

Flavours of ASEAN

A Collection of Southeast Asian Dishes



BRUNEI CAMBODIA INDONESIA
LAOS MALAYSIA MYANMAR PHILIPPINES
SINGAPORE THAILAND VIETNAM



Beef Rendang



PREPARATION

INGREDIENTS

- 1 Kg Beef
- 1 Can of Coconut Milk (400 ml)
- ½ Glass of Pounded Toasted Coconut (toast grated coconut until brown and pound until soft and sticky)
- 1 Tablespoon Palm Sugar or Brown Sugar
- 1 Teaspoon of Salt
- 2 Tablespoon of Vegetable Oil

Ground/Blended:

- 5 Large Shallots
- 4 Cloves of Garlic
- 1 Teaspoon of Ground Turmeric
- 2.5 cm Fresh Ginger

Smashed:

- 2 Stalks Lemongrass (White part only)
- 2.5 cm Galangal

Preparation of the ground/blended ingredients: Add all the shallots, garlic, turmeric, ginger to a food processor and run until there are no clumps left and you have a smooth spice paste. You will need to scrape the bowl down a few times.

Add the oil to a heavy bottomed pot and heat over medium low heat until shimmering and add the spice paste. Add the lemongrass and galangal. Fry and stir constantly until very fragrant and most of the moisture has evaporated (about 10-15 minutes).

Add the beef to the pot and cook until tender. Then add coconut milk and the pounded toasted coconut. Add palm sugar (or brown sugar) and salt.

The rendang is done when there is almost no sauce left and the beef is dark brown. Ideally you will let this sit overnight for the flavours to evenly distribute into the beef. During this time, the beef will turn darker brown coloured and the flavours will deepen.

TRIVIA

Beef rendang is a spiced meat and a typical Malay dish in Brunei served at special or festive occasions such as wedding feasts and Hari Raya (Eid al-Fitr). Rendang is often served with steamed rice, ketupat (a compressed rice cake) or leman (glutinous rice cooked in bamboo tubes). Rendang can also be made using chicken or lamb meat as well. Rendang is also popular in Indonesia, Malaysia and Singapore.

Pulut Panggang

(Grilled Glutinous Rice)

INGREDIENTS

2 Glasses of Glutinous Rice
 1½ Glass of Water
 ½ Tsp of Salt
 10 – 15 pieces of Banana Leaves (Size: 15 cm x 20 cm)

Filling:

½ kg of Minced Beef/Chicken
 4 pcs of Shallots
 3 Cloves of Garlic
 2.5 cm Ginger
 3 – 4 Tablespoon Cooking Oil
 A pinch of Salt and Sugar

PREPARATION

Cook glutinous rice with water and salt until cooked. (between 25 -45 minutes)

Filling:

Chop and blend onions, garlic and ginger in a blender. Heat oil in the frying pan. Add the blended onions, garlic and ginger until it turns slightly brown. Add minced meat, salt and sugar to taste. Stir until ingredients are about to dry up and set aside.

Wrapping:

Rub a little bit oil on each banana leaf. Place on each banana leaf some cooked glutinous rice, flatten the rice and put the meat fillings on it. Roll the banana leaf over into a sausage shape. After that, secure the ends with toothpicks. Toast the pulut panggang over charcoal heat or grill it. You know when it's cooked and remove them to serve.

TRIVIA

Pulut Panggang is a typical Bruneian savory snack made of glutinous rice with fillings such as minced beef, chicken, dried prawn or smoked fish or anchovies (Tahai or Pusu) wrapped in banana leaves and grilled. They can be served for breakfast, tea or can also be eaten on its own at any time. The most famous Pulut Panggang comes from Pekan Tutong, one of the four districts of Brunei Darussalam. They can also be found at night markets across Brunei.



Sam Lor Machu Kreung Sach Ko

(Beef Sour Soup)

INGREDIENTS

1 Kg Beef tenderloin
4 spoons no. 4 Mudfish
300 g Lemongrass, galangal,
turmeric, garlic, lemon leaf
2 spoons no. 4 Mixed ingredient
4 spoons no. 4 Fish Sauce
4 spoons no. 1 Salt
2.5 liters Water

PREPARATION

Mix ingredient: Lemongrass, garlic, galangal, turmeric, lemon leaf.

