



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 (2009) in a countrywide contest organised by *Lianhe Wanbao*. Allan's wonderful treats have also been recognised further afield at the Gourmand World Cookbook Awards, where his first book, *AllanBakes Really Good Cakes*, clinched the Best Desserts Cookbook Award for Singapore in 2011. His second book, *AllanBakes Really Good Treats*, was named the Best Pastries Book for Singapore 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 and Baking Resource Centre as a partner. Allan continues to share his love for cooking and baking through the culinary workshops that he conducts, as well as through his cookbooks.

Home-cooked Meals: Favourite Asian Dishes and More celebrates the comfort of sharing a home-cooked meal with family and friends. In this collection, popular culinary consultant Allan Albert Teoh presents 45 mouthwatering dishes that can be mixed and matched to form a satisfying meal. Choose from a variety of Asian home-style favourites such as *rendang daging* (spicy dry beef stew), fish head curry and stir-fried ladies' fingers; or prepare simple one-dish classics like white *bee hoon* (braised seafood vermicelli) and kampong fried rice. Round off a perfect meal with desserts such as *pulut tai tai* (glutinous rice cakes with coconut jam) and rose coconut *ladu* (sweet coconut balls), which are sure to delight your loved ones. Cooking at home becomes a simple pleasure with Allan's easy-to-follow recipes.



