



LUNAR NEW YEAR 2020

COOK SNAP WIN

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COOK SNAP WIN 2020
eCookbook





LUNAR NEW YEAR 2021

COOK SNAP WIN

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Nuoc Cham Crunchy Prawn Salad Meryem Celik	12	Char Kueh Tiaw Adeline	27
Crispy Skin Duck Breast with Spring Onions, Enoki & Hoisin Jus Hope V (Fast & Fab Theme Winner)	13	Vermicelli Noodle Salad with Cantonese Chicken Kristy	28
Caramel Tamarind Pork with Thai Red Jasmine Rice & White Peach Salad Glenda McDonnell	14	Seared Scallops with Cha Soba & Ponzu Hang Tran	30
Thai Panang Chicken Kiet Chueamrasri (Wok of Fame Winner)	16	Tuna Tartare Hope V	31
Thai Prawn Skewers Adrian Dalzotto	18	Honey-Soy Salmon with Rich Coconut Rice & Ginger Veggies Mariana Valdez	32
Massaman Steak & Salad Bronwyn Cawley	19	Pork and Vegetable San Choi Bao Donna Keogh	34
10 Minute Noodles with Prawns & Chilli Oil Andrea Geddes	21	Chicken Katsu Curry Lachlan	35
Gluten Free Pork & Baby Pak Choy Stir Fry Paula Swan (Wok of Fame Winner)	22	Creamy Chilli Coconut Prawns Brian Hung (Fast & Fab Theme Winner)	36
Coconut & Mango Tapioca Breakfast Pot Svetlana Desousa	23	Sushi Stack with Egg Floss & Spicy Mango Kewpie Kristy (Asian Inspirations' Choice Winner)	37
Opor Ayam Kuning (Pressure Cooker Javanese Turmeric-Infused Creamy Coconut Chicken Curry) Helen Agostino	25	Mixed Seafood Stir-Fried with Red Curry Paste Chawalit Teeranal	40

Korean Kimchi Pork Mel A	41
Mea Culpa Blackened Ocean Trout Elizabeth Slee	42
Fried Shrimp Dumpling Jade (Fast & Fab Theme Winner)	43
Okonomiyaki Karl McKeever (Wok of Fame Winner)	44
Bouquet of Vermicelli Ambar	46
Swordfish Steaks with Zesty Dressing Dora	47

MEAT-FREE MARVELS

Everyday Veggie & Tofu Laksa Alejandro Silva	49	Quorn & Asparagus in Mushroom XO Sauce Lisa-Jane Fudge (Meat-Free Marvels Theme Winner)	60
Rainbow Banh Mi with Chilli Soy Glazed Tofu Jennifer Adrichem	50	Sesame Tofu & Sweet Corn Ramen Glenda McDonnell	62
Dubu Jorim Joanie	51	Thai Sweet & Spicy Fried Sweet Potato Fingers Joanie (Wok of Fame Winner)	63
Delicious Vegetable Pancake Jade	52	Mango Coconut Pudding Shekina Plowman (Asian Inspirations' Choice Winner)	65
Flower Blossom Dumplings in Sesame & