



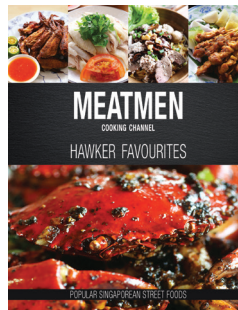
# MEATMEN

COOKING CHANNEL

## THE MEATMEN FAVOURITES

Living in Singapore where they get to savour the best that Chinese, Malay, Indian, Eurasian and Peranakan (Nyonya) cuisines have to offer, the MeatMen's favourites include some of the most awesome dishes from these different cultures. From succulent Chinese braised duck, flavourful Malay *nasi kerabu* (mixed rice salad), mouthwatering Indian tandoori chicken and buttery Eurasian *sugee* (semolina) cake to the quintessential Nyonya *chap chye* (stewed mixed vegetables), the dishes are all recreated in the MeatMen's usual effortless style, without the need for fancy cooking tools, kitchen equipment or special skills — just immense passion for what they do best! So put on your apron and get cooking with the MeatMen today!

Other exciting titles by the MeatMen Cooking Channel



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

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MEATMEN COOKING CHANNEL THE MEATMEN FAVOURITES

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# MEATMEN

COOKING CHANNEL

## THE MEATMEN FAVOURITES



CHINESE • MALAY • INDIAN • EURASIAN • PERANAKAN



For Review Only

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## THE MEATMEN FAVOURITES

CHINESE • MALAY • INDIAN • EURASIAN • PERANAKAN



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## DEDICATION

This book is for our fans who are ever-passionate about Singaporean cooking — this book would not have been possible without you!

It is also for our loved ones who have allowed us the time to pursue this passion of ours.





# For New Only

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## INTRODUCTION

In Singapore, we have the best of Chinese, Malay, Indian, Eurasian and Peranakan cultures and their cuisines. We can boast of a seemingly endless array of dishes, each one detailing a rich heritage of Asian flavours.

In *MeatMen Favourites*, we feature some of our best-loved dishes, as well as the dishes most requested by fellow home cooks on our social media channels. These dishes are as authentic and real as you can get without needing fancy equipment or skills, and prepared in the comfort of your own home.



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## **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

Tan Junjie

Jonathan Tan



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## FAVOURITE CHINESE DISHES

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Dry Bak Kut Teh	20
Sio Bak (Roast Pork Belly)	22
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For all meat lovers out there. Imagine biting into crispy, crunchy crackling and sweet, juicy succulent meat. Resistance is futile. You've simply got to try this.

## SIO BAK ROAST PORK BELLY

Serves 6–8

2 kg (4 lb 6 oz) pork belly  
2 cubes fermented  
red bean curd  
1 Tbsp five-spice powder  
1 Tbsp sea salt  
1 Tbsp ground white pepper  
1 Tbsp coarse sea salt  
2 Tbsp white vinegar  
1 Tbsp Chinese rice wine  
(*hua tiao jiu*)  
1 tsp sugar

1. Start preparations a day ahead.
2. Wash pork belly and pat dry. Prick pork belly skin well using a meat pricker. This will ensure that the skin is crisp after roasting.
3. In a bowl, mix fermented red bean curd, five-spice powder, sea salt and pepper into a paste. Apply paste on underside of pork belly.
4. Rub coarse sea salt and vinegar evenly onto skin.
5. Skewer pork belly with metal skewers to keep meat flat while it roasts.
6. Place pork belly on a wire rack in a roasting tray and leave to marinate, uncovered, in the refrigerator overnight. This is to draw out moisture from the skin.
7. Preheat oven to its highest setting.
8. Place pork belly in the middle rack of the oven. Roast for 30 minutes.
9. Lower oven temperature to 200°C (400°F) and continue roasting for 1 hour 15 minutes.
10. Remove pork belly from oven and scrape off any charred bits.
11. Remove metal skewers and let pork belly rest for 30 minutes before slicing to serve.





