

*
Created by busy parents
for busy parents

*
Quick and easy recipes
for everyday meals

*
Features a wide range of
dishes from mains and
snacks to sweet treats

*
Dishes are suitable
for all occasions

*
Includes insightful tips
and alternatives for
healthier options



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accidental-mom-
blogger.blogspot.com



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Tasted & Approved! is a collection of 50 quick and easy recipes for simple yet delicious meals put together by selected top food and lifestyle bloggers from Singapore and the region, who juggle work, family and household chores on a daily basis.

From scrumptious mains and tasty snacks to mouth-watering sweet treats, each recipe comes with the promise that it has been tasted and approved by families with discerning taste buds just like yours, and prepared by busy parents just like you.

With personal anecdotes accompanying each recipe, this cookbook oozes the irresistible charm and unique personality of each blogger. It 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.

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ISBN 978-981-47-7119-1



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SNACKS

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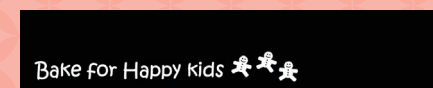
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TASTED & APPROVED!

A Quick & Easy Cookbook for Busy Parents by Busy Parents



With contributions from



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Editor: Melissa Tham
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Published by Marshall Cavendish Cuisine
An imprint of Marshall Cavendish International



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Marshall Cavendish Corporation, 99 White Plains Road, Tarrytown NY 10591-9001, USA •
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Times Subang, Lot 46, Subang Hi-Tech Industrial Park, Batu Tiga, 40000 Shah Alam, Selangor
Darul Ehsan, Malaysia

Marshall Cavendish is a registered trademark of Times Publishing Limited

National Library Board, Singapore Cataloguing-in-Publication Data

Name(s): Ng, Angeline. | Lai, Cheryl, author. | Oon, Adeline, author. | Chia, Angela, author. |
Mak, Miki, author. | Oh, Bee Bee, author. | Gale, Diana, author. | Hon, Michelle, author. | Sun,
Sonia, author. | Liu, Zoe, author. | Tham, Melissa, editor.

Title: Tasted & approved! : a quick & easy cookbook for busy parents by busy parents / Angeline
Ng, Cheryl Lai, Adeline Oon, Angela Chia, Miki Mak, Oh Bee, Diana Gale, Michelle Hon, Sonia
Sun, Zoe Liu ; editor, Melissa Tham.

Other title(s): Quick & easy cookbook for busy parents by busy parents.

Description: Singapore : Marshall Cavendish Cuisine, [2017]

Identifier(s): OCN 957572858 | ISBN 978-981-47-7119-1 (paperback)

Subject(s): LCSH: Quick and easy cooking. | LCGFT: Cookbooks.

Classification: DDC 641.512-dc23

Printed by Times Offset (M) Sdn Bhd



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INTRODUCTION

Tasted and Approved! is a collection of essential recipes for every parent out there. Specially catered for busy parents, some of the top food and lifestyle bloggers in the region have put together a collection of 50 quick and easy, and incredibly scrumptious dishes to share with loyal followers as well as individuals like yourself.

Besides being full-time mothers, some of the bloggers even have full-time jobs and also have to complete household chores, on top of updating their blogs and social media sites! If they can do all that in a day's work and still churn out home-cooked meals full of goodness, so can you!

From mains and snacks to sweet treats, there are plenty of meal options for you and your family. Choose from delicious mains prepared by Absolutely Ade, Bake for Happy Kids, Nasi Lemak Lover and Simply Mommie, tasty snacks prepared by Honeybeesweets, Miki's Archive and Baking Tai Tai to tantalizing sweet treats prepared by the likes of The Chill Mom, Angela Chia and The Domestic Goddess Wannabe. These never-before-published recipes have been rigorously tried-and-tested and include healthy alternatives and tips.

With beautiful photos lovingly taken by the bloggers in their signature styles, you can be sure that each recipe has been specially created to win the hearts and stomachs of even the pickiest eaters. We hope you will enjoy preparing these delicious home-made dishes as much as we had compiling them!

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PORK AND SHRIMP DUMPLINGS

Makes 20–25 dumplings

This is one of my family's favourite comfort food of all time. We usually have them dry with shallot oil drizzled on top. Not only does my daughter enjoy helping me to wrap the dumplings, it is also a special time for us to bond. When my children were much younger, I included finely sliced choy sum into the meat mix so that they get to eat a dose of vegetables without realizing that they were even there! Over time, as I became more discerning with flavours, grounded dried sole fish was added into the meat filling which makes the dumplings more full flavoured.