Beef thinly sliced

Put a mix ingredient in the pot, beef, tamarind, mudfish, fish sauce, salt, soup powder (Knor), Sugar then mix all of it together and boil it until those ingredient cook and drain out the water after that pour water over it then put water spinach.



Pumpkin Custard

INGREDIENTS

1 small pumpkin (0.5 Kg)
5 eggs yolks
45g palm sugar (or white sugar)
75g coconut cream
Pinch of salt

PREPARATION

Wash and peel the pumpkin. Cut off the stem with a sharp knife, clean out the inside with a spoon and discard it.

In a small bowl, whisk the egg yolks with sugar and salt then add coconut cream to the mixture.

Pour the egg/coconut cream mixture inside the pumpkin shell until it almost reaches the top.

Steam the pumpkin for 35-40 minutes until it became soft.

Cool the pumpkin then slice through the skin and cut the pumpkin into wedges.



Nasi Kuning Jogjakarta

(Jogjakarta Yellow Rice)

INGREDIENTS

600g rice, thoroughly washed and drained

700cc thick coconut milk (use 1 ½ mature coconut)

30g 2 tablespoons grated turmeric

1 – 1 ½ teaspoon salt

1 tablespoon lime juice

3g 3 stalks lemon grass stalks, crushed

6g 6 sheet (Indonesian) bay leaves

PREPARATION

Steam rice until half-cooked (more or less 20 minutes), remove and place into a pot. Mix the grated turmeric with coconut milk, boil along with salt, lemon grass stalks and (Indonesian) bay leaves.

Combine everything, cook over high heat. Stir occasionally to avoid burning, cook until the rice absorbs all the coconut milk. Remove the rice, place into a steamer to finish off cooking.

Serve the yellow rice with dry dishes according to taste.

TRIVIA

Although Nasi Kuning (Yellow Rice) is prevalent outside Java, it has to be recognized that the dish originates from Java. Nasi Kuning is a dish popularly served during feasts. Muslims in East Java welcome Eid-ul-Fitr with Nasi Kuning, reserving ketupat (rice cake) and opor (chicken cooked and braised in coconut milk) for the seventh day in the Syawal month, which is known as Bodo Kupat (Lebaran Ketupat).

It is common to encounter presentations of Nasi Kuning in the form of a cone/tumpeng, surrounded by a thorough selection of side dishes that reflect elements of land, sea, and air.



Sate Lilit Bali

(Balinese Grilled Fish Satay/Skewer)

INGREDIENTS

500g fish fillet, minced (you can use boneless snapper fillet)

200g grated coconut (you can use dry grated coconut in package) to make the coconut milk

Lemon grass or bamboo satay skewers

Spice Paste:

10 shallots, peeled and sliced

5 cloves garlic, peeled and sliced

3 red chillies, seeded and sliced

3-5 bird's eye chillies (this one can be skipped if you want it less spicy)

2cm galangal, peeled and sliced

2cm Kaempferia galanga/ aromatic ginger, peeled and sliced

1 teaspoon turmeric powder

1 tablespoon coriander

½ teaspoon black peppercorn

3 candlenuts

A pinch of grated nutmeg

Salt

2 tablespoons oil

PREPARATION

Mixed fish fillet very finely in a food processor or with a chopper. Sautee all the ground spices, add coconut milk, mix well. Remove, cool down.

Then combine the spice with the fish, grated coconut and oil (food processor can be used to blend them well).

Mould the mixture (about 2 tablespoons) around a lemon grass skewer over trimmed stalks or bamboo satay skewer.

Wrap with aluminium foil and grill the skewers over hot charcoal or in the oven until cooked and golden brown.

TRIVIA

Sate Lilit is a traditional Balinese dish, which to some extent can also be found in Lombok due to Balinese influence in parts of the island, dating back to the time of Karangasem Kingdom. Sate Lilit is usually served with a kind of savory fish soup called be pasih mekuah. The fish most commonly used to make this dish is tuna.

