



Sharon Lam is the author of cooking blog Delishar.com. She is a counsellor by profession and a passionate cook.

As a mother of two young children, Sharon understands that it can be tough to find time to cook and/or bake for the family. A firm believer that a family that dines together stays together, she shares easy-to-follow recipes to encourage other families to eat better, bond through the process of cooking, and share meals.

There's no better time to bond with your loved ones than at the dining table. Author of popular cooking blog Delishar.com, Sharon Lam shows how you can prepare delicious home-cooked meals with minimum effort and maximum enjoyment every day of the week.

In this collection, you'll find 45 scrumptious dishes that the whole family will love, from hearty one-pot meals such as beef yakisoba and kung bao chicken pasta to all-time favourites like crispy phad thai wings and teriyaki-glazed salmon.

Sharon also shares essential advice on meal planning and food storage as well as insightful kitchen tips and tricks, all designed to make home cooking fun and accessible.



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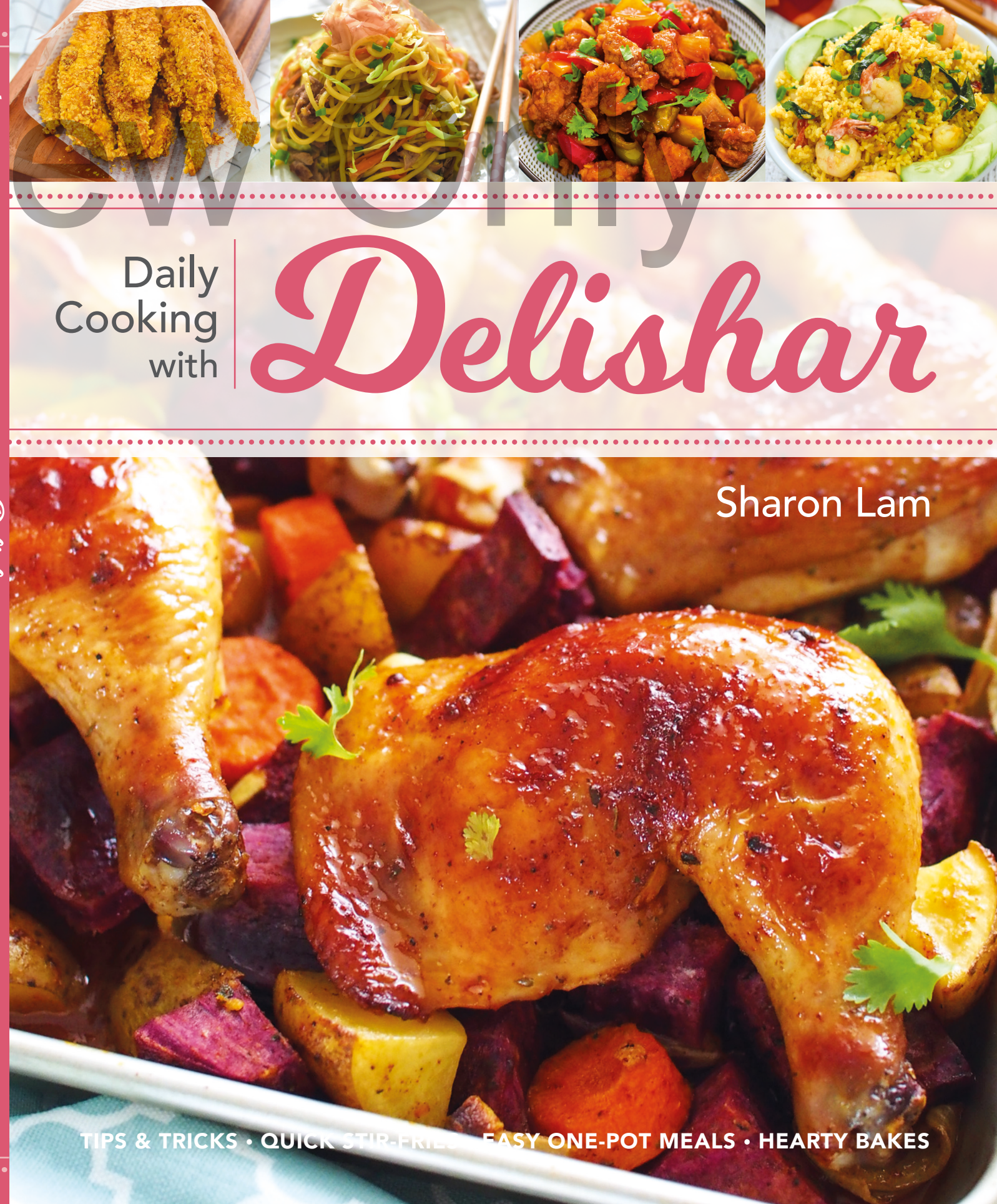
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Sharon Lam

