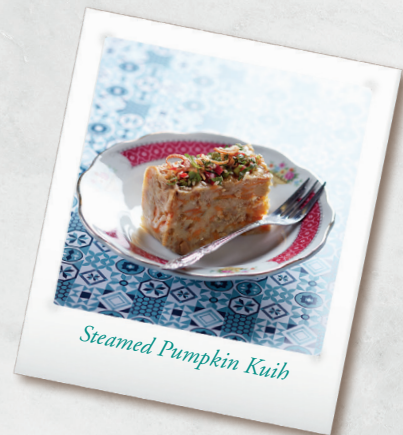


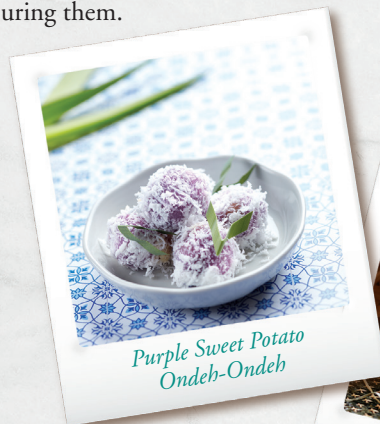


Pineapple Tarts

Prepare irresistible Peranakan snacks and desserts at home with ease. *AllanBakes Really Good No-Nonsense Nyonya Treats* takes a no-frills approach and distils into simple steps the art of preparing these crowd-pleasing delights. From the creamy and sticky *kuih salat* (steamed glutinous rice cake with a coconut custard layer) to the hearty, sweet and savoury Nyonya *chang* (savory rice dumpling) and the crispy and fluffy *kuih bahulu* (petite egg sponge cakes), this collection of colourful, rich and aromatic treats will be relished by everyone. With this book, creating traditional Nyonya favourites in the kitchen will be as enjoyable as savouring them.



Steamed Pumpkin Kuih



Purple Sweet Potato Onde-Onde



Nyonya Chang

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Cuisine

COOKERY

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ALLAN ALBERT TEOH

ALLANBAKES REALLY GOOD NO-NONSENSE Nyonya Treats

Marshall Cavendish Cuisine

ALLANBAKES REALLY GOOD

NO-NONSENSE *Nyonya Treats*



ALLAN ALBERT TEOH

ALLAN BAKES REALLY GOOD

For Review Only
NO-NONSENSE

Nyonya Treats

ALLAN ALBERT TEOH



Marshall Cavendish
Cuisine

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For Review Only

Introduction

Peranakans, who are of mixed Chinese and Malay heritage, are well known for their delicious and distinctive cuisine. As food was traditionally prepared by the women (Nyonyas), Peranakan food is often also referred to as Nyonya cuisine.

Although I'm not Peranakan, I inherited a love for Nyonya treats and a collection of perfected Nyonya recipes from my late mum, Madam Ong Su Wha. She was a self-taught cook whose recipes came from various sources — some were handed down to her by her mum, others were shared by friends. My mum had many friends who were Peranakans, and I suppose that they were the reason for her Nyonya-inflected repertoire. She prepared many Nyonya dishes and *kuih* at home, perfecting each dish through trial and error. Over time, she amassed an extensive collection of Nyonya recipes, and along the way she nurtured my love for Nyonya dishes.

Spurred by my mother's enthusiasm and my love for Nyonya *kuih*, I wrote this book. I hope it allays the fears of *kuih* lovers who want to try their hand at making these treats but have been intimidated by traditional Nyonya recipes that tend to require tedious preparation and complicated steps. I've also made adjustments to my mum's recipes to cater to taste preferences today.

Generally, Nyonya recipes are guarded family secrets, but I am not the kind of person who would keep good recipes a secret. When I was young, I spent many hours by my mum's side as she cooked and baked for her family of eight. Watching a mix of flour, coconut and sugar emerge from the steamer as fragrant and yummy *kuih* was and still remains a kind of magical experience I cherish. By sharing these recipes with many others from all walks of life, I believe that they too will experience similar happy moments when preparing these treats.

