

THE BEST OF CHEF WAN ^{Volume 2}

A taste of Malaysia

In this companion volume to *The Best of Chef Wan Volume 1*, Malaysia's Culinary Ambassador and Asia's most recognisable chef, Chef Wan shares more than 60 recipes for some of his favourite Asian dishes that he has carefully perfected over the years. Recipes include classic Malaysian dishes such as Tok Wan Beef Rendang, Kam Heong Crab and Hokkien Mee, as well as regional specialties such as Chettinad Chicken and Prawn and Mango Salad. Written in an easy-to-follow format and with an illustrated glossary that highlights the ingredients used, *The Best of Chef Wan Volume 2* is the definitive guide for anyone looking to recreate the rich flavours of Asian cuisine in their home kitchen.

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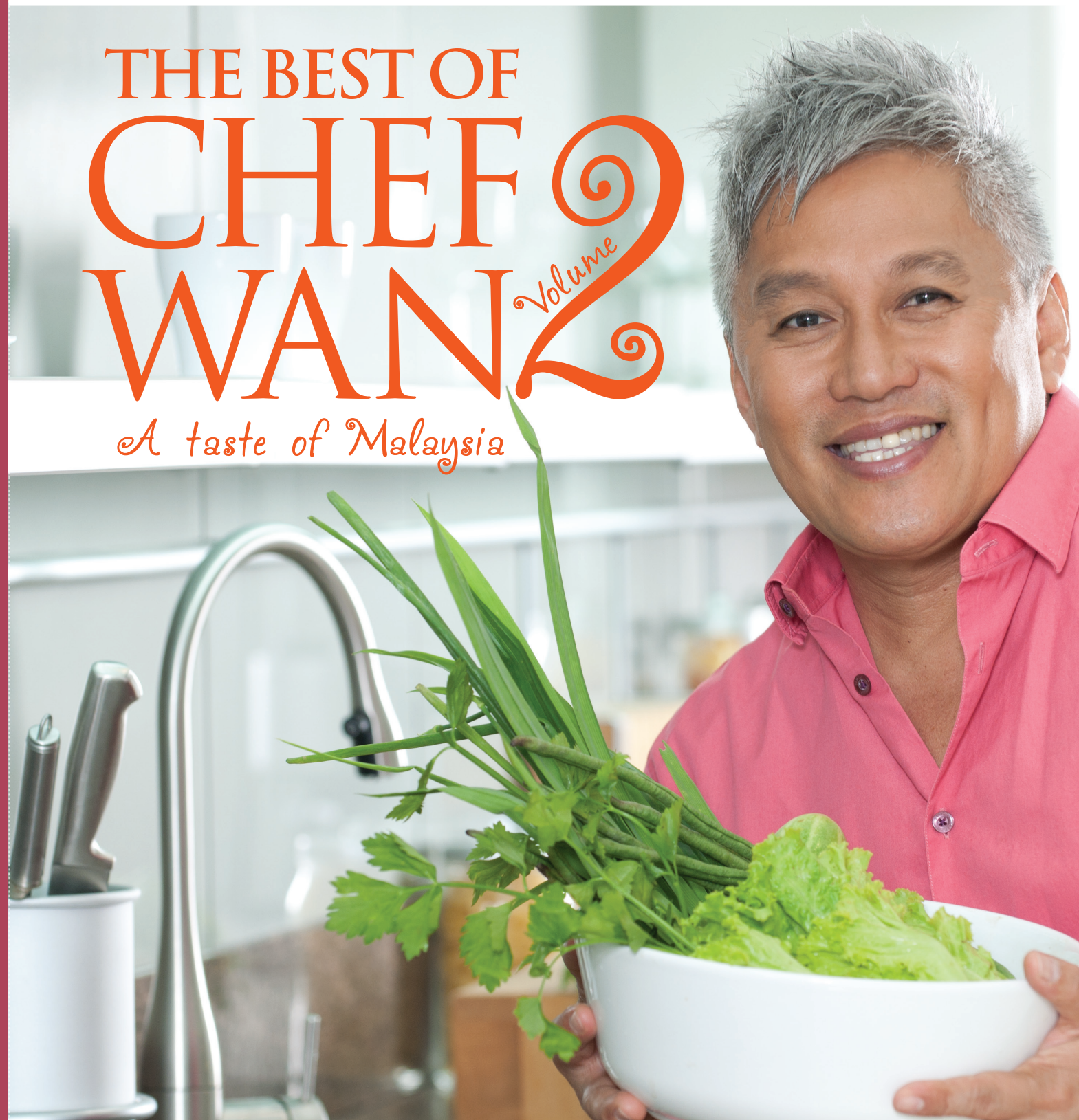
THE BEST OF CHEF WAN ^{Volume 2} *A taste of Malaysia*

Marshall Cavendish
 Cuisine



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A taste of Malaysia



For Review Only

THE BEST OF
CHEF
WAN *Volume*
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Photograph on page 3 courtesy of Chef Wan

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To my mother who turns 86 this year



For Review Only

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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 two 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

GRILLED BEEF WITH MANGO

KERABU DAGING SALAI BERSAMA MANGGA

Beef ribs 300 g (10½ oz)