Daily Cooking with *Delishar*

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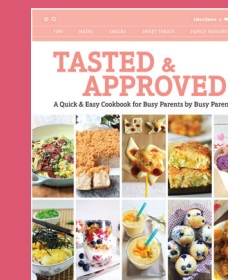
Daily
Cooking
with

Delishar

Sharon Lam

TIPS & TRICKS • QUICK STIR-FRIES • EASY ONE-POT MEALS • HEARTY BAKES

Other fun dishes and treats to share
with your family and friends



From scrumptious mains and tasty snacks to mouth-watering sweet treats, *Tasted & Approved!* is a treasury of 50 quick and easy recipes for simple yet delicious meals and is a must-have for anyone looking to prepare hearty dishes they know their family will love, without having to spend too much time in the kitchen.



Bake & Celebrate: Cookies & Treats is a collection of 42 recipes for irresistible cookies and treats from selected top food and lifestyle bloggers and instagrammers from Singapore and the region. With recipes for festive favourites and treats with new and innovative flavours, you will never run out of ideas for what to bake again!

For Review Only

Daily
Cooking
with

Delishar

Sharon Lam

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This book is for my husband, Devin Kay,
who has been my biggest fan
and my most dependable pillar of support.

It is also for my cheeky children, Melody and Peighton Kay,
for being my most honest taste testers, and for always keeping me motivated.

I would also like to dedicate it to my mother, Jessie Loh,
for always being there for me. Mum, you are my biggest role model.
Your strength, resilience and perseverance have definitely rubbed off on me.



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7-Minute Egg Drop Soup

Serves 4

An ultra-quick soup that is very popular in the Western counterparts. My grandmother used to make this with some sliced chicken added in the broth and would serve it up with steamed white rice for a quick lunch. I added some sliced ginger for a little bit of zing to awaken the flavours in this simple but very comforting soup.

1 litre chicken broth,
at room temperature
2 Tbsp cornflour
4 slices old ginger
1 tomato, cut into wedges
¼ tsp white sugar
Salt to taste
Ground white pepper to taste
2 eggs, lightly beaten

GARNISH

2 Tbsp chopped spring onions

- 1 Reserve 125 ml chicken broth in a bowl. Mix reserved chicken broth with cornflour.
- 2 Bring remaining chicken broth together with ginger slices to a boil in a medium saucepan over medium-high heat for 2 minutes. Add tomato and return to a boil for 1 minute. Season with sugar, salt and ground white pepper.
- 3 Drizzle in cornflour mixture in a steady stream while stirring constantly in a circular motion. The soup will start to thicken.
- 4 Reduce to medium heat, then drizzle in beaten egg while stirring in a circular motion once again. The faster you stir, the thinner the strands of eggs. Remove from heat once eggs are set.
- 5 Garnish with spring onions. Serve.



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Crab Fried Rice (Khao Pad Poo)

Serves 4

It's no secret that I'm a big fan of Thai food. It amazes me each time to know that simple ingredients can produce such flavourful dishes. Using crab meat in the fried rice gives this common dish a different take. You can use freshly steamed crab meat, frozen crab meat or canned crab meat to make this recipe. Of course, fresh is always best.

