of a three generation cookbook.

My mother, Mdm PitYoke Eng, was trained by my father to cook Cantonese dishes, and she used to run

her own chicken rice stall. My wife, Forest, is herself a professionally-trained chef and our son, Joe, has taken after us to pursue a career in the kitchen as a pastry chef.

So it is with great pride that I present this collection of recipes featuring the best of the Leong family. I am glad that with this cookbook, I am able to honour my mother who has always believed in me, and work alongside my wife and son. It has been said that the family that eats together stays together and in my family, it is not just eating together, but our shared love for cooking that draws us closer.

It is also fitting that we introduce this book in the year that Singapore celebrates her 50th birthday. As we reflect on how far we have come as a nation and look towards a brighter future together, I cannot help but see how this parallels my own journey with my family.

May you find joy in preparing these dishes for your loved ones, and I hope, preparing them together with your loved ones as well.

Sam Leong



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CHICKEN SOUP WITH CORDYCEPS AND DRIED SCALLOPS

Serves 4–5

Chicken drumsticks 2

Lean pork 500 g (1 lb 1½ oz),
cut into bite-size pieces

Dried cordyceps (cordyceps
militaris) 15 g (½ oz), soaked
for 30 minutes and drained

Dried scallops 5

Chicken stock (page 42) 1 litre
(32 fl oz / 4 cups)

Salt 1 tsp

Sugar ½ tsp

1. Boil a pot of water and blanch chicken and pork briefly to remove any impurities. Drain.
2. Place blanched chicken and pork in a double-boiler with dried cordyceps and dried scallops.
3. In a pot, bring chicken stock to the boil and season with salt and sugar.
4. Pour boiling stock into double-boiler and steam for 2 hours until chicken and pork are cooked and tender.
5. Dish out and serve hot.



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BRAISED DEEP-FRIED COD

Serves 4–5

Cod fillets 4, each about 80 g
(2⁴/₅ oz)

Cornflour *as needed*

Cooking oil *for deep-frying*

Garlic 8 cloves, *peeled and sliced*

Spring onion (scallion) 1,
chopped

SAUCE

Chicken stock (page 42) 200 ml
(6³/₄ fl oz)

Oyster sauce 4 tsp

Dark soy sauce *a dash*

Sesame oil *a dash*

Chinese cooking wine
(*hua tiao jiu*) *a dash*

Sugar 1/2 tsp

Cornflour 1 Tbsp, *mixed with*
2 Tbsp water

1. Lightly dust cod fillets with cornflour.
2. Heat oil in a wok over medium heat and deep-fry cod fillets until golden brown in colour. Drain and set aside.
3. Leave 2 Tbsp oil in wok and reheat. Add garlic and stir-fry until fragrant.
4. Combine all ingredients for sauce, except cornflour mixture, in a bowl and mix well. Add to the wok and bring to the boil.
5. Add fried cod fillets and cook for 2 minutes.
6. Lower heat and stir in cornflour mixture to thicken sauce.
7. Dish out and garnish with spring onion. Serve immediately.





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KL-STYLE BRAISED HOKKIEN MEE

Serves 4–5

Garlic *1 clove, peeled and minced*

Prawns (shrimps) *300 g (11 oz), small, peeled and deveined*

Chicken stock (page 42) *400 ml (13⅓ fl oz)*

Yellow Hokkien noodles *200 g (7 oz)*

Choy sum *100 g (3½ oz), cut into short lengths*

Round cabbage *100 g (3½ oz), finely sliced*

FRIED LARD (OPTIONAL)

Cooking oil *as needed*

Lard *100 g (3½ oz), diced*

SEASONING

Sugar *½ tsp*

Ground white pepper *a dash*

Oyster sauce *2 Tbsp*

Sesame oil *a dash*

Dark soy sauce *as needed*

1. Prepare fried lard if desired. Heat sufficient oil in a wok for deep-frying and deep-fry lard until golden brown and crisp. Drain and set aside.
2. Leave about 2 Tbsp oil in the wok and reheat over medium heat. Add garlic and prawns and stir-fry until fragrant.
3. Add chicken stock and seasoning, adjusting the colour of the stock with dark soy sauce as desired.
4. Add noodles, lower heat and simmer for about 3 minutes or until stock is reduced.
5. Add choy sum and cabbage and mix well.
6. Add fried lard if using. Dish out and serve immediately.





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CAPPUCCINO CHOCOLATE MOUSSE

Makes 20 servings

DARK CHOCOLATE LAYER

Whipping cream (35% fat)
300 ml (10 fl oz / 1¼ cups)

Trimoline 30 g (1 oz)

Glucose 30 g (1 oz)

Coffee liqueur 20 ml (⅔ fl oz)

Dark chocolate (70% cocoa)
120 g (4⅓ oz), chopped

WHITE CHOCOLATE LAYER

Gelatin sheets 6 g (⅓ oz)

Whipping cream (35% fat) 6 Tbsp
+ 400 ml (13⅓ fl oz)

Sugar 25 g (⅔ oz)

Cinnamon 1 stick

White chocolate 230 g (7⅔ oz),
chopped

GARNISH

Whipped cream *as needed*

Cocoa powder *as needed*

1. Prepare dark chocolate layer. In a saucepan, bring cream, trimoline and glucose to a boil. Add coffee liqueur and return to the boil. Pour over dark chocolate in a stainless steel mixing bowl. Let sit for 1 minute. Using a rubber spatula, stir mixture slowly from centre of bowl until well mixed.
2. Transfer mixture to a piping bag and pipe mixture into 20 shot glasses, filling them up to one-third full. Refrigerate for 30–40 minutes until mixture is set.
3. Prepare white chocolate layer. Place gelatin sheets in a bowl of iced water and set aside to bloom.
4. In a grease-free chilled mixing bowl, whisk 6 Tbsp cream to medium-stiff peaks. Refrigerate.
5. In a saucepan, bring remaining 400 ml (13⅓ fl oz) cream and sugar to a boil. Remove from heat and add cinnamon stick. Set aside to infuse for 10–15 minutes. Remove cinnamon stick from pan and return to the boil. Remove from heat.
6. Squeeze excess water from gelatin sheets and add to cream mixture. Stir until gelatin is completely dissolved.
7. Pour mixture over white chocolate in a stainless steel mixing bowl and let sit for about 1 minute. Using a rubber spatula, stir mixture slowly from centre of bowl until well mixed.
8. Place bowl over an ice bath and continue stirring until mixture is completely cool.
9. Remove whipped cream from refrigerator and fold into white chocolate mixture. Transfer mixture to a piping bag and pipe mixture over dark chocolate layer until glass is about two-thirds full.
10. Refrigerate for 30–40 minutes until set.
11. To serve, pipe some whipped cream into glasses and dust with cocoa powder. Serve.