Larb Gai

(Chicken Larb)

INGREDIENTS

- 1,5 kg of minced chicken
- 1-2 Tablespoon of lime juice
- 2-3 Teaspoon of ground chili
- 3-5 Teaspoon of ground roasted rice
- 2-3 Teaspoon of fish sauce
- 1-2 Teaspoon of salt
- 1 cup of sliced cilantro leaves
- 1 cup of sliced mint leaves
- 1/2 cup of sliced shallot straight leaves
- 1/3 cup of sliced kaffir lime leaves
- 3-4 pieces of sliced onions

PREPARATION

First, drop the minced chicken in the pan without any oil and then roast it until it's cooked. During this time, the meat should release some of its juices; don't drain off the liquid. Larb should not be completely dry. Put it in a bowl and let it cool down.

Add lime juice into the bowl following with salt, fish sauce, ground rice, chili, slice onion, cilantro, mint, kaffir lime and shallot leaves.

Stir until all ingredients completely mix together and taste. Put it in a plate and decorate with some salad leaves, sliced cucumber, chili, cilantro and mint leaves.

TRIVIA

Chicken Larb (Larb Gai) is a type of Lao food (Larb), which is a national dish of Laos and very popular in the country and also in the region of Isan. There are many kind of Larb and it is most often made with chicken, beef, duck, fish and pork. The meat can be either raw or cooked. Each part of Laos has its own recipe and special taste, which became the unique of the region. Larb is a kind of word standing for "Lucky" in Lao language and the Lao people believe that it will bring them the good luck, healthiness and well-being. It is often served together with sticky rice and raw vegetable at the special events etc.



Woun

(Coconut Jelly Dessert)

INGREDIENTS

25 g of Agar-Agar-Powder
1 L of water
1 L of coconut milk
5 eggs
500 g of sugar
2 Teaspoon of salt

PREPARATION

Add the Agar-Agar Powder into a pot of water and turn on your stove.

Mix the powder with the water and when it is almost boiling, add coconut milk mix with eggs slowly stirring.

Next, add sugar and salt. Let it boil and keep stirring about 20- 30 minutes.

Turn off your stove and set aside.

Let it cool down about 30-60 minutes and then pour into small plastic, glass or ceramic cups.

Leave it for 30-60 minutes and then wrap it with a lid or plastic wrap.

TRIVIA

Woun is a kind of Jelly Dessert, which made from Agar-Agar-Powder, water, coconut milk, eggs, sugar and salt. Woun is very popular in Laos and some parts of Thailand. It is often served after meal or in the free time.



Chicken Kerutuk

(Spicy Chicken)

INGREDIENTS

- 1.5 kg chicken, cut into 8 pieces
- 10 shallots, sliced
- 3 fresh red chillies, split lengthwise into quarters leaving the top intact
- 2 tomatoes, quartered
- 20 dried chillies, soaked in water, de-seeded and ground
- 100 g grated coconut to make kerisik
- 2 pcs asam keping (dried tamarind slices)
- 1.5 cm cinnamon stick
- 3 pcs star anise
- 4 cups (1 litre) coconut milk
- Salt and Sugar to taste
- Oil for cooking

Spice Blend:

- 30 g coriander powder
- 5 cardamom seeds
- 5 cloves
- 5 g fennel seeds
- 5 g cumin
- 5 g black peppercorns
- 4 cm ginger
- 4 cm turmeric root
- 4 cm galangal
- 2 lemongrass bulbs, sliced finely
- 5 cloves garlic

PREPARATION

Toast the grated coconut over low heat until golden brown for kerisik and then remove. Pound the kerisik in a mortar and pestle until it becomes a rich paste. Ground all the spice ingredients together until fine.

Marinate the chicken pieces for 20 minutes with the ground spices, kerisik paste and half portion of the ground chillies.

Heat a little oil in a pot and fry the sliced shallots until slightly crispy and add half of the ground chillies. Stir fry until fragrant and then remove and set aside.

Put the marinated chicken in a pot with the 2 slices of asam keping (dried tamarind) and cook over medium heat. Stir occasionally and when the liquid becomes slightly dry, add the coconut milk and mix well.

Bring to a boil and then reduce heat and simmer making sure to stir frequently. Cook until the gravy thickens, then add the tomatoes, fried shallots and chillies. Season with salt and sugar to taste. Simmer for another 20 minutes until the chicken is cooked and oil rises to the surface. Serve with rice.