Adeline of Absolutely Ade

INGREDIENTS

20–25 round shaped dumpling skins

Water, as needed

Filling

250 g minced pork

200 g fresh prawns, peeled, deveined and finely chopped

2 Tbsp ready-made fish paste

3–4 stalks of choy sum, finely sliced (optional)

1½ tsp dried sole fish powder (optional)

1 Tbsp oyster sauce

1½ Tbsp light soy sauce

½ tsp sesame oil

A pinch of ground white pepper

METHOD

1. Place all ingredients for filling in a large bowl. Mix well and set aside for 10–15 minutes.
2. Spoon 1 Tbsp of filling on one side of dumpling skin. Moisten edges with water and overlap other side of skin to cover filling. Press firmly to seal edges.
3. Repeat until all filling is used up.
4. Fill wok with half the amount of water and bring to a boil.
5. Lower 10 dumplings into boiling water and cook for 4–5 minutes. The dumplings will float to the surface of the wok once they are cooked. Transfer dumplings to a strainer.
6. Serve lightly drizzled in shallot oil. Garnish as desired.

TIPS

The dried sole fish powder is made from 5 g of dried sole fish that has been toasted and grounded or crushed into fine bits.

You can make more dumplings each time and keep some uncooked dumplings in your freezer that will keep for 2 months.

If you are serving the dumplings in soup, you can prepare some chicken broth.



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DELIGHTFUL PINWHEEL PIZZA

Makes 7 pinwheel pizzas

These lovely mini pinwheel pizza bites are cute, delicious and best of all, this is a no-yeast recipe which means there is no waiting or proofing time. I simply love the idea of making it into mini pinwheel shapes because pinwheels make children happy. Happy kids, happy mom!

Miki from Miki's Food Archives

INGREDIENTS

Pizza dough

160 g unbleached flour
1 ½ tsp baking powder
½ tsp salt
½ Tbsp cooking oil
85 g water

Toppings

50 g pizza sauce
2–3 slices of ham, chopped
20 g enoki mushrooms, chopped
30 g mozzarella, shredded
30 g cheddar cheese, shredded
Dried parsley flakes, as needed

METHOD

1. Prepare pizza dough. Mix flour, baking powder and salt in a bowl. Add oil and water gradually to form a workable dough. Knead for 5 minutes. Cover dough with cling wrap to prevent dough from drying.
2. Preheat oven to 200°C.
3. Roll out dough into 0.5-cm thickness. Using a 7.5-cm square cookie cutter, cut dough into squares. Using a small sharp knife, slit 0.5-cm from centre to all 4 corners. Spread some pizza sauce on dough, carefully avoiding the centre. Bring every other point to the centre and gently press to secure.
4. Roll chopped ham, enoki mushrooms and cheese into a small ball. Place at centre of pinwheel pizza dough. Repeat for remaining dough.
5. Bake at 200°C for about 15 minutes.
6. Remove from oven. Sprinkle some dried parsley flakes and serve warm.

TIPS

If you do not have time to shape the dough, you can roll out the dough to a thin layer, add your favourite toppings and bake. The toppings that I'm sharing here are my son's favourite enoki mushroom pizza toppings. You can switch the topping ingredients to anything that you like.



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CARAMELISED BANANA HAND PIES

Makes 10 hand pies

My son loves bananas. He is not adventurous when it comes to food so I always have to come up with ways of incorporating the food he knows and likes into new recipes in order to get him to try new food. Since he is a huge fan of bananas, I decided to make some banana hand pies which I then drizzled with caramel sauce. This turned out to be a success and I was able to get him to try pies with other fillings, both sweet as well as savoury.

Diana from The Domestic Goddess Wannabe

INGREDIENTS

60 g butter
4 large bananas, peeled and cut into chunks
4 sheets ready-rolled puff pastry
1 egg, beaten
Icing sugar, for sprinkling

Caramel Sauce

120 g castor sugar
60 g unsalted butter
70–80 ml heavy cream

METHOD

1. Preheat oven to 180°C. Grease and line a baking tray. Set aside.
2. Prepare caramel sauce. Place castor sugar in a non-stick saucepan. Stir over low heat until sugar has completely dissolved.
3. Add butter and stir well to melt. Add cream in a slow, steady stream and stir continuously until mixture is even. Set aside to cool.
4. Melt butter in a non-stick skillet. Add bananas and cook for about 5–10 minutes, or until banana has turned soft and slightly brown. Set aside to cool completely.
5. Using a 9 cm round cutter, cut five rounds from each sheet of puff pastry.
6. Brush a little beaten egg at edges of pastry circles. Place 1–2 Tbsp of banana in centre. Cover with another piece of puff pastry. Gently crimp edges with a fork to seal. Repeat for remaining pastry.
7. Place pastry on prepared baking tray, leaving pastries spaced 2½ cm apart. Brush with beaten egg.
8. Bake at 180°C for 25–30 minutes, or until golden brown. Place pastries on a wire rack to cool completely.
9. Sprinkle some icing sugar on each pastry and drizzle with caramel sauce before serving.