2 Tbsp cooking oil
2 Tbsp grated ginger
3 cloves garlic, peeled and minced
680 g steamed white rice (best to use overnight rice)
3 Tbsp fish sauce or to taste
1 Tbsp light soy sauce
½ tsp sugar
Ground white pepper to taste
2 eggs, lightly beaten
230 g cooked crab meat, broken into chunks
2 sprigs spring onions, chopped
2 sprigs coriander leaves (cilantro), chopped
1 lime, cut into wedges
Crispy chilli in oil to serve (optional)

- 1 Heat oil in a wok over medium-high heat. Pan-fry ginger for 30 seconds then stir-fry garlic for another 30 seconds or until garlic is starting to turn golden.
- 2 Add rice, breaking rice up with a spatula and combine with ginger and garlic. Season with fish sauce, light soy sauce, sugar and ground white pepper to taste. Stir-fry to combine.
- 3 Make a well in the middle of the wok and add in beaten eggs. Using the spatula, stir-fry rice into egg to get rice evenly coated. Stir-fry until egg is cooked through. Add crab meat and stir-fry until heated through.
- 4 Remove from heat. Add spring onions and coriander, and stir-fry until combined.
- 5 Serve with a wedge of lime and some crispy chilli in oil for some heat if desired.

NOTE You can get spicy Thai crispy chilli in oil or the more commonly found *lao gan ma* crispy chilli in oil to serve if you like some heat in your dish.





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Baked Chicken Fries

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Serves 4

Chicken in the form of fries, this is the best of both worlds! Inspired by famous fast food chains, I've come up with a healthier alternative to the deep-fried version. Using crushed cornflakes seasoned with a blend of seasoning gives the lean chicken breast lots of flavour and ensures each chicken strip is coated with the right amount of crunch to mimic crispy fries. This recipe is guaranteed to be a hit!

Cooking oil spray, as needed
500 g chicken breast, deboned and skinned
150 g cornflakes
1 tsp garlic salt
2 tsp smoked paprika
 $\frac{3}{4}$ tsp ground black pepper
1 tsp old bay seasoning
1 egg, lightly beaten
1 Tbsp water
130 g plain flour

- 1 Preheat oven to 200°C. Spray a sufficient amount of cooking oil on a large baking tray. Set aside.
- 2 Flatten chicken breast with the back of a pan or a rolling pin to get a nice even thickness. Cut chicken into 1.5-cm wide finger-sized long strips.
- 3 Place cornflakes, garlic salt, smoked paprika, ground black pepper and old bay seasoning in a food processor. Pulse until cornflakes are broken down into small pieces. Be careful not to get them too fine. Transfer to a shallow plate.
- 4 Mix egg and water together in another shallow bowl. Lightly dredge chicken strips in plain flour, then dip in egg mixture, allowing excess batter to drip off. Generously coat with cornflake mixture.
- 5 Place chicken strips on prepared baking tray. Bake at 200°C for 15–18 minutes at 200°C, flipping the strips once during the baking process.
- 6 Serve with chilli sauce or ketchup if desired.





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Kung Bao Wings

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Serves 4

If you are a spice lover, you will love this recipe! The sweet, tangy, savoury and spicy flavour profile of *kung bao* chicken is no stranger to foodies. However, each family has their own unique blend of *kung bao* sauce. I like to use bone-in chicken mid wings as cooking with the bone on gives the chicken additional depth. Plus, eating with your hands makes everything yummier! Feel free to substitute chicken wings for cubed boneless chicken thighs or chicken breasts. The recipe will be equally amazing!

12 chicken mid wings
Salt to taste
Ground black pepper to taste
2 Tbsp cooking oil
1 tsp sesame oil
1 tsp Sichuan peppercorns
30 g cashew nuts, chopped
8 dried chillies or to taste
2 cloves garlic, peeled and minced
1 tsp grated ginger

SAUCE

1 Tbsp black vinegar
1 Tbsp light soy sauce
1 tsp hoisin sauce
1 Tbsp Shaoxing wine
3 Tbsp water
2 tsp brown sugar
1 tsp cornflour

GARNISH

Chopped spring onions

- 1 Season chicken mid wings with salt and ground black pepper. Set aside.
- 2 Prepare sauce. Mix all ingredients for sauce in a small bowl. Stir to ensure there are no lumps. Set aside.
- 3 Heat oil in a frying pan over medium-high heat. Cook chicken for 3–4 minutes each side and set aside.
- 4 In the same pan over medium heat, add sesame oil, Sichuan peppercorns, cashew nuts and dried chillies. Toast until fragrant. Add garlic and ginger to cook for 30 seconds.
- 5 Pour sauce into pan and give it a quick stir. Bring to a simmer and allow sauce to thicken. Add chicken and cook for 1 minute until chicken is cooked though and sauce has thickened into a glaze.
- 6 Garnish with chopped spring onions. Serve.