TRIVIA

Chicken Kerutuk is a rich spicy chicken dish with a thick gravy and is usually served at festive occasions as an accompaniment to Nasi Minyak or other specialty rice dishes. Kerisik is used in Malaysian and Singaporean cooking. Coconut is grated, toasted, and then ground to a paste. It is sometimes referred to as coconut butter. It can be made at home or bought ready-made.

Roti Jala

(Lacey Crepe)

INGREDIENTS

- 1 cup plain flour
- 1 cup coconut milk
- 1 egg
- 1/2 tsp salt
- 1 tbsp oil
- 2 pandan leaf (screwpine leaf)

PREPARATION

Sift flour and salt in a mixing bowl. Make a well in the centre and drop in the egg and half the coconut milk.

With a wooden spoon, stir egg and coconut milk into the flour to get a smooth batter. Add more coconut milk if necessary. Beat the batter for 10 minutes until it is smooth and bubbly.

Mix the rest of the coconut milk into the batter, cover the bowl with clean teatowel and leave the batter to stand for 20 minutes.

Fold the pandan leaf and tie them together to get 15 cm brush. If pandan leaf are not available, tie a pieces of muslin to the end of a stick.

Heat a frying pan and greased it by brushing with pandan leaf or muslin brush dipped in oil. Pour some batter into Roti Jala mold or squeeze bottle with multiple nozzle and, moving it in a circular motion, let it drop to form a thin, lacy pancake in the hot frying pan. When it is cooked, fold into quarters and transfer to plate.

Cover with a clean tea towel to keep it moist and warm.

Continue until the batter finish.



Mohinga

(Rice Noodle with Fish Soup)

INGREDIENTS

1 kg thin rice noodle
 640g cat fish fillet
 1 sliced banana stem
 (inner part only)
 100g roasted rice flour
 (stir with 100 g of water)
 160g chickpea
 (boil until tender and blend)
 Note: Keep chickpea boiled stock
 to reuse later
 2 stalks lemon grass
 10 fried pea / vegetable fritters
 10 boiled eggs
 20 peeled shallots
 coriander
 lime or lemon

Ingredients for fish paste
 320g chopped onion
 150g chopped garlic
 80g chopped ginger
 2 stalks lemon grass(thick bottom
 part only, outer layers discarded,
 inner part minced)
 160g vegetable oil
 2 tsp chili powder
 1 tsp turmeric
 ¼ tsp black pepper
 1 tsp salt
 1 tsp chicken powder

PREPARATION

Boil cat fish with water (300 g), fish sauce(2 ta-
 blespoons), turmeric (half teaspoon), lemon
 grass (2) for 5-7 minutes until lightly cooked.
 Keep the fish stock to reuse later. Remove the
 fish from boiling pot, debone and skin, then
 flake flesh. In a pot, add water (300 g), turmeric
 (1 teaspoon) and sliced banana stems, and
 marinate.

How to cook fish paste

Heat oil in a large wok. Fry chopped onion, gar-
 lic, ginger and lemon grass until fragrant.
 Add chili powder and turmeric. Add fish fillet,
 black pepper and stir fry for 5 - 7 minutes until
 fish meat are cooked. Add salt (1 teaspoon)
 and chicken powder (1 teaspoon), and then
 remove the wok from the heat.

How to cook the soup

Heat a large pot. Add fish paste, chickpea
 stock, fish stock, water (2 liters), crushed 2 lemon
 grass and stir until boil. Add roasted rice flour in
 cold water, blended chickpea then stir well.
 Add fish sauce (1 tablespoon) and salt (if neces-
 sary). Then add sliced banana stems and cook
 until tender. When banana stems become ten-
 der, add sliced boiled egg and black pepper
 (1/4 tablespoon). Finally, add peeled shallots
 into the boiling soup until cooked.

How to cook rice noodles

Boil the water and put thin dried rice noodles.
 Cook until tender. Rinse the cooked rice noodles
 with cold water. Keep it on the sieve so that wa-
 ter will be strained away.

TRIVIA

Rice Noodle with Fish Soup is known as Mohinga in Myanmar. Hinga means soup. Hinga soup is made with cat fish and lemongrass. Mohinga is one of the favourite breakfast dishes in Myanmar. It is also regarded as one of Myanmar national noodle dishes. There are different varieties of Mohinga in various regions of Myanmar. Though it is the breakfast dish, it can be found easily in many restaurants all day.