I hope that this book will reassure those inspired to make these treats in the way that my mum would reassure me: making Nyonya *kuih* from scratch is not tedious, but fun and rewarding. Please, put your apron on and start having fun!

Allan Albert Teoh

Pineapple Tarts

The trick in making delicious tarts is in its filling. Use fresh pineapples and grate them yourself instead of using store-bought filling. Freshly cooked pineapple jam sitting on top of a crumbly, buttery crust is hard to resist.

Makes about 45 tarts

INGREDIENTS

Pineapple jam

500 g pineapple, grated

250 g castor sugar

6 cloves

Pastry

150 g plain (all-purpose) flour

150 g self-raising flour

A pinch of salt

180 g unsalted butter, cut into cubes and chilled

1 medium egg, beaten

2 Tbsp cold water

Egg wash

1 medium egg yolk, beaten

2 tsp water

METHOD

1. Preheat oven to 170°C. Line baking trays with siliconised parchment paper.
2. In a heavy-bottomed saucepan over medium-low heat, combine grated pineapple, sugar and cloves and bring to a boil. Stir constantly until sugar is dissolved and cook for 2–3 hours until jam is thick. Remove from heat and leave to cool completely.
3. Prepare pastry. Sift plain flour, self-raising flour and salt together 3 times.
4. Work with your fingertips to rub butter into flour mixture until mixture resembles fine breadcrumbs.
5. Make a well in the centre of the mixture. Add egg and cold water. Bind ingredients together gently. Do not knead too much. Wrap dough in cling film and refrigerate for 30 minutes.
6. On a lightly floured work surface, roll out dough into a 3-mm thick sheet. Cut out circles using a pineapple tart cutter. Set aside a small portion of dough and cut into thin strips.
7. Arrange circles slightly apart on prepared baking trays.
8. Combine egg yolk and water to make egg wash. Moisten pastry circles with egg wash.
9. Form pineapple jam into balls, each about 10–12 g, and place on top of circles. Criss-cross thin dough strips over jam.
10. Bake for about 25 minutes. Remove tarts from the oven and leave to cool completely.
11. Store in an airtight container.



Kuih Bangkit

I love this recipe because it is simple and the *kuih bangkit* melts in your mouth. It is very important that you remove excess moisture from the flour. These are perfect as gifts during festive seasons.

Makes about 80 small cookies

INGREDIENTS

- 160 ml freshly squeezed coconut milk
- ¼ tsp salt
- 2 pandan leaves, cut into small pieces
- 320 g combined flour (see below)
- 2 medium egg yolks
- 110 g castor sugar
- Water, as needed

Combined flour

- 600 g sago flour
- 120 g tapioca flour
- 3 pandan leaves, cut into small pieces

METHOD

1. Preheat oven to 150°C. Line baking trays with siliconised parchment paper.
2. In a saucepan over medium heat, bring coconut milk, salt and pandan leaves to a boil. Strain and leave to cool.
3. Prepare combined flour. In a wok over medium-low heat, stir-fry sago flour and tapioca flour with pandan leaves for about 40 minutes. When flour mixture is light and dry, and pandan leaves are dried, remove from heat and set aside to cool. Remove pandan leaves and sift mixture 3 times.
4. Using an electric mixer with a whisk attachment, whisk egg yolks and sugar for 5–6 minutes until pale.
5. Place 320 g combined flour into a large mixing bowl and make a well in the centre. Add egg mixture gradually, mixing as you add. Lightly knead dough until just combined and dough looks white. If dough is too dry and not kneading nicely, add a little water as needed. The dough should be slightly dry when it comes together as the flours used are starches. Keep dough covered with cling film when not in use.
6. On a work surface lightly dusted with tapioca flour, roll out a small portion of dough into a 3- or 4-mm sheet. Cut out shapes using a small cookie cutter and arrange on prepared baking trays. Repeat until dough is used up. If dough becomes too dry to mould along the way, add a teaspoonful of water as needed.
7. Bake for 15–20 minutes or until bottom of cookies are slightly brown.
8. Leave cookies to cool completely on a wire rack. Store in an airtight container. This is a very light cookie and tends to soften when exposed to air. To retain its crispiness, store in the refrigerator uncovered.