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ABOUT THE CONTRIBUTORS



ADELINE OON

Adeline is a stay-at-home-mom, lifestyle jewelry crafter/hobbyist at Adeline's Loft and a blogger who journals mostly about her crafting experiences, apart from her home-cooked recipes.

Her reason for sharing recipes on her blog is mainly for them to serve as future reference for her children, when they eventually lead their own lives and wish to replicate their favourite comfort food that they grow up with.

She finds time to work in the kitchen, perfecting dishes that the family may have taken a liking to while dining out. Adeline's cooking has a combined influence of her mother's Teochew and Peranakan fare, as well as her mother-in-law's Cantonese fare.

Follow Adeline on her online adventures:

Blog name: Absolutely Ade

Blog link: <http://www.accidental-mom-blogger.blogspot.com>

Facebook: <https://www.facebook.com/AccidentalMomBlogger/>

Instagram: <https://www.instagram.com/adeoon/>



ANGELA CHIA

Angela is a mommy to 4 beautiful princesses. She was not born to be a home-cook and was clueless about cooking when she was single. However, Angela enjoyed spending time in the kitchen helping her mom while she cooks. At that time, she was happy that could help to wash and cut the vegetables.

Her culinary journey began when her first daughter came along in the year 2000. Having grown up in a family that believed and advocated in home-cooked food, she was determined to learn how to cook for her loved ones.

Not only is home-cooked food healthier (with less salt and MSG), it's often prepared with love. From one mommy to another, Angela wants to give nothing but her best to her children and if she can do it, so can you.

Follow Angela on her online adventures:

Blog name: Angela Chia

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Facebook: <https://www.facebook.com/397.AngelaChia>

Instagram: www.instagram.com/chia_angela

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ANGELINE NG

From her very first dish of humble fried rice back in her secondary school days, Angeline has always been interested in cooking and she dabbled in it whenever she could, by experimenting with recipes from her mom's cookbooks. Now a seasoned stay-at-home-mom to two wonderful children, she looks back fondly on the early days of cooking for the family — when cooking meant many phone calls to her mom for her recipes and cooking tips.

A former school teacher, she now channels her time to educate her children and pursuing newfound interests, showing all that learning is a lifelong endeavour. Angeline maintains her sanity amidst the everyday chaos at home by enjoying a good cup of coffee in the morning, immersing herself in craftwork, and blogging about her parenting and culinary adventures at Simply Mommie.

Follow Angeline on her online adventures:

Blog name: Simply Mommie

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Instagram: <https://www.instagram.com/simplymommie/>



CHERYL LAI

Cheryl is a stay-home-mom of two kids. Despite her hectic schedule, she started her food blog, Baking Tai Tai three years ago upon encouragement from friends as they saw the passion and love she had for baking and sharing. The name Baking Tai Tai was chosen by her husband as he thought it was short, catchy and easy to remember.

Having gone through a major surgery some years ago, Cheryl has become more health-conscious and started to have an interest in preparing wholesome meals for her family. Her preference for healthy and natural ingredients in her food preparations has also resulted in her tweaking recipes from online or cookbooks and experimenting and creating new recipes of her own. By sharing these tried-and-tested recipes on her blog, she hopes to inspire and encourage her readers to prepare simple and healthy food for their family as she believes that nothing beats the taste of home-cooked food prepared with love and care.

Follow Cheryl on her online adventures:

Blog name: Baking Tai Tai

Blog link: <http://www.bakingtaitai.com>

Facebook: <https://www.facebook.com/BakingTaitai/>

Instagram: https://www.instagram.com/baking_taitai/

Youtube: <https://www.youtube.com/channel/UCRfcmMjPYYE7JTb8KEtyC8Q>



DIANA GALE

A self-taught home cook and home baker, Diana started cooking at the tender age of 10 but it was only after she started working that cooking and baking became a serious interest. With her friend's encouragement, she started blogging at The Domestic Goddess Wannabe. By accompanying her recipes with step-by-step photos that break down each step, she hopes to encourage her readers to cook and bake for themselves and their loved ones.