visit our website at:
www.marshallcavendish.com/genref



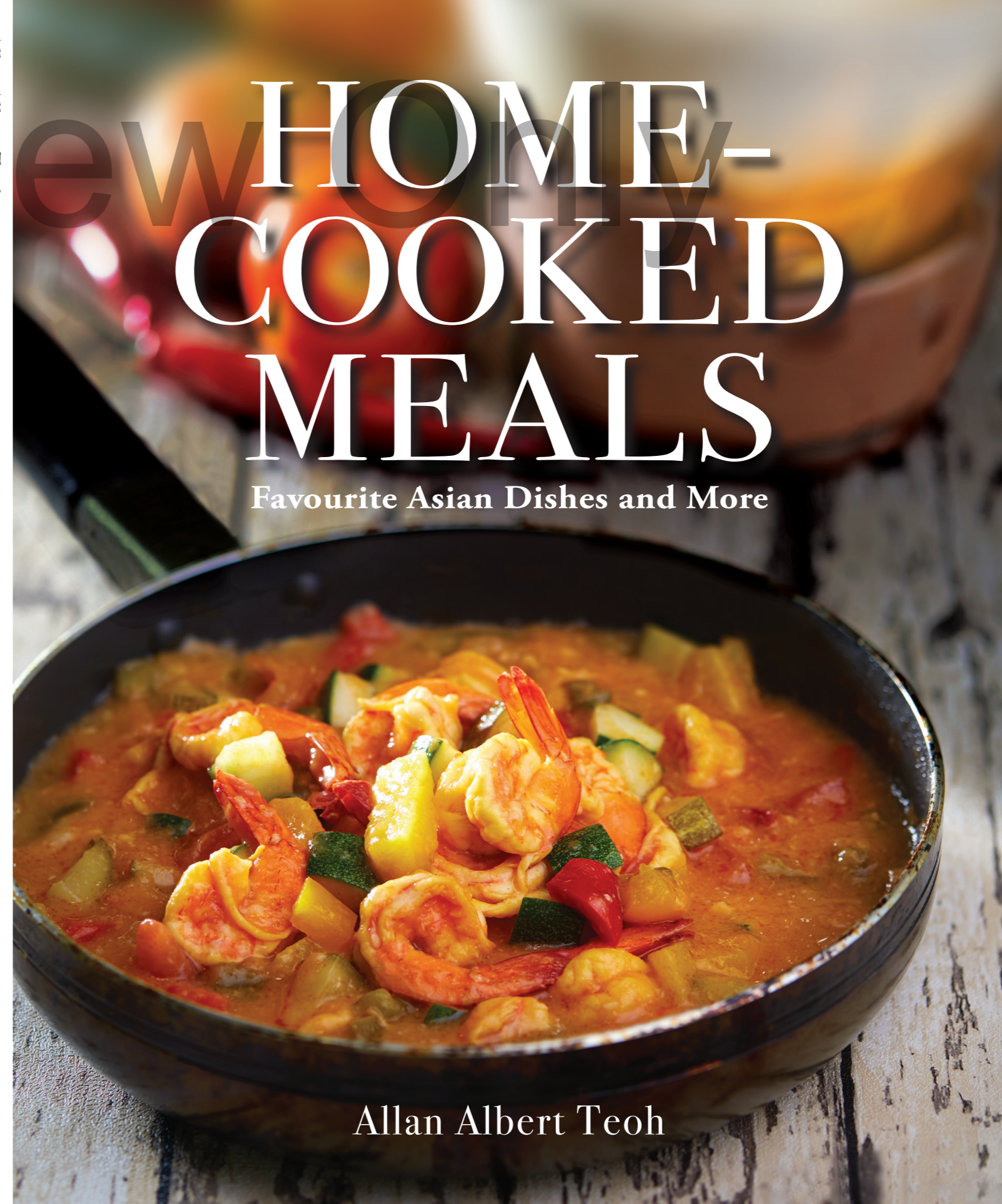
Marshall Cavendish Cuisine

HOME-COOKED MEALS

Allan Albert Teoh

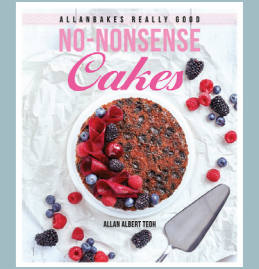
HOME-COOKED MEALS

Favourite Asian Dishes and More

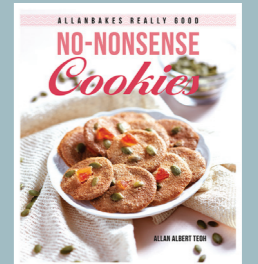


Allan Albert Teoh

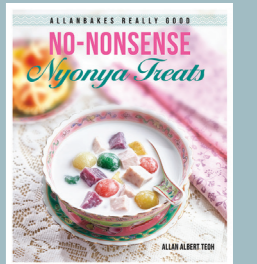
Also by Allan Albert Teoh:



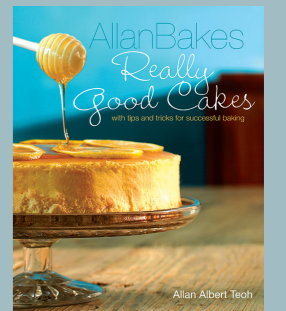
978-981-4828-52-9



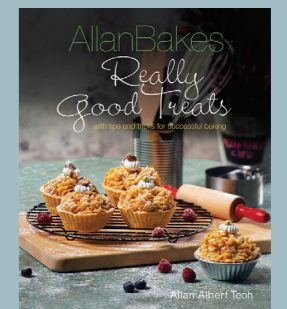
978-981-4828-53-6



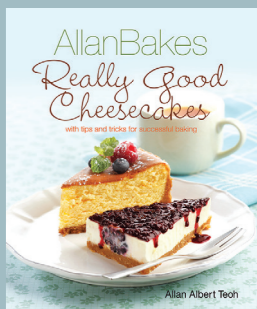
978-981-4828-54-3



978-981-4302-70-8



978-981-4398-14-5



978-981-4408-12-7

For Review Only

HOME-COOKED MEALS

Favourite Asian Dishes and More

Allan Albert Teoh

For Review Only

The publisher wishes to thank C S Tay Foods Pte Ltd for their support.

Editor: Lo Yi Min
Designer: Bernard Go
Photographer: Ng Chai Soong

© 2019 Marshall Cavendish International (Asia) Private Limited

Published by Marshall Cavendish Cuisine
An imprint of Marshall Cavendish International



All rights reserved

No part of this publication may be reproduced, stored in a retrieval system or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the copyright owner. Requests for permission should be addressed to the Publisher, Marshall Cavendish International (Asia) Private Limited, 1 New Industrial Road, Singapore 536196. Tel: (65) 6213 9300 E-mail: genref@sg.marshallcavendish.com Website: www.marshallcavendish.com/genref

Limits of Liability/Disclaimer of Warranty: The Author and Publisher of this book have used their best efforts in preparing this book. The Publisher makes no representation or warranties with respect to the contents of this book and is not responsible for the outcome of any recipe in this book. While the Publisher has reviewed each recipe carefully, the reader may not always achieve the results desired due to variations in ingredients, cooking temperatures and individual cooking abilities. The Publisher shall in no event be liable for any loss of profit or any other commercial damage, including but not limited to special, incidental, consequential, or other damages.

