

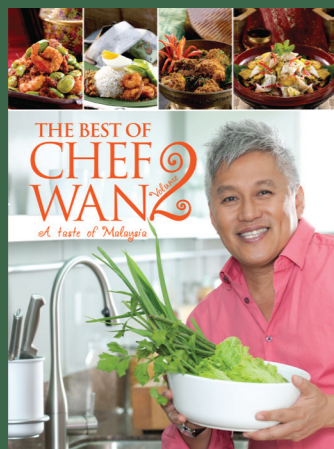
THE BEST OF CHEF WAN

A taste of Malaysia

Volume 1

Malaysia's Culinary Ambassador and Asia's most notable chef, Chef Wan shares more than 60 of his favourite Asian recipes in his book, *The Best of Chef Wan Volume 1*. In this exciting collection, Chef Wan combines the rich flavours of his Malay heritage with his passion for cooking, and presents a mouthwatering range of recipes from hearty meat and poultry dishes, to lighter fish and seafood dishes, and refreshing salads and vegetable dishes. Whether you're already familiar with Asian cuisine or seeking to learn more, allow Chef Wan to guide and inspire you as you prepare these scrumptious dishes for your family and friends.

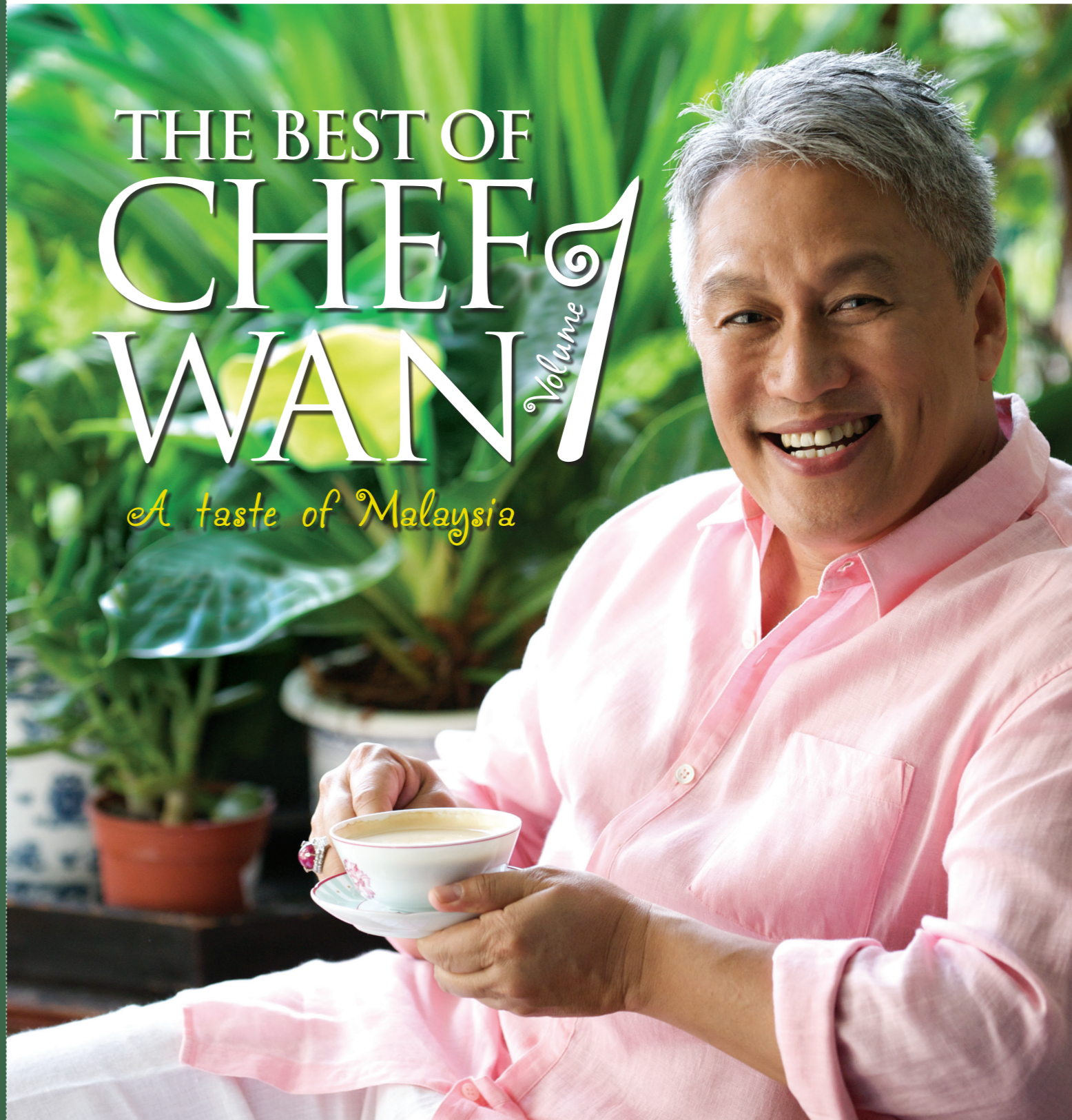
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For Review Only

