

Also by Mary Gomes



Mary Gomes: *Food for Everyday Cooking* is filled with recipes that the whole family will love, including comforting soups and stews like *Tahu Brangku Fugar* and Chicken Meatball Stew and scrumptious mains such as *Porku Tambreneu* and *Sotong Masak Lemak*.

With a wealth of experience and a great passion for cooking, Mary Gomes brings the tastes of her Eurasian culinary heritage together in this collection of recipes. A glorious mix of flavours from the East and West, Eurasian cuisine is often spicy and savoury, reflecting the influence of a multitude of cultures, including Portuguese, Dutch, British, Chinese, Malay, Indian and Peranakan (Straits Chinese).

Featuring a wide range of dishes, from soups and salads, meat, poultry and seafood dishes, to desserts, this delightful compendium also includes special dishes such as Honey Baked Ham and Sugee Cake that are must-haves for celebratory and festive occasions.

Complete with a fully illustrated glossary of ingredients, this book will provide endless ideas for dishes you can prepare whatever the occasion, be it a family gathering or potluck party.



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MARY GOMES

Food for
Family & Friends

MARY GOMES is a cook extraordinaire. As a child, she learnt to cook at her mother's knee, preparing teatime treats, curries, stews and roasts. When she married and started her own family, she continued to prepare these dishes to keep her Eurasian heritage alive for her children.

Today, Mary runs a highly successful food business—Mary's Kafe—in the heart of Singapore's busy commercial district, serving delicious Eurasian meals to executives and tourists alike.

Mary's Kafe is often featured in the media as the place to go to for authentic Eurasian cuisine.

For Review Only

MARY GOMES

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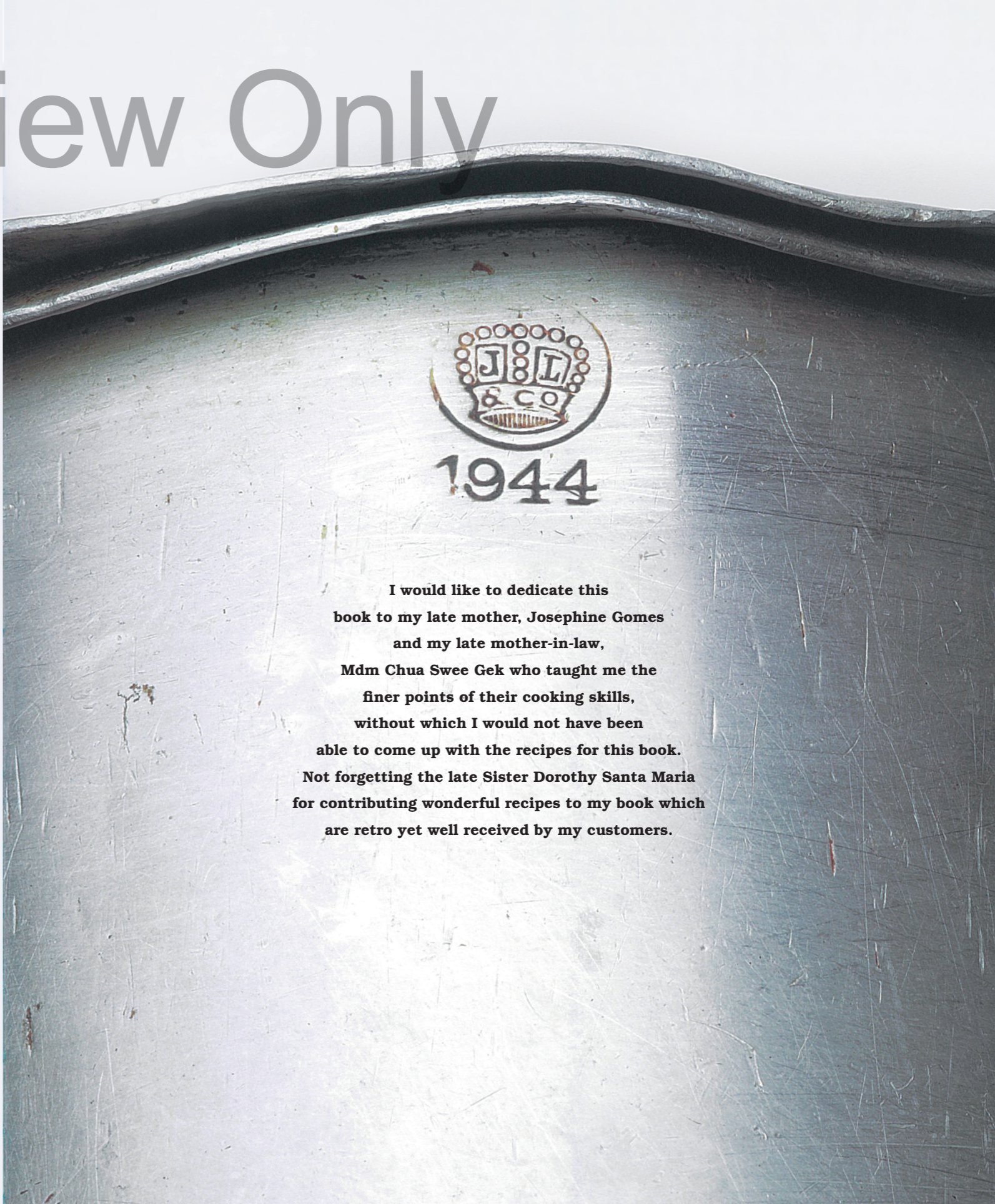
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**I would like to dedicate this
book to my late mother, Josephine Gomes
and my late mother-in-law,
Mdm Chua Swee Gek who taught me the
finer points of their cooking skills,
without which I would not have been
able to come up with the recipes for this book.
Not forgetting the late Sister Dorothy Santa Maria
for contributing wonderful recipes to my book which
are retro yet well received by my customers.**

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Preface

I'm glad that *The Eurasian cookbook* was a success. Most of the people who own the cookbook have had nothing but praises for it. Besides the easy-to-follow steps, they find the glossary section very useful as it helps them identify the ingredient needed.

