



# MEATMEN

COOKING CHANNEL

## HAWKER FAVOURITES

Hawker food plays a key role in the culinary scene in Singapore. Where the best hawker dishes are to be found is a frequent topic of debate among family and friends — there is even a Michelin food guide featuring Singapore's top hawker food! In spite of this, not many people know how to prepare these much-loved dishes for themselves.

Wanting simply to inspire others to cook and to prove that cooking can be easy and fun, the MeatMen share their take on 30 all-time hawker favourites, from *bak chor mee* and *chai tow kway* to sambal stingray and BBQ chicken wings, in this inaugural MeatMen Cooking Channel cookbook. With no need for fancy tools, equipment or even special skills to put these dishes together, all you need is a passion for good food!

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MEATMEN COOKING CHANNEL HAWKER FAVOURITES

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POPULAR SINGAPOREAN STREET FOODS



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Marshall Cavendish  
Cuisine



For Review Only

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## DEDICATION

This book is dedicated to the hawkers of Asia, for the blood, sweat and long hours spent honing their craft every single day.

We would also like to dedicate this book to our fans on social media and beyond, for their support and encouragement since 2013.





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## INTRODUCTION

Hawker dishes are definitely a staple food in Singapore. It's what we talk about among our family and friends and even with complete strangers! We debate about where to find the best Hokkien mee and argue about which chicken rice stall has the longest queue, but despite this, not many of us know how to prepare these dishes for ourselves. Some also think that it takes too much work to cook something that can be easily found at any hawker centre.

This was when we realised how important it was for us to document the recipes and share how these hawker favourites can be recreated without too much fuss right at home. You won't need fancy tools or an elaborate set-up to prepare these dishes as we have carefully researched and tweaked the recipes so that the dishes can be prepared with whatever tools you have at home whether in Singapore or overseas.

The know-how of doing these dishes and the nostalgic flavours are definitely worth preserving, and we trust that you will enjoy this journey of discovery of the processes and tastes. May these dishes be part of your dining repertoire for many years to come.





For Review Only

## **ABOUT THE MEATMEN COOKING CHANNEL**

We are simply a bunch of greedy guys in the creative trade who love their food, be it eating, cooking, growing or even capturing it on film.

It all started with the obsession to record the whole process of food creation through the lens. That passion soon spread and before long, we were infected with the food-frenzy craze.

We are about being simple. Our vision is simple, to prove that cooking at home is not difficult. We hope to simplify it for everyone to make cooking easy and fun for all.

The MeatMen Cooking Channel symbolises a vision we have to bring awesome local dish dishes from hawker centres and coffee shops to the comfort of our own homes.



# For Review Only



Chris Lim

Kiat Yingda

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For Rice Noodle Cookbook

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Fishball noodle soup is a healthy, light-tasting and easy one-dish meal. Not only is this dish tasty and super yummy, it is also a healthy alternative to many Asian dishes!

## FISHBALL NOODLE SOUP

Serves 2

1 litre (32 fl oz / 4 cups) fish or *ikan bilis* (dried anchovies) stock  
10 fishballs  
1 large fried fish cake, thinly sliced  
300 g (11 oz) yellow noodles or *mee pok* (flat egg noodles)  
60 g (2 oz) bean sprouts, trimmed  
2 lettuce leaves  
2 Tbsp fried shallots  
2 Tbsp chopped spring onions (scallions)

### MINCED MEAT TOPPING

100 g (3½ oz) minced pork  
1 Tbsp sesame oil  
1 tsp light soy sauce  
½ tsp ground white pepper  
3 Tbsp water

### NOODLE SAUCE (PER SERVING)

1 tsp black vinegar  
½ tsp fish sauce  
½ tsp light soy sauce  
1 Tbsp fried pork lard with oil  
1 Tbsp ketchup or sambal chilli  
1 Tbsp fish or *ikan bilis* (dried anchovy) stock