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Photograph on page 3 courtesy of Chef Wan

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To my mother who turns 86 this year



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For Review INTRODUCTION

I started cooking when I was 13 years old, assisting my aunts and neighbours at weddings and special occasions. It was through this that I started appreciating the beauty of Malaysian food and its variety. Over the years, I have entertained friends, celebrities, ministers, sultans and represented Malaysia as a food ambassador. I have also hosted hundreds of cooking shows and written a few cookbooks. It is only natural that I compile all my favourite Malaysian recipes and share them in a book. I did this in *The Best of Chef Wan* which was published in 2011. That was a collection of more than 130 recipes.

This book that you now hold in your hands is part one of a two-volume collection of *The Best of Chef Wan*. Together with my publisher, we divided the recipes to create two smaller books featuring more than 60 recipes each. Within the pages of this book, you will find classic recipes from all over Malaysia, including home-cooked favourites and popular street food. The latter is an important part of Malaysia's food culture. Today, these dishes have become part and parcel of our daily lives. I often hear other celebrity chefs, cookbook authors, editors and food writers comment that Malaysia has the best selection of dishes not found anywhere else. It makes me proud to be part of such a rich culinary culture!

Many of the dishes found in this collection are my all-time favourites. With this book, I hope to inspire everyone to cook for their families and friends. As we might not have the luxury of time to cook elaborate meals at home, I wrote these recipes so that they can be whipped up with little effort, but I promise you that the results will be simply *sedap*!

About Malaysian Cuisine

Malaysian cuisine is representative of Malaysia's multicultural heritage. Each ethnic group in Malaysia has its own type of cuisine. However, most local dishes have been adapted to reflect the union of different flavours from various ethnic groups.

Rice is a staple in Malaysia and you will find that most of our favourite dishes are best enjoyed with a plate of rice. A typical Malaysian meal would include a meat dish, a vegetable dish and perhaps a soup. These dishes are enjoyed communal style and laid out on the table where each diner is allowed to help himself to any amount he likes. The recipes in this book are enough to serve four to six people. I hope that this will encourage you to cook these delicious Malaysian dishes to share with your family and friends!

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MEAT

NOTE

Nasi himpit is a variety of compressed rice. Although it has the same taste and texture as *lontong* and *ketupat*, *nasi himpit* resembles thick floor tiles. It is also cut into smaller pieces to be served as is or cooked as part of a dish.

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MALAYSIAN SATAY WITH PEANUT SAUCE

SATE MALAYSIA DAN KUAH KACANG

Beef tenderloin 1 kg (2 lb 3 oz), cubed

Chicken breast or thigh meat 500 g (1 lb 1½ oz), cut into bite-size pieces

Castor sugar 4 Tbsp

Salt 2 tsp

Bamboo skewers 60

Marinade

Lemongrass 6 stalks, bruised

Shallots 10, peeled

Garlic 4 cloves, peeled

Galangal 1-cm (½-in) knob, peeled

Ginger 1-cm (½-in) knob, peeled

Turmeric powder 1½ Tbsp

Side dishes

Cucumbers 2, cut into wedges

Onions 2, peeled and cut into wedges

Ready-made *nasi himpit* as needed

Peanut sauce

Vegetable oil 4 Tbsp

Peanuts 300 g (10½ oz), toasted and coarsely ground

Water 250 ml (8 fl oz / 1 cup)

Thick tamarind juice 4 Tbsp, made from 2 Tbsp tamarind pulp mixed with 4 Tbsp water and strained

Sugar 4 Tbsp

Palm sugar (*gula melaka*) 100 g (3½ oz)

Salt to taste

Spice paste for peanut sauce

Lemongrass 4 stalks, sliced

Galangal 1-cm (½-in) knob, peeled

Ginger 1-cm (½-in) knob, peeled

Cumin seeds 1 tsp

Coriander seeds 1 Tbsp

Ground chilli paste 4 Tbsp

- Prepare peanut sauce. Combine ingredients for spice paste in a food processor and blend until smooth. Heat the oil in a wok and fry the spice paste for a few minutes until fragrant. Add the ground peanuts, water, tamarind juice, sugar, palm sugar and salt. Simmer until thick. Set aside.
- Prepare *satay*. Combine ingredients for marinade in a food processor and blend until smooth.
- Mix the beef and chicken separately with the marinade, sugar and salt and skewer with bamboo sticks. Leave to marinate overnight.
- Grill the beef and chicken over a charcoal fire until cooked.
- Serve with cucumber, onions, prepared peanut sauce and *nasi himpit*.