The revised printing undertaken by my new publisher has pictures for every single dish in the book. This will definitely help the cook verify the look of the final product to make a comparison. It also helps that the pictures look very appealing and will definitely pique one's interest when flipping through the cookbook.

I have also included some of the dishes with the complement dishes to go with it, to help you plan the menu you intend to prepare.

As I have compiled a large number of Eurasian recipes, it has been decided that the recipes will be categorised into dishes for everyday cooking and food for family and friends so that its easy when planning for the occasion.

I wish one and all the best of luck and success always.



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Pot Roast Beef

Leftovers can be used as sandwich fillings served with either sliced cucumbers or lettuce.

Serves 4–6

1 kg beef knuckle

4 large onions, peeled; 3 sliced,
1 cut into rings

1 thumb-sized piece ginger, peeled

5 cloves garlic, peeled

oil, as needed

1 tsp salt

1 tsp sugar

1 Tbsp ground black pepper

240 ml dark soy sauce

2 potatoes, peeled and cut into
thin rounds

2 Tbsp frozen green peas (optional)

720 ml water

1 tomato, washed and cut into
round slices (optional)

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1. Buy beef whole. Wash, drain and pat dry with kitchen towel. Slice off membrane or netted veil with a sharp knife. Pierce meat with a big fork for the seasonings to penetrate.
2. Grind sliced onions, ginger and garlic together in a blender or a food processor until fine.
3. Heat pan. Add 2 Tbsp oil and fry ground ingredients until brown.
4. Marinate beef with fried ingredients, salt, sugar, ground black pepper and dark soy sauce. Rub evenly all over. Set aside for 10 minutes.
5. Fry potatoes in some oil until golden brown. Drain on kitchen towels.
6. Blanch onion rings in hot water for 5 minutes. Drain.
7. If using, blanch green peas in hot water for 2 minutes. Drain.
8. Add 2 Tbsp oil and water to beef in a pot. Bring to a boil over low heat. Lower heat. Turn beef occasionally to ensure even browning. Simmer until meat is tender.
9. Cool beef before slicing. Slice along grain so that meat will not disintegrate. Arrange slices neatly on a serving dish.
10. Reheat gravy before pouring over meat. Garnish with onion rings, tomato and peas, if using.
11. Top with fried potato.
12. Serve.



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Prawn Sambal Bostadar

Bostadar means 'slap'. The hotness from the chillies makes one feel as if one has been 'slapped' on the face when too much is consumed! Some prefer this as a sandwich filling rather than the famous dried prawn sambal. Serve with bread or rice and fried fish and fried vegetables.

Serves 4-6

300 g medium-sized prawns,
peeled and deveined

$\frac{1}{2}$ tsp salt

10 shallots, peeled

5 candlenuts (*buah keras*)

1 tsp dried fermented shrimp paste
(*belacan*)

1 tsp ground turmeric (*kunyit*)

2 Tbsp oil

5 cloves garlic, peeled and thinly sliced

10-15 green chillies, washed and sliced

1 tsp sugar

120 ml thick coconut milk

1. Place prawns in a basin and rinse with water twice. Marinate with salt.
2. Grind shallots, *buah keras* and *belacan* in a blender or a food processor into a fine paste. Mix with ground turmeric.
3. Heat oil in a pan over medium heat. Fry garlic until golden brown. Drain on kitchen towels.
4. In the same oil, fry ground ingredients until fragrant.
5. Add sliced green chillies. Fry for 1 minute.
6. Add prawns and fry until prawns are cooked.
7. Add sugar and coconut milk. When gravy boils and consistency thickens, remove from heat.
8. Dish onto a serving plate and garnish with fried garlic.



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Hot Cross Buns

Hot cross buns are usually prepared and served on Good Friday.

Makes 20 buns

500 g bread flour + more if needed

50 g sugar

5 g salt

5 g skimmed milk powder

1 tsp mixed spices

5g bread improver

10 g dry yeast

40 g butter, softened +
more if needed

290 ml water + more if needed

125 g mixed fruits

1 egg, beaten

1. Preheat oven to 200°C.
2. Place bread flour, sugar, salt, milk powder, bread improver, dry yeast and butter in a mixing bowl. Mix for 1 minute.
3. Add water and mix until dough is formed. Add butter and beat until gluten develops. After about 5–6 minutes. Pinch some dough and stretch until you see a thin film which does not break through.
4. Add mixed fruits. Knead into dough, making sure fruits are well distributed.
5. Remove dough from mixer and place on floured surface. Allow dough to rest for 10 minutes.
6. Portion dough into 20 pieces, each about 40 g. Mould it until gluten is tighten.
7. Roll each piece into a smooth ball. Place buns on baking tray, spaced apart, to allow room for expansion. Set aside to prove for 45 minutes before baking.
8. Add flour and butter together and mix with water until consistency is right.
9. Spoon into a piping bag with a small nozzle. Pipe a cross over each bun. Brush surface of bun with egg wash. Bake in oven at 200°C for 10 minutes in oven until golden brown.
10. Remove from oven. Serve with butter.