Dark soy sauce 2 Tbsp

Light soy sauce 1 Tbsp

Oyster sauce 1 Tbsp

Sesame oil 1 tsp

Orange ½, juice extracted

Young ginger 1-cm (½-in) knob, peeled and finely chopped

Young mangoes 2, thinly sliced

Sauce

Grated palm sugar (*gula melaka*) 2 Tbsp

Garlic 2 cloves, peeled and finely chopped

Shallots 2, peeled and thinly sliced

Fish sauce 4 Tbsp

Limes 2, juice extracted

Red chilli 1, seeded and finely chopped

Lemongrass 1, finely chopped

- Mix all the ingredients, except mangoes and sauce ingredients, in a bowl and set aside for 3 hours to marinate.
- Meanwhile, combine ingredients for the sauce in a bowl and stir well.
- To prepare salad, grill the marinated beef and then slice thinly across the grain. Put beef and mangoes on a serving bowl or plate, pour prepared sauce over the salad and toss well. Garnish as desired and serve immediately.



Preview Only

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FRAGRANT FRIED CHICKEN

AYAM GORENG SRI WANGI

Chicken breasts 4, skinned, deboned and cut into strips

Cooking oil for deep-frying + 1 Tbsp

Lemongrass 2 stalks, finely sliced

Torch ginger bud 1, finely sliced

Bird's eye chillies (*cili padi*) 10, seeded and sliced

Tom yam paste 2 Tbsp

Water 4 Tbsp

Honey 1 tsp

Mayonnaise 1½ Tbsp

Kaffir lime leaves 3, central stems removed and finely sliced

Marinade

Oyster sauce 1½ Tbsp

Salt to taste

Egg 1, medium, beaten

Corn flour (cornstarch) 3 Tbsp

- Combine ingredients for marinade in a bowl and stir to mix well.
- Combine chicken with the marinade and set aside for 15 minutes.
- Heat oil in a wok and deep-fry the chicken until golden brown and crisp. Drain well on paper towels. Set aside.
- In a clean wok, heat 1 Tbsp oil and sauté the lemongrass, torch ginger bud, chillies and *tom yam* paste until fragrant.
- Add water, honey and chicken. Stir well. Remove from heat and stir in mayonnaise. Add the kaffir lime leaves and toss well. Serve warm with rice.



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JACKFRUIT AND FERMENTED SOY BEAN CAKE SALAD

KERABU NANGKA DAN TEMPE

Peanut oil 4 Tbsp

Coconut milk 250 ml (8 fl oz / 1 cup),
extracted from 1 grated coconut and
250 ml (8 fl oz / 1 cup) water

Grated palm sugar (*gula melaka*) 2 Tbsp

Salt to taste

Lime 1, squeezed for juice

Turmeric leaf 1, finely sliced

Young jackfruit 200 g (7 oz), diced and
blanched in salted water until soft

Fermented soy bean cakes (*tempe*)
3, fried and diced

Firm bean curd 1, fried and diced

Long beans 8, blanched in hot water for
1 minute, then finely sliced

Crisp-fried shallots 60 g (2 oz)

Grated coconut 60 g (2 oz), dry-fried
until golden

Pineapple 1/4, peeled and diced

Spice paste

Red chillies 5, seeded

Bird's eye chillies (*cili padi*) 6, seeded

Shallots 8, peeled

Lesser galangal 1-cm (1/2-in) knob, peeled

Candlenuts 4

Lemongrass 2 stalks

Turmeric 2-cm (1-in) knob, peeled

Black peppercorns 1 tsp

Dried prawns (shrimps) 2 Tbsp, soaked
and drained

Galangal 1-cm (1/2-in) knob, peeled

Kaffir lime leaf 1, central vein removed
and shredded

- Combine ingredients for spice paste in a food processor and blend until smooth. Heat oil in a wok and fry the spice paste until fragrant.
- Add coconut milk, palm sugar, salt and cook until the gravy thickens. Remove from heat and leave to cool slightly.
- Pour young jackfruit, fermented soy bean cake, bean curd and long beans into a bowl and mix with the remaining ingredients. For a spicier version, add more sliced bird's eye chillies. Serve immediately.



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RICE & NOODLES

FRIED FLAT RICE NOODLES

KWAY TEOW GORENG

Vegetable oil 3 Tbsp

Garlic 2 cloves, peeled and minced

Ground chilli paste 1 Tbsp

Dark soy sauce 2 Tbsp

Oyster sauce 2 Tbsp

Prawns (shrimps) 200 g (7 oz), cleaned and shelled

Cockles (optional) 100 g (3½ oz), soaked in boiling water for 1 minute and flesh removed

Flat rice noodles 400 g (14 oz)

Chinese chives 55 g (2 oz), sliced

Bean sprouts 100 g (3½ oz), tailed

Firm bean curd 1 piece, fried and cubed

Water 4 Tbsp

- Heat oil in a wok and fry the garlic until golden brown.
- Add the chilli paste and fry until fragrant.
- Add dark soy sauce and oyster sauce and stir through. Then add the prawns, cockles (if using) and noodles and stir-fry for a few minutes.
- Add the chives, bean sprouts and bean curd. Sprinkle over some water and stir for a few minutes. 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.