Other Marshall Cavendish Offices:
Marshall Cavendish Corporation, 99 White Plains Road, Tarrytown NY 10591-9001, USA • Marshall Cavendish International (Thailand) Co Ltd, 253 Asoke, 12th Floor, Sukhumvit 21 Road, Klongtoey Nua, Wattana, Bangkok 10110, Thailand • Marshall Cavendish (Malaysia) Sdn Bhd, 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): Teoh, Allan Albert. | Ng, Chai Soong, photographer.
Title: Home-cooked meals : favourite Asian dishes and more / Allan Albert Teoh ; photographer, Ng Chai Soong.
Other title(s): Favourite Asian dishes and more.
Description: Singapore : Marshall Cavendish Cuisine, 2019. |
Identifier(s): OCN 1083049546 | 978-981-48-4129-0 (paperback)
Subject(s): LCSH: Cooking, Asian. | LCGFT: Cookbooks.
Classification: DDC 641.595--dc23

Printed in Malaysia

In loving memory of my late parents, especially my mum, Madam Ong Su Wha, who shared her recipes with me, taught me how to cook and showed me the importance of family and love.



Contents

Foreword 6

Acknowledgements 8

Introduction 10

12

SOUPS

Lotus Root Soup with Pork Ribs 14

Chicken Soup with Burdock Root
and Mushrooms 16

Soto Ayam 18

Rasam 20

Sup Kambing 22

Acar 26

Cucumber Raita 28

Chap Chye 30

Stir-fried Ladies' Fingers 32

Spinach Curry 34

Sayur Lodeh 36

Crispy Vegetarian Yam Ring 38

Chicken Curry 44

Chicken and Chinese Mushroom Stew 46

Port Wine Chicken 48

Rosemary and Thyme Roast Chicken 50

Ayam Masak Merah 52

Pork Belly Slices 54

Braised Pork and Yam Slices 56

Fried Bakwan 58

Rendang Daging 60

Roasted Orange Lamb Chops 62

Mutton Keema 64

Satay Goreng Kambing 66

24

VEGETABLES

42

POULTRY & MEAT

For Review Only

68

SEAFOOD

Sweet and Sour Prawns 70

Gulai Kunyit Udang 72

Prawn Fritters 74

Asam Fish 76

Fish Head Curry 78

Baked Salmon with Herbs and Honey Butter 80

Steamed Flower Crabs in Bean Paste 82

Stir-fried Squid with Chinese Chives 84

Sotong Masak Hitam 86

88

RICE & NOODLES

Nasi Ulam 90

Baked Rice with Prawns 92

Luncheon Meat Fried Rice 94

Abalone Porridge 96

White Bee Hoon 98

Kampong Fried Noodles 100

102

DESSERTS

Green Bean Soup with Sago,
