



A people of mixed Chinese and Malay heritage, the Peranakans are known for their outstanding cuisine. Traditionally prepared by the womenfolk, or Nyonyas, the cuisine combines the best cooking styles and ingredients from the Chinese and Malay kitchens.



With their vibrant colours, aromatic flavours and seemingly endless variety, Nyonya snacks and desserts make delightful treats whatever the occasion. Renowned Peranakan chef Philip Chia shares 30 recipes for irresistible Nyonya delights including favourites such as *ondeh ondeh* and *kueh puteri sarlat* and forgotten treats such as *kueh putu tegair* and *sasagoon* that will excite even the most jaded Peranakan palate.

Easy-to-follow step-by-step instructions make creating these mouth-watering, crowd-pleasing treats beginner-friendly for everyone.

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[www.marshallcavendish.com/genref](http://www.marshallcavendish.com/genref)

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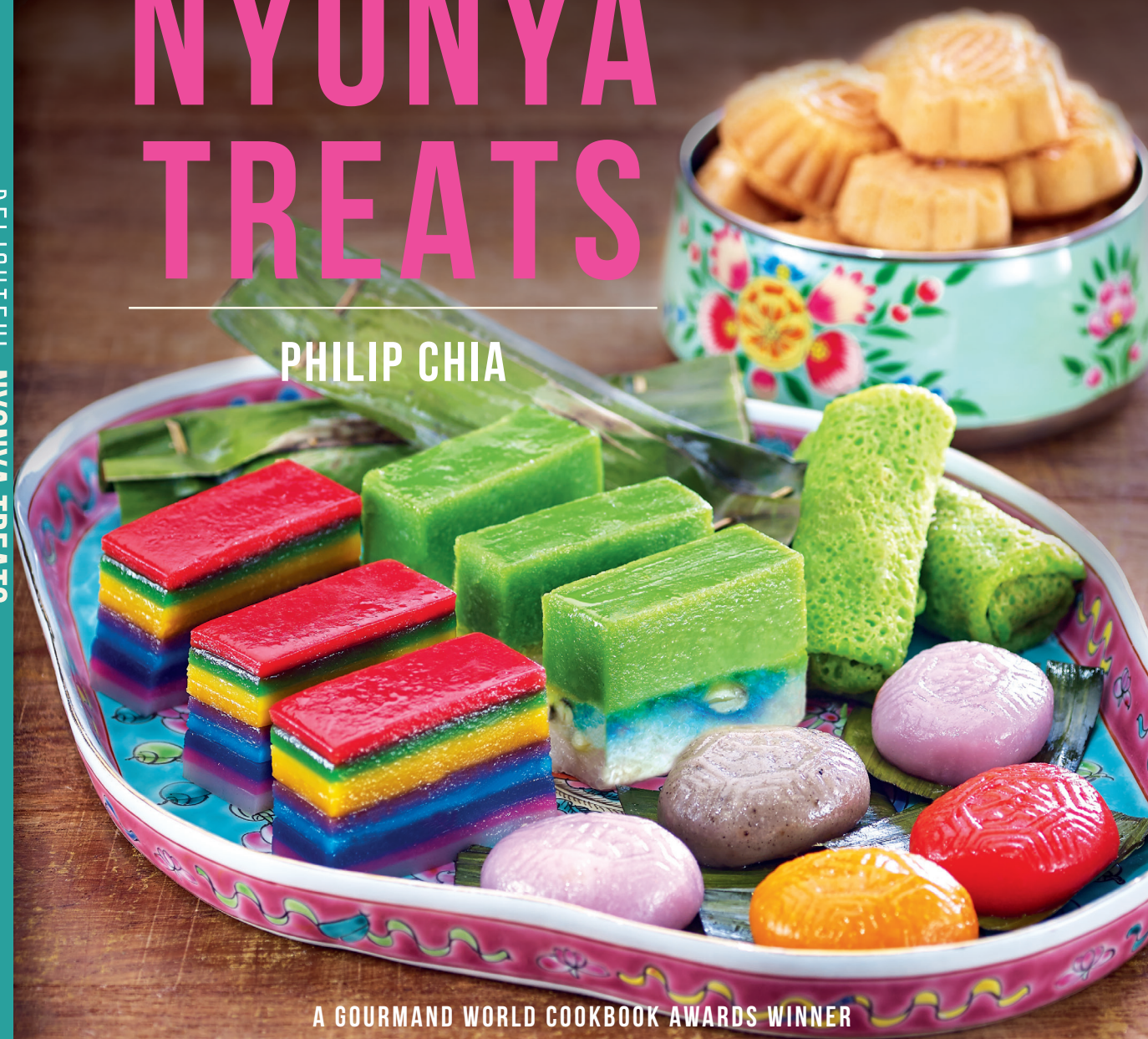
PHILIP CHIA

DELIGHTFUL NYONYA TREATS

Marshall Cavendish Cuisine

# DELIGHTFUL NYONYA TREATS

PHILIP CHIA



A GOURMAND WORLD COOKBOOK AWARDS WINNER



For Review Only

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Cuisine



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# INTRODUCTION For Review Only

Over the years, many friends have asked me to prepare Peranakan *kuehs* and desserts. As such, it has become necessary for me to compile these treasured recipes so that they can be shared with everyone.