1. Prepare minced meat topping. Place minced pork, sesame oil, light soy sauce, pepper and water in a small pot. Mix well and cook over low heat for about 15 minutes. Set aside.
2. Bring fish or *ikan bilis* stock to a boil. Add fishballs and cook for 5 minutes. Turn heat to low.
3. Prepare noodle sauce. Add black vinegar, fish sauce, light soy sauce, fried pork lard with oil, ketchup or sambal chilli and stock to a serving bowl. Mix well and set aside.
4. Blanch half the yellow noodles and half the bean sprouts in a pot of boiling water for 1–2 minutes. Drain and add to serving bowl. Toss to coat with sauce.
5. Top noodles with 5 fishballs, a few slices of fish cake and 2 Tbsp minced meat topping.
6. Add lettuce and garnish with fried shallots and chopped spring onions.
7. Repeat to prepare another serving.
8. Serve hot with stock and cut red chillies in light soy sauce on the side if desired.







FOR VIVA

## MEAT AND SEAFOOD

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When creating this dish at home, patience is key, as most household stoves won't get hot enough to achieve the crisping as quickly as the industrial quality stoves used by hawkers. Get yourself 10 large, fresh oysters to add freshness to the crispy batter for the ultimate oomph!

## ORH LUAK OYSTER OMELETTE

Serves 1

3 Tbsp tapioca flour  
1 Tbsp rice flour  
A pinch of salt  
100 ml (3½ fl oz) water  
1 Tbsp Chinese rice wine  
(*hua tiao jiu*)  
1 Tbsp fish sauce  
1 tsp light soy sauce  
2 eggs  
4 Tbsp pork lard  
10 large oysters  
(fresh or frozen)  
2 Tbsp chopped spring onion  
(scallion)  
Coriander leaves (cilantro)

1. In a bowl, mix together tapioca flour, rice flour, salt and water.
2. In another bowl, mix together rice wine, fish sauce and light soy sauce.
3. In a third bowl, beat eggs and season with 1 Tbsp sauce mixture. Mix well.
4. Heat 3 Tbsp pork lard in a hot pan.
5. Add batter a small ladleful at a time to pan. Let batter cook until it is crisp on both sides.
6. Add half the egg mixture to pan and let egg cook.
7. Flip cooked batter over and add remaining egg mixture. Let egg cook.
8. Break cooked batter into small pieces and push to one side of pan.
9. Add remaining 1 Tbsp pork lard to other side of pan.
10. Add oysters and season with remaining sauce mixture. Let cook for 30 seconds, then toss with cooked batter.
11. Add chopped spring onion and coriander leaves. Dish out and serve hot.







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Chinese *rojak* is a wonderful mix of sweet and sour flavours and the crisp and juicy textures of the fruits and vegetables. The prawn paste, when mixed with the dish, makes it oh so yummy!

## CHINESE ROJAK

Serves 4

- 1 cucumber
- 1 *bangkwang* (yam bean), peeled
- 1 green apple, peeled and cored
- 1 small pineapple, peeled
- 40 g (1 1/3 oz) bean sprouts, trimmed and blanched
- 2 *you tiao* (fried Chinese crullers), toasted
- 1 *tau pok* (fried tofu puff), toasted
- 2 Tbsp toasted ground peanuts

### ROJAK SAUCE

- 3 Tbsp *haeko* (black prawn paste)
- 2 Tbsp tamarind paste, mixed with 3 Tbsp hot water
- 4 Tbsp sugar
- 1 Tbsp minced red chillies (optional)
- 1/2 calamansi lime zest, finely sliced
- Shavings of torch ginger bud

1. In a large mixing bowl, combine all ingredients for *rojak* sauce and mix well.
2. Add 10 bite-size wedges of each of these ingredient to bowl: cucumber, bangkwang, apple and pineapple.
3. Add a handful of bean sprouts.
4. Cut *you tiao* into thick slices and add to bowl.
5. Cut *tau pok* into bite-size pieces and add to bowl.
6. Add ground peanuts and mix until *rojak* sauce coats all the ingredients.
7. Transfer to a serving plate and with more ground peanuts. Serve.