Kuih Ubi Kayu

Apart from water, this recipe calls for only four ingredients.
Sometimes, the simplest things are the most delicious.

Makes one 25-cm round pan of *kuih*

INGREDIENTS

1 kg grated tapioca
900 ml water
100 g grated skinned coconut
200–230 g castor sugar
8 pandan leaves

Topping

8 pandan leaves
600 g grated skinned coconut
½ tsp salt

METHOD

1. Prepare a steamer.
2. Prepare topping. Cut 8 pandan leaves into halves and tear each half midway. Spread torn pandan leaf halves and grated coconut on a flat plate. Steam over medium-high heat for 20–25 minutes.
3. Discard pandan leaves and leave grated coconut to cool. Sprinkle with salt and stir with 2 forks to mix the salt into the coconut.
4. Place grated tapioca in a large baking pan and add 900 ml water until mixture has a smooth consistency. For a softer *kuih* texture, add an additional 100 ml water. Stir mixture with your hands to assess its consistency and discard any tough tapioca stems.
5. Add grated coconut and sugar. Stir mixture with your hands until it no longer sticks to your hands.
6. Tear 8 pandan leaves into fine strips and place over tapioca mixture. Steam over medium-high heat for 40–45 minutes until bottom of tapioca mixture is translucent. (This may take a longer time than specified, depending on the size of the baking pan and the depth of the mixture.)
7. After about 40 minutes, insert a fork into the centre of the steamed tapioca and check if it is translucent. If it is, it is done. Otherwise, steam for another 5 minutes or longer and check again.
8. Remove from the steamer and tip baking pan to drain any excess water. Leave *kuih* to cool completely. Remove pandan leaves.
9. Top cooled *kuih* with grated coconut topping. Cut into slices and roll *kuih* over grated coconut to coat it well.

NOTE

2 drops of red or green food colouring may be added to the tapioca before steaming.



Ang Cho Teh with Lotus Seeds

Red date and logan tea is a traditional dessert made using a few simple ingredients.
It is excellent for serving during festive occasions.

Makes 1.5 litres

INGREDIENTS

40 g lotus seeds
1.5 litres water
3–4 pandan leaves, torn into halves
40 g yellow rock sugar
40 g red dates
50 g dried longans

METHOD

1. Prepare lotus seeds. Split lotus seeds into halves and remove pith.
2. In a pot, boil enough water to cover lotus seeds. Place lotus seeds into boiling water and boil for 20 minutes or until soft. Drain lotus seeds and set aside.
3. In a large pot over medium-high heat, bring 1.5 litres water, pandan leaves and sugar to a boil until sugar dissolves.
4. Reduce heat to low, add red dates and longans, and boil for 15–20 minutes.
5. Add lotus seeds and simmer for another 10–15 minutes.
6. Remove from heat and discard pandan leaves. This can be served hot or cold.

NOTE

Do not wash lotus seeds in cold water. Always use warm water or the lotus seeds will not be soft and tender.



About the Author For Review Only



Allan Albert Teoh is a self-taught baker whose hobby of weekend baking flourished into a popular culinary enterprise, AllanBakes. Well known for his delicious cheesecakes, Allan was crowned one of the four Cheesecake Heavenly Kings in a countrywide contest organised by *Lianhe Wanbao*. Allan's wonderful treats have also been recognised further afield at the Gourmand World Cookbook Awards 2011 in Paris, where his first book, *AllanBakes Really Good Cakes*, clinched the Best Desserts Cookbook Award for Singapore. At the Gourmand World Cookbook Awards 2013, his second book, *AllanBakes Really Good Treats*, was named the Best Pastries Book for Singapore. Allan's third book, *AllanBakes Really Good Cheesecakes*, was published in 2013.

In 2012, Allan mentored the winner and runner-up of the *Junior MasterChef Australia* (Season 2) when they visited Singapore to do a cooking demonstration at the Singapore Expo. Subsequently, Allan became a full-time culinary coach and consultant. In 2017, Allan joined Chef's Secrets Cooking & Baking Resource Centre as a partner. Allan continues to share his recipes and love for baking through the culinary workshops that he conducts at private cooking schools and community centres.