Sweet Potato and Coconut Milk 104

Glutinous Rice Balls in
Osmanthus Ginger Syrup 106

White Chocolate Blueberry Tart 108

Pulut Tai Tai 110

Rose Coconut Ladu 112

Gendang Kasturi 114

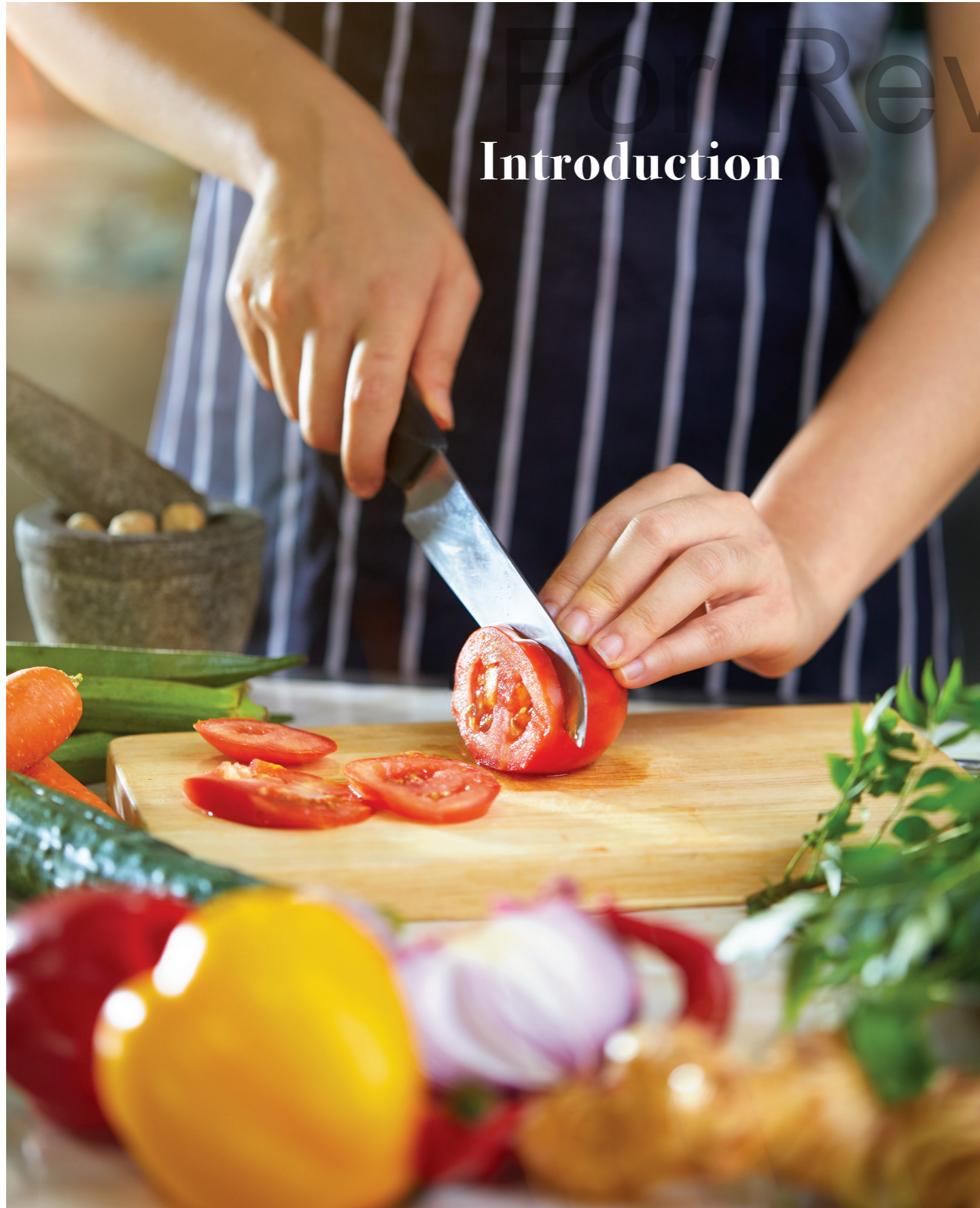
Glossary 116

Weights and Measures 120



For Review Only

Introduction



The idea for this book was prompted by my nephew Songzhi when he sought advice from me on preparing a dish that I made at home often — sweet and sour prawns. At that time, he had just gone abroad to study and wanted to prepare his own meals. It occurred to me then that I hadn't written down my recipes for my family to refer to. Thus, I began compiling recipes for easy-to-make dishes that would remind Songzhi of home.

When I consider food that reminds me of home, I think of all the dishes I can enjoy in Singapore, including foods from different cultures. This collection also includes dishes that I've tried — whether prepared by friends or from a hawker stall or restaurant — which I would then recreate at home. I also share recipes for traditional dishes that were passed to me by my mother who was a great cook.

Students I meet in class often cite complex steps and ingredients that are difficult to obtain as reasons why they avoid cooking at home. I'd like to encourage more people to cook and enjoy a meal at home, so I've tried my best to use ingredients that are readily available in wet markets or supermarkets. I've also kept the steps straightforward, but feel free to experiment and make adjustments to suit your own palate. Cooking at home should be a playful experience; you'll get a good meal and lots of fun from the whole process.

The preparation of food is a multi-sensory engagement. While testing and tweaking the recipes for this book, I had the pleasure of taking in delightful aromas; like the warmth and sweetness of five-spice powder, and the bright citrusy notes of lemons; and tasting hot and fiery chillies, and countering the spiciness with the creamy and sour tang of yoghurt. I sincerely hope that you will have as much fun preparing these dishes as I had.

Happy cooking!