Ohn Htamin

Coconut Rice with Chicken Curry



INGREDIENTS

Coconut Rice

4 cups basmati rice
 200g coconut milk
 6 cups water
 4pcs chopped onion
 1 tsp salt
 1tbs sugar
 Coriander

Chicken Curry

1kg chicken
 6pcs chopped onion
 4 pcs chopped garlic
 1 inch sized minced ginger
 2 tsp chili powder
 2 tsp Salt
 2 tsp chicken powder
 1 tsp masala spice

PREPARATION

Coconut Rice

Clean basmati rice. Mix with salt, sugar, minced onion and coconut milk. Add 6 cups of water and cook with rice cooker. Keep the coconut rice warm in the cooker for about 5 minutes after cooked. Do not serve immediately.

Chicken Curry

Marinate chicken with crushed onion (half), garlic (half), ginger, salt and chicken powder and put in refrigerator for one hour.

Take out the marinated chicken for 10 minutes before cooking.

Heat the pan. Put 4 tablespoons of oil. When oil becomes hot, add thinly sliced onion and crushed garlic and stir until golden brown. Add chili powder. Stir for 2-3 minutes.

Add marinated chicken and stir for 5 minutes.

Add one cup of water to cover the chicken. Cover the pan until chicken is cooked.

Add masala spice into chicken curry at the last minute.

Serve the coconut rice with chicken curry.

TRIVIA

Ohn Htamin is one of Myanmar traditional dishes. It is served especially at the ceremonies such as wedding ceremonies and happy gatherings. Ohn htamin is commonly paired with chicken or mutton curries. It is also famous in other Asian countries in different styles.

Adobong Manok at Baboy

(Stewed Chicken and Pork in Soy and Vinegar)

INGREDIENTS

6 cloves garlic, crushed
 120ml coconut vinegar
 60 ml soy sauce
 7.5 grams (1/2 tablespoon)
 black peppercorns, crushed

1.5 kgs pork belly (liempo) with
 skin on, cut into 5cm cubes
 1 kg chicken, cut into stewing
 pieces

Enough water to cover meat

Annatto (atchuete) water – 30
 grams annatto seeds soaked in
 120 ml water for 5 minutes then
 strain, discard seeds

Steamed rice, as needed

Pickled vegetables (atchara)
 for siding

PREPARATION

Combine garlic, coconut vinegar, soy sauce and peppercorns in a wok or saucepot. Add pork, chicken and water. Simmer over medium heat until chicken is cooked. Remove chicken from the pot and set aside.

Continue simmering until pork is tender. Oil will be expressed from the pork fat. Remove about 2/3 of the oil from the sauce and increase heat to medium. Fry pork until golden brown.

Return chicken to the pot. Add the annatto water to the “adobo” mixture and stir to incorporate. Reheat the “adobo” mixture.

Gently toss cooked meats. Some of the meat will stick to the pot so scrape the sides to include these into the mixture (the secret to a good “adobo”).

Serve warm with steamed rice and pickled vegetables.

TRIVIA

Chicken and pork adobo is considered as the national dish of the Philippines. Soy sauce and vinegar, the dish's main ingredients, give it a unique salty-sour taste that is different from dishes of the same name found in other countries.

The versatile chicken and pork adobo can be shredded and turned into meat floss for bread or into paste for canapés.

More than just a dish, adobo is also a way of cooking. Vegetables like string beans and bamboo shoots can also be used as an alternative to meat.



Turon

(Crispy Banana Rolls)

INGREDIENTS

20 lumpia wrappers (spring roll wrappers work well, too)

10 saba (or 6 small bananas)

1 cup chopped langka (jackfruit)

2 egg whites, beaten

2 cups oil for deep frying

1 cup brown sugar

3/4 cup water or coconut milk

PREPARATION

Prepare the filling. Chop up the langka, set aside. Cut the banana into three long pieces and roll each piece in brown sugar.

Pull apart the lumpia wrapper to get them ready for assembly.

Fill the turon. Lay 2 - 3 slices of saba on a wrapper. Spoon a few teaspoons of langka over the slices.