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FISH & SEAFOOD

SEA BASS IN TANGY GRAVY

SIAKAP ASAM TUMIS

Vegetable oil 4 Tbsp

Tamarind juice 125 ml (4 fl oz / ½ cup),
made from 1 Tbsp tamarind pulp
mixed with 125 ml (4 fl oz / ½ cup)
water and strained

Water 250 ml (8 fl oz / 1 cup)

Ladies fingers (okra) 6, stemmed

Sea bass 1, large, cut into 4 pieces

Laksa leaves 1 bunch

Salt to taste

Sugar to taste

Spice paste

Ground chilli paste 4 Tbsp

Dried prawn (shrimp) paste (*belacan*)
1 Tbsp

Shallots 6, peeled

Turmeric 1-cm (½-in) knob, peeled

Garlic 3 cloves, peeled

Kaffir lime leaf 1, central stem removed

- Combine ingredients for spice paste in a food processor and blend until smooth. Heat oil in a wok and sauté spice paste until fragrant. Add the tamarind juice, water and Ladies fingers and simmer for 10 minutes.
- Add sea bass and *laksa* leaves. Simmer for another 5 minutes. Season with salt and sugar. Garnish as desired and serve warm with rice.



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FIDDLEHEAD FERN SALAD WITH COCKLES

KERABU PUCUK PAKU BERSAMA KERANG

Bottled *sambal belacan* 3 Tbsp

Grated palm sugar (*gula melaka*) 2 Tbsp

Kalamansi limes 3, juice extracted

Salt to taste

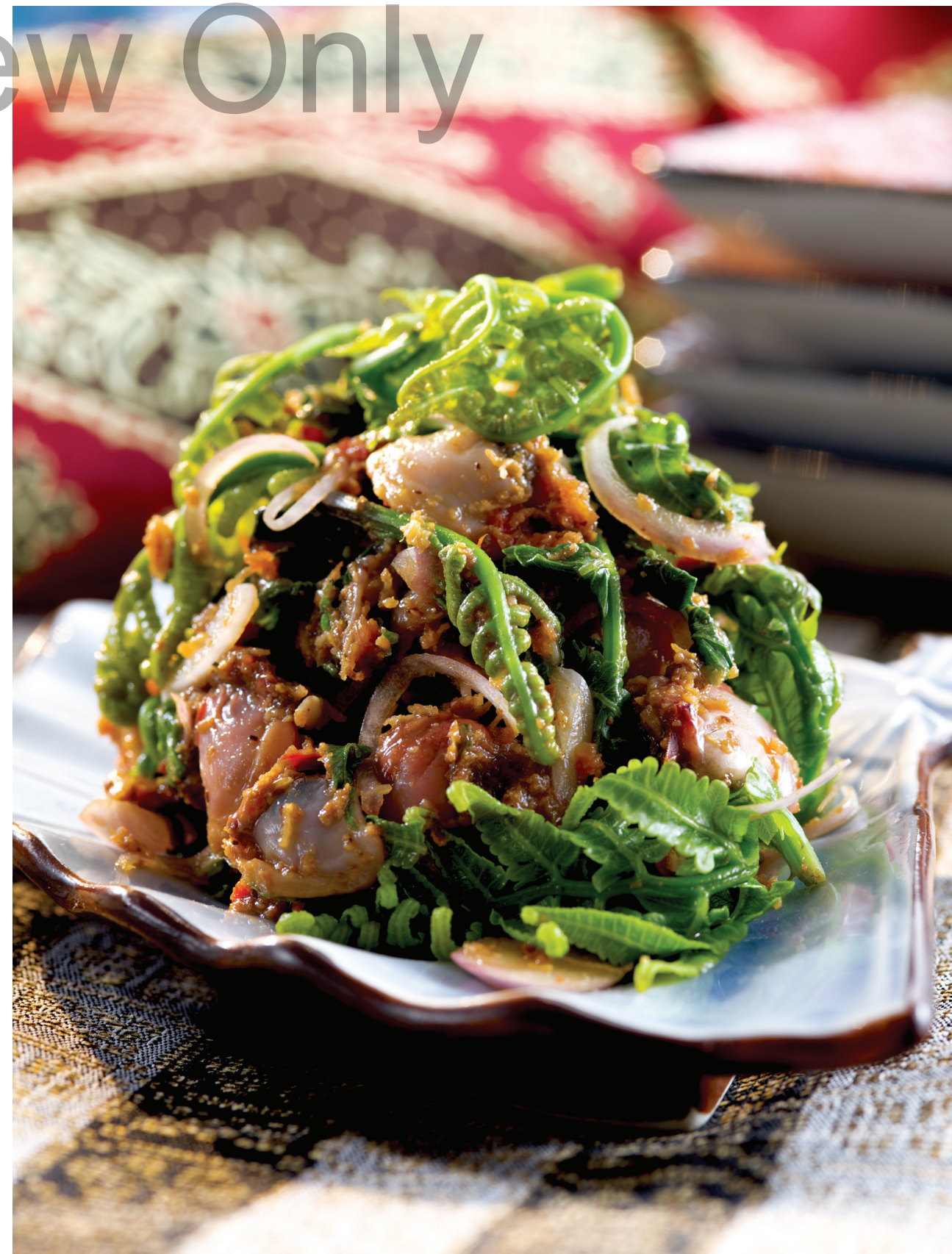
Fiddlehead ferns 300 g (10½ oz),
blanched lightly in boiling water,
drained and plunged in cold water