Allan Albert Teoh

For Review Only

Chap Chye Mixed Vegetable Stew

Serves 5

3 Tbsp corn oil	50 g carrot, stamped into flower shapes	300 ml water
20 g dried shrimps	5 dried wood ear (black) fungus, soaked in hot water to soften	1 tsp castor sugar + more as needed
3 cloves garlic, peeled and chopped	5 dried Chinese mushrooms, soaked in hot water to soften, drained and sliced	1 tsp chicken seasoning powder + more as needed
2 slices ginger, peeled	10 boiled ginkgo nuts	$\frac{1}{2}$ tsp salt + more as needed
$1\frac{1}{2}$ Tbsp fermented soy bean paste (<i>tau cheo</i>)	10 snow peas	70 g glass noodles (<i>tang boon</i>), soaked in water to soften and drained
150 g round cabbage, shredded	20 g dried lily buds, tips trimmed, knotted, soaked in hot water to soften and drained	5 dried bean curd sticks (<i>tau kee</i>)
20 g baby corn, halved lengthwise		

1. Heat oil in a pot over medium-high heat. Add dried shrimps, garlic and ginger and fry for a few minutes. Stir in fermented soy bean paste and cook until fragrant.
2. Add cabbage, baby corn and carrot and stir-fry until the vegetables are softened.
3. Add dried wood ear fungus, mushrooms, ginkgo nuts, snow peas and dried lily buds. Stir well to mix.
4. Add enough water to cover the vegetables. You may not need to add all the water. Season with sugar, chicken seasoning powder and salt. Cover and let mixture simmer for 20–25 minutes over medium-low heat.
5. Add glass noodles and bean curd sticks and cook for another 5 minutes or until cooked through. Season to taste again.
6. Serve warm.



Port Wine Chicken

Serves 5

1 kg chicken, pat dry,
chopped into 15 pieces
2 litres water
1 cinnamon stick
5 cloves

50 g castor sugar
50 ml dark soy sauce
40 ml rice vinegar
Ground black pepper,
to taste
Corn oil, as needed

10 shallots,
peeled and sliced
125 ml port wine
7 cream crackers,
finely pounded

1. In a large pot over medium-high heat, place chicken, water, cinnamon stick and cloves, and bring to a boil. When it comes to a boil, remove from heat. Drain chicken and retain 200 ml chicken stock. Set aside.
2. Combine sugar, dark soy sauce, rice vinegar and pepper in a large bowl.
3. Heat sufficient oil in a wok. When oil is hot enough, fry chicken until slightly brown. Remove from heat and set aside.
4. In the same wok, add more oil and fry shallots until slightly brown and fragrant. Add soy sauce mixture and chicken. Stir-fry for 5 minutes.
5. Add port wine and 150 ml chicken stock. For a thinner gravy, add more stock. Simmer chicken until tender, then gradually add cream crackers to thicken the gravy.
6. When crackers are well incorporated, remove from heat and serve hot.



Sotong Masak Hitam

Squid in Black Ink

Serves 5

500 g squid	2 stalks lemongrass (white portion only), sliced	Water as needed
3–4 Tbsp corn oil	3 lime leaves, torn into halves	$\frac{1}{2}$ tsp salt
2 medium red onions, peeled and thinly sliced	3 red chillies, sliced	$\frac{1}{2}$ tsp ground white pepper
3 cloves garlic, peeled and minced	2 green chillies, halved lengthwise and seeds removed	$\frac{1}{4}$ tsp castor sugar
3-cm knob old ginger, peeled and minced		

1. Clean squid and discard the innards. Reserve 4–5 squid ink sacs, which are small, tear-shaped silvery pouches. Break ink sacs over a bowl, collect ink and set aside.
2. Slice squid into 1-cm thick rings.
3. Heat oil in a frying pan over medium-high heat and sauté onion and garlic until aromatic. Add ginger, lemongrass and lime leaves and cook for 2 minutes.
4. Add red and green chillies and cook for 1 minute. Push mixture towards the sides of the pan to make a well before adding squid ink. Stir quickly to mix and add a little water if mixture is thick.
5. Add squid, salt, pepper and sugar and simmer for 1–2 minutes. Be careful not to overcook the squid.
6. Once squid is cooked through, remove from heat and serve hot.

NOTE

Be careful when breaking the ink sacs as the process can be quite messy. Ink stains on clothing can be difficult to remove.