Wrap the turon. Start by folding the top and bottom of the wrapper toward the middle. Roll the wrapper away from you, as you would an egg roll. Brush a big of egg white on the edge of the wrapper to seal it in place. Finish filling and rolling the rest of the wrappers. After the turon is wrapped, one may opt to roll the turon in brown sugar. The sugar will caramelize as the turon fries. Alternatively, you may make a brown sugar syrup to serve with the turon after they're fried.

Heat the oil and lay the turon in the oil. Halfway through the frying process, turn the rolls with a pair of tongs.

Syrup: To make the syrup, all you need is brown sugar and water. Combine ingredients in a saucepan (medium heat), stir the mixture and allow it to come to a simmer. When it's ready, it should be thick, bubbly and caramel-colored.

TRIVIA

Made of saba, a variety of the banana fruit that originated from the Philippines, turon is popular among snack-loving Filipinos. Usually served fresh from the deep fryer, it can be found in ubiquitous stalls on the streets and alleys of the country.

Want to give the turon a bit of flair? Pair it with vanilla ice cream for a perfect combination of crunchy fruity taste and smooth vanilla sweetness.



Chilli Crab

INGREDIENTS

Crab, 450 grams
 Plain Flour, 4 tablespoons
 Vegetable Oil, 3 tablespoons
 Garlic, 8 cloves
 Fresh Red Chilli
 (roughly chopped), 8
 Egg, 1
 Spring Onions, 2
 Lime or Lemon Juice, 1 table-
 spoon
 Coriander, 1 small bunch
 Water, 1 cup
 Tomato Ketchup, 5 tablespoons
 Sugar, 2 tablespoons
 Cornflour, 1.5 tablespoons
 Salt, 0.25 tablespoons

PREPARATION

Heat the oil in a wok over high heat.
 Add garlic and stir-fry for 1 minute.
 Add the chilli and stir-fry till fragrant.
 Add crabs, and fry well till their shells start turning red
 Add water, ketchup, sugar, cornflour and salt and stir well, before covering the wok with a lid and simmer till the crabs' shells are completely red.
 Add the egg into the wok and streak with a fork.
 Squeeze lime juice over and stir in scallions.
 Serve the crab with bread or steamed rice.

TRIVIA

Chilli Crab was created in 1950 by a Singaporean chef, Madam Cher Yam Tian with her husband, Mr Lim Choon Ngee. The couple ran Palm Beach Seafood Restaurant on Upper East Coast Road in Singapore. Mud crabs are commonly used and are stir-fried in a semi-thick, sweet and savoury tomato- and chilli-based sauce. Chilli Crab can be widely found at hawker stalls and restaurants. Despite its name, it is not a very spicy dish and is very popular among visitors to Singapore!

Hainanese Chicken Rice

INGREDIENTS

Chicken:

Chicken, 1 (about 1 kg)

Water, 1.5 litres

Ginger, 5-6 Slices

Pandan Leaves, 4

Cucumber, 1

Parsley, 1 bunch

A basin of ice water

Sesame Oil, 2 tablespoons

Flavoured Rice:

Rice (White Jasmine Rice), 3 cups

Oil and chicken fats, 4-5 tablespoons

Chicken stock, 3 cups

Grated Ginger, 1 tablespoon

Chopped Garlic, 6 cloves (about 2 tablespoons)

Pandan Leaves, 4

Salt, 1.5 tablespoons

PREPARATION

Wash the rice and soak for 20 minutes. Drain dry for another 20 minutes and set aside.

Wash the chicken thoroughly, and cut out the fats from the chicken to be set aside for later use.

Insert ginger, spring onions and 1 bundle of pandan leaves into the cavity of the chicken. Use a few tooth picks to seal up the cavity.

In a pot, add 1.5 litres of water and bring to a boil. Immerse the whole chicken into the water. Cover the pot with a lid. Once the water boils, turn the heat to low and let the chicken simmer for another 10 minutes. After that, switch off the heat and let it simmer in the water for another 35 minutes.

Once the chicken is cooked, soak it in ice water for about 20 minutes. Transfer the chicken onto a plate, and rub it with 2 tablespoons of sesame oil.

Fry the chicken fat that had been set aside earlier with 1 tablespoon of grated ginger, 2 tablespoons of chopped garlic and fry till aromatic. Quickly add in the washed rice and 1.5 tablespoons of salt and mix well.

Transfer the rice mixture into the rice cooker. Pour in 3 cups of chicken stock. Place a bundle of pandan on top of the rice and cook. Remove the stuffing from the chicken and serve with the rice.

TRIVIA

The recipe of Singapore's Hainanese Chicken Rice was adapted from early Chinese immigrants from Hainan Island, where the dish was called "Wenchang chicken". In Singapore, the dish has, through the years, been infused with local Cantonese influences, which inspired Singaporeans' tradition of eating chicken rice with a tangy chili sauce. This version of local chicken rice can no longer be found on Hainan Island, and is unique to the numerous hawker centres in Singapore, where the dish continues to be enjoyed by all Singaporeans.



Pla Pla Salmon

(Thai Salmon Salad)

INGREDIENTS

250	g	Salmon
60	g	Shallots
3		Stalks lemongrass
6	g	Small chillies
15	g	Chopped garlic
5	g	Chopped coriander roots
30	g	Lemon juice
15	g	Sugar
30	g	Fish sauce
5		Kaffir lime leaves
2		Long red chillies
		Coriander for garnish

PREPARATION

Clean the salmon and slice it into thin strips

Mix the sugar, fish sauce and lemon juice together in a bowl and stir until the sugar is dissolved. Then add the chopped garlic and chopped coriander roots.

Place the salmon in the sauce mixture. Add the following: shallots, lemongrass and small chillies; gently mix all the ingredients together.

Place the salmon salad on a serving plate. Top with chopped long red chillies, chopped kaffir lime leaves and coriander, serve with fresh salad.

TRIVIA

The dressing of this Thai salad spices with three Thai regular flavours: salty taste by fish sauce, sweet taste by sugar and sour taste by lime juice. Vital ingredients are thinly sliced lemon grass and kaffir lime leaves which make "Pla" having more distinctive flavour than other Thai Salad such as "Yam". Inspiring by western cuisine, this Thai salad, which contains salmon as the main ingredient, is one of the popular Thai fusion cuisine menu. This delicacy could be served not only as a main dish with rice but also as an appetizer in the western menu.

The cooking demonstration of Thai Salmon Salad created by the Thailand Foundation is also available on internet at: goo.gl/wcg6dm



Gaeng Massaman Nua

(Massaman Beef Curry)

INGREDIENTS

For the Curry:

- 300 g Top round beef
- 40 g Massaman curry paste
- 100 g Coconut cream
- 300 g Coconut milk
- 250 g Stock
- 50 g Roasted peanuts
- 100 g Potatoes
- 100 g Onions
- 30 g Palm sugar
- 2 tbsp Tamarind juice
- 1 tsp Salt
- 3 g Cardamom
- 2g Bay leaves

Massaman curry paste:

- 100 g Dried chillies
- 2 tsp Ground pepper
- ½cup Chopped shallots
- 4tsp Roasted ground coriander seeds
- ¼cup Chopped garlic
- 2tsp Roasted ground cumin
- 2tsp Chopped galangal
- ½tsp Roasted ground cloves
- ½cup Chopped lemongrass
- ½tsp Roasted ground nutmeg
- 2tsp Grated kaffir lime peel
- ½tsp Roasted ground cinnamon
- 2tsp Chopped coriander roots
- ½tsp Roasted ground cardamom
- 4tsp Salt
- 12 g Mace
- 2tsp Grilled shrimp paste

PREPARATION

Simmer the coconut cream until it just starts to separate. Then add the massaman curry paste and stir until an aroma develops. Separate the coconut milk into two halves; mix the first half with the coconut cream and massaman curry paste mixture. After it has come to the boil, add the beef and the rest of the coconut milk.

Add the stock and bring to the boil. Add the following: cardamom, bay leaves, roasted peanuts and potatoes. Simmer until the beef and potatoes are tender and then season with salt, palm sugar and tamarind juice.

Add the onions and simmer until the curry thickens.

TRIVIA

One of the central flavors of Thai cuisine is curry. Unlike other curries, Thai curries are made with fresh ingredients, rather than being ground together with dried spices. Likewise, Thai curries are usually cooked with coconut milk instead of yogurt.