In 2014, Diana took part in the Singapore Blog Awards and won the Best Cooking Blog Awards. She won the same award and the Most Popular Cooking Blog in 2015.

Married to an Australian and raising 2 children of her own, Diana prepares a variety of cuisines at home, and often experiments to find quicker and easier methods of cooking as well as baking.

Follow Diana on her online adventures:

Blog name: The Domestic Goddess Wannabe

Blog link: <http://thedomesticgoddesswannabe.com>

Facebook: <https://www.facebook.com/TheDomesticGoddessWannabe/>

Instagram: https://www.instagram.com/domestic_goddess_wannabe/



MICHELLE Hon

Michelle is the founder of The Chill Mom Maternity Concierge, where she helps busy parents plan and manage the arrivals of their babies. Her work can be seen on TV documentary, Man Birth, shown on Channel 5 in Singapore.

A mother of 2 daughters (with a son on the way), this former fashion model turned entrepreneur shares beauty, home management, motherhood and entrepreneurial tips on her blog, The Chill Mom.

She believes motherhood is a joy; we should listen to our own mother's instinct and believe in ourselves.

Follow Michelle on her online adventures:

Blog name: The Chill Mom

Blog link: <http://www.thechillmom.com>

Facebook: <https://www.facebook.com/thechillmom>

Instagram: <https://www.instagram.com/thechillmom/>

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MIKI MAK

For Miki, motherhood was and continues to be a journey of self-discovery — learning strengths you didn't know you had and dealing with fears you didn't know existed. Cooking has always been a family affair for her as she grew up watching her mother prepare food for her family.

As a mother herself, Miki makes sure that her family, especially her child, eats well and enjoys eating by experimenting and coming up with new recipes whenever she can. With more than just delicious food in mind, the food that she prepares has to have high nutritional values as well. Miki shares these recipes in the hopes that they will inspire you to step into your own home kitchen and start on your culinary journey.

Follow Miki on her online adventures:

Blog name: Miki's Food Archives

Blog link: <http://dingoozatfood.blogspot.sg>

Facebook: <https://www.facebook.com/Mikis-Food-Archives-502255989875841/>

Instagram: https://www.instagram.com/mfa_dingoozatfood/



OH BEE BEE

Bee Bee's culinary journey began when she migrated to California with her husband right after they got married. With fresh produce right at her doorstep, Bee Bee was motivated to prepare home-cooked meals for her husband.

Having to juggle both her family and a busy lifestyle, Bee Bee still strives to cook balanced meals for her family daily. She often enjoys experimenting new recipes and records down those that turned out great.

Bee Bee loves sharing her tested and well-loved recipes with everyone on her blog, Instagram and Facebook and hopes that she can inspire more people to prepare home-cooked meals with love for their loved ones.

Follow Bee Bee on her online adventures:

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Instagram: <https://www.instagram.com/honeybeesweets.sg/>



SONIA SUN

An ordinary Hokkien gal who grew up in Selangor in the 70s, Sonia enjoyed hanging out at the kitchen back in those days and she relishes the times where she helped her mom with the food preparations. Despite cooking and baking being her hobby, Sonia never had the time to pursue this passion as she was busy working. However, she continued to collect recipes from her mother, the vegetable seller, cooking shows, recipes books and basically, anyone who was willing to share.

Sonia's passion was revived some 8 years ago, when she came across the little recipe book which contained her treasured collection of recipes of many years. She started cooking, baking and blogging to inspire the younger generations to eat healthily and live well by sharing all her simple tried-and-tested recipes. Sonia's blog Nasi Lemak Lover is named after her favourite food.

Follow Sonia on her online adventures:

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Instagram: <https://www.instagram.com/sonianll/?hl=en>



ZOE LIU

Zoe is a working mom living in Melbourne, Australia and her family has benefited from the wide variety of foods from both local and Australian culture.

She began her culinary journey when she moved to Melbourne, and started cooking. More than an alternative to dining out, cooking has become Zoe's passion as she sees many advantages of eating home-cooked meals and providing her family with the best nutrition and the most delicious food is always her priority.

Zoe believes that it is essential for everyone to eat well and be happy and is happy to share her tried-and-tested recipes on her blog and in this book.

Follow Zoe on her online adventures:

Blog name: Bake for Happy Kids

Blog link: <http://www.bakeforhappykids.com>

Facebook: <https://www.facebook.com/bakeforhappykids/>

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