Nyonya *kuehs* are little cakes or pastries created by the Peranakans or Straits Chinese. These *kuehs* have a strong Malay influence and are made from local ingredients such as coconut milk, glutinous rice, tapioca flour, palm sugar and of course, the ubiquitous pandan leaves. What makes these *kuehs* so unique is that seemingly Chinese ingredients such as mung beans and red beans are used as well! The winning combination of Malay and Chinese ingredients therefore bring about endless variations for the *kuehs* as seen in this book.

Peranakan *kuehs* have become so significant among the Babas and Nyonyas that they are almost

synonymous with their identities! When you think of the Peranakans, you immediately think of their delectable *kuehs*. The colourful and delicate *kuehs* will always be welcomed additions for your breakfast or afternoon tea tables.

In this book, I have sought to simplify the recipes and adapt them for the modern kitchen so that new or experienced cooks will be able to prepare the food with ease and confidence. Some ingredients have also been modified with healthier options so that you can eat these irresistible *kuehs* and desserts with less guilt!

As part of my heritage and culture, I shall continue to research more about Peranakan cuisine and share the recipes with all my friends and fans. I hope that you too, will join me in this exciting culinary journey! Happy cooking and eating!





## KUEH TALAM PANDAN

### STEAMED RICE PANDAN CAKE

MAKES ONE 15-CM SQUARE CAKE

#### PANDAN LAYER

60 g rice flour  
20 g tapioca flour  
20 g mung bean flour  
175 g sugar  
10 pandan leaves, mixed with 100 ml water,  
blended then strained  
250 ml water  
1/2 tsp lye water

#### COCONUT CREAM LAYER

30 g rice flour  
30 g mung bean flour  
250 ml coconut milk  
1/4 tsp salt

1. Line 15-cm square cake tin with parchment paper. Set aside.
2. Prepare pandan layer. Combine rice flour, tapioca flour and mung bean flour in a double boiler pot. Mix well, then add sugar.
3. Add pandan juice and lye water and mix well until mixture is smooth and does not contain lumps.
4. Cook in a double boiler until pandan mixture thickens.
5. Remove from heat, then transfer pandan mixture into prepared cake tin.
6. Steam for 20 minutes over high heat.
7. Prepare coconut cream layer. Combine rice flour, mung bean flour and salt in a clean double boiler.
8. Add coconut milk gradually and stir well until mixture is smooth and does not contain lumps.
9. Cook over low heat until coconut cream mixture thickens.
10. Remove from heat, then pour over pandan layer.
11. Steam for 20 minutes over high heat until pandan layer sets.
12. Allow *kueh talam pandan* to cool completely before cutting into serving slices with an oiled knife.





## ALMOND SUGEE COOKIES

### ALMOND SEMOLINA COOKIES

MAKES 40 COOKIES

200 g plain (all-purpose) flour

50 g semolina flour

100 g icing sugar

1 tsp baking soda

1 tsp baking powder

50 g ground almonds

$\frac{1}{4}$  tsp salt

150 ml corn oil

1 tsp vanilla essence

1. Preheat oven to 175°C. Line a baking tray with parchment paper. Set aside.

2. In a large mixing bowl, sift plain flour, semolina flour, icing sugar, baking soda and baking powder together. Add ground almonds and mix well.

3. Add corn oil and vanilla essence and knead to get a smooth dough.

4. Roll dough out to 1.5-cm thickness. Cut out cookies with a 2-cm square mould.

5. Place cookies on prepared tray, spaced apart. Bake at 175°C for 10–12 minutes.

6. Remove cookies from oven and leave to cool on a wire rack before serving. Store in an airtight container.

#### TIP:

For more texture, add 50 g crushed roasted sliced almonds to the batter.

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## LONGAN TEA WITH RED DATES

MAKES 2.5 LITRES

2.5 litres water

150 g dried longans

80 g red dates

80 g rock sugar

10–12 pandan leaves, rinsed and knotted

1. In a large pot, bring water, dried longans, red dates, rock sugar and pandan leaves to a boil over high heat.
2. Lower heat, then simmer for 30 minutes.
3. Serve hot or cold.

### TIP:

You may omit the red dates on normal occasions if preferred. Red dates are usually added to the tea when served at weddings.





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## ABOUT THE AUTHOR

### Philip Chia

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Philip Chia is a fourth generation Chinese Peranakan. He began his love affair with cooking from the age of six when he was taught to pound spices for *sambal belacan* using the *batu lesong* (mortar and pestle). As a teenager, he was invited to participate in a cooking competition where he emerged among the top eight in the finals judged by the late Mrs Lee Chin Koon, herself a doyenne of Peranakan cuisine. This event spurred him on to hone his cooking skills further. Throughout his growing years, Philip picked up tips and secrets of authentic Peranakan cooking from the older generation of Peranakans. Being an active member of The Peranakan Association also allowed him to develop a greater appreciation for the Peranakan culture. Today, Philip is highly sought-after as a Peranakan chef and cooking instructor. He is often

invited as a guest chef to do Peranakan food promotions both locally and abroad. He has also appeared on several television programmes to promote Peranakan cooking. Philip Chia is also the author of *Peranakan Heritage Cooking* and *Party-Perfect Peranakan Bites*.