The flavors of the massaman curry paste come from spices that are not frequently used in other Thai curries. Cardamom, cinnamon, cloves, star anise, cumin, bay leaves, nutmeg and mace would, in the 17th century, have been brought to Thailand by Muslim traders, hence the name Massaman. However, the original ingredients are combined with local produce such as coriander seeds, lemongrass, galangal, white pepper, shrimp paste, shallots garlic, fish sauce, tamarind paste, sugar, coconut milk and peanuts in order to

The cooking demonstration of Massaman Beef Curry created by the Thailand Foundation is also available on internet at: goo.gl/9zv333



Fresh Spring Rolls



INGREDIENTS

2 ounces rice vermicelli
 8 rice wrappers (8.5 inch diameter)
 8 large cooked shrimp - peeled, deveined and cut in half
 1 1/3 tablespoons chopped fresh Thai basil
 3 tablespoons chopped fresh mint leaves
 3 tablespoons chopped fresh cilantro
 2 leaves lettuce, chopped
 4 teaspoons fish sauce
 1/4 cup water
 2 tablespoons fresh lime juice
 1 clove garlic, minced
 2 tablespoons white sugar
 1/2 teaspoon garlic chili sauce
 3 tablespoons hoisin sauce
 1 teaspoon finely chopped peanuts

PREPARATION

Bring a medium saucepan of water to boil. Boil rice vermicelli 3 to 5 minutes, or until al dente, and drain.

Fill a large bowl with warm water. Dip one wrapper into the hot water for 1 second to soften. Lay wrapper flat. In a row across the center, place 2 shrimp halves, a handful of vermicelli, basil, mint, cilantro and lettuce, leaving about 2 inches uncovered on each side. Fold uncovered sides inward, then tightly roll the wrapper, beginning at the end with the lettuce. Repeat with remaining ingredients.

In a small bowl, mix the fish sauce, water, lime juice, garlic, sugar and chili sauce. In another small bowl, mix the hoisin sauce and peanuts.

Serve rolled spring rolls with the fish sauce and hoisin sauce mixtures.

TRIVIA

Vietnamese spring roll is a Vietnamese dish traditionally consisting of pork, prawn, vegetables, rice vermicelli, and other ingredients wrapped in Vietnamese rice paper. This healthy dish is listed at number 30 on World's 50 most delicious foods compiled by CNN.

Pho Vietnam



INGREDIENTS

- 4 pounds beef soup bones
- 1 onion, unpeeled and cut in half
- 5 slices fresh ginger
- 1 tablespoon salt
- 2 pods star anise
- 2 1/2 tablespoons fish sauce
- 4 quarts water
- 1 (8 ounce) package dried rice noodles
- 1/2 pounds beef top sirloin, thinly sliced
- 1/2 cup chopped cilantro
- 1 tablespoon chopped green onion
- 1 1/2 cups bean sprouts
- 1 bunch Thai basil
- 1 lime, cut into 4 wedges

PREPARATION

Preheat oven to 425 degrees F (220 degrees C). Place beef bones on a baking sheet and roast in the preheated oven until browned, about 1 hour.

Place onion on a baking sheet and roast in the preheated oven until blackened and soft, about 45 minutes.

Place bones, onion, ginger, salt, star anise, and fish sauce in a large stockpot and cover with 4 quarts of water. Bring to a boil and reduce heat to low. Simmer on low for 6 to 10 hours. Strain the broth into a saucepan and set aside.

Place rice noodles in large bowl filled with room temperature water and allow to soak for 1 hour. Bring a large pot of water to a boil and after the noodles have soaked, place them in the boiling water for 1 minute. Bring stock to a simmer.

Divide noodles among 4 serving bowls; top with sirloin, cilantro, and green onion. Pour hot broth over the top. Stir and let sit until the beef is partially cooked and no longer pink, 1 to 2 minutes. Serve with bean sprouts, Thai basil, lime wedges, on the side.

TRIVIA

Pho is the Vietnamese national dish, an aromatic, nutritious and delicious rice noodle soup, consisting of a deeply savory, warmly spiced beef broth laced with slippery rice noodles and a modest amount of meat. Pho originated in the early 20th century in northern Vietnam and is famous all over the world today.



ATTRIBUTIONS

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ASEAN 50



**UNDER ONE LIGHT
WE ARE ONE ASEAN**