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## FAVOURITE MALAY DISHES

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*Rendang* is a traditional Malay dish that goes well with rice. It is gently simmered for a long time until the meat is meltingly tender and the rich flavour of the spices and coconut milk infuses the meat.

## CHICKEN RENDANG

Serves 6–8

1 whole chicken, 1–1.2 kg  
(2 lb 3 oz–2 lb 6 oz)  
200 g (7 oz) grated coconut  
4 Tbsp cooking oil  
1 Tbsp chopped palm sugar  
400 ml (14 fl oz / 1¾ cups)  
coconut milk  
2 turmeric leaves, finely  
sliced  
4 kaffir lime leaves,  
finely sliced  
2 stalks lemongrass, ends  
trimmed and bruised  
3 dried *assam* slices  
(*assam gelugur*)  
1 tsp salt

### SPICE PASTE

12 dried chillies, soaked  
to soften  
150 g (5⅓ oz) shallots,  
peeled  
2 cloves garlic, peeled  
20 g (¾ oz) ginger, peeled  
50 g (1¾ oz) lemongrass,  
ends trimmed  
30 g (1 oz) galangal, peeled  
3 candlenuts

1. Rinse chicken and cut into 8 pieces.
2. In a wok, dry-fry grated coconut until golden brown. Set aside to cool. Using a food processor, blend toasted grated coconut, stopping occasionally to scrape the sides down. Repeat until oil begins to separate from the solids and mixture takes on the look of peanut butter. Remove to a bowl and set aside.
3. Using the food processor, blend ingredients for spice paste until fine. Remove to another bowl.
4. Heat oil in a wok over medium heat. Add spice paste and palm sugar. Stir-fry for about 15 minutes or until oil starts to separate.
5. Add chicken and stir-fry for 5 minutes. Add grated coconut and mix well.
6. Add coconut milk, turmeric leaves, kaffir lime leaves, lemongrass and dried *assam* slices. Season with salt. Lower heat and simmer gently for 45 minutes or until chicken is cooked through and gravy is reduced.
7. Taste and adjust seasoning as necessary. Dish out and serve.

**TIP** As a variation to this recipe, chicken can be substituted with beef or mutton. Frying the spice paste can fill your kitchen with a pungent cooking smell. To avoid this, just mix the ingredients instead of frying, and cook on a slow simmer until the gravy is dry and the meat is tender.





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## FAVOURITE INDIAN DISHES

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Although this is usually cooked in a tandoor, it can also be easily cooked in a home oven. Marinating the meat overnight, tenderises it while infusing it with the rich flavour of the spices. Make sure you achieve the charred bits at the edges, as this gives the smoked flavour that screams tandoori!

## TANDOORI CHICKEN

Serves 4–6

1 whole chicken, 1–1.2 kg  
(2 lb 3 oz–2 lb 6 oz), skinned  
and cut into 8 pieces

### MARINADE

350 ml (11<sup>2</sup>/<sub>3</sub> fl oz) yoghurt  
1 Tbsp lemon juice  
4 Tbsp ghee  
60 g (2 oz) shallot paste  
(made by blending shallots)  
1 Tbsp ginger paste  
(made by blending ginger)  
1 Tbsp garlic paste  
(made by blending garlic)  
2 tsp garam masala  
2 tsp chilli powder  
1 tsp sugar  
2 tsp salt

### GARNISH

Lemon wedges  
Sliced cucumbers  
Mint leaves

1. Start preparations a day ahead. Mix ingredients for marinade in a bowl. Reserve 2 Tbsp for basting and rub remaining marinade over chicken. Cover and leave chicken to marinate overnight in the fridge.
2. Preheat oven to 180°C (350°F).
3. Thread chicken pieces through metal skewers and roast in the oven for 30 minutes using the rotisserie function.
4. Remove and baste chicken using reserved marinade.
5. Return chicken to the oven and continue roasting for another 30 minutes or until chicken is cooked through and there are charred bits at the edges.
6. Remove skewers and arrange chicken on a serving plate. Serve with lemon wedges and sliced cucumbers. Garnish with mint leaves.