Cockles 500 g (1 lb 1½ oz), soaked in
boiling water for 1 minute, flesh
removed and set aside

Shallots 10, peeled and thinly sliced

**Pounded roasted grated or desiccated
coconut (*kerisik*)** 6 Tbsp

- Combine *sambal belacan*, palm sugar, lime juice and salt to taste in a bowl and stir well to combine.
- Add the remaining ingredients and toss well. Serve immediately.



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RICE & NOODLES

HERB RICE SALAD

NASI ULAM

- | | |
|---|---|
| Cooked rice 2 kg (4 lb 6 oz) | Laksa leaves 30, finely sliced |
| Bottled <i>sambal belacan</i> 3 Tbsp | Turmeric leaves 3, finely sliced |
| Salted egg 1, boiled, shelled and crushed | Lemongrass 2, finely sliced |
| Shallots 6, peeled and thinly sliced | Salted threadfin (<i>ikan kurau</i>) 55 g (2 oz),
fried and pounded |
| Young ginger 1-cm (1/2-in) knob, peeled
and thinly sliced | Mackerel 2, grilled and flaked |
| Torch ginger bud 1/2, finely sliced | Grated coconut 125 g (4 1/2 oz), dry-fried
until golden brown + 1 Tbsp, dry-fried
and pounded to make <i>kerisik</i> |
| Selom leaves (<i>pucuk selom</i>) 30 g (1 oz),
finely sliced | Kalamansi limes 3, juice extracted |
| Wild pepper leaves (<i>daun kadok</i>) 30 g
(1 oz), finely sliced | |
| Cosmos plant shoots (<i>ulam raja</i>) 30 g
(1 oz), finely sliced | |

- Mix all the ingredients in a large bowl. Toss well and serve immediately.



For Review Only

ABOUT THE AUTHOR

Chef Wan

Prof Datuk Redzuawan Ismail, better known as Chef Wan, is Asia's most renowned culinary personality. In addition to being the author of more than a dozen bestselling cookbooks and a multiple Gourmand World Cookbook Awards winner, Chef Wan has also hosted countless local and international television shows, and continues to be Malaysia's representative at global gourmet events, world expos and tourism exhibitions.

In 2007, he was presented with the Lifetime Jury Award at the 2007 Prix La Mazille for his contributions as Malaysia's culinary ambassador. He was also given the highest recognition for celebrity chefs internationally with the title of Best Celebrity Chef at the Gourmand World Cookbook Awards 2009.

In 2010, Chef Wan became the first celebrity chef in Malaysia to be honoured with the title of Datuk by King Yang Di-Pertuan Agong. This was followed by his appointment as Culinary Ambassador by Tourism Malaysia and his stint as the Asian Food Channel's resident chef. In 2013, he joined Fox TV to host a culinary series, East Bites West, that is currently broadcast on Fox National Geographic in 38 countries all over the world.

In 2015, Chef Wan received The BrandLaureate Brand Icon Leadership award and was named as one of the eight Icons of Malaysia, a recognition given by Malaysia's Prime Minister's Department. A year later, he was bestowed his second Datuk title by Sultan Ahmad Shah of Pahang and was a recipient of the Darjah Sultan Ahmad Shah Pahang (DSAP) award.

Most recently in 2017, he was appointed as adjunct professor to the Universiti Utara Malaysia's School of Tourism, Hospitality and Event Management for his vast and invaluable experience as a chef, and he hopes to use this opportunity to share his knowledge and skills with the students and staff at the university.

Find out more about Chef Wan at www.mychefwan.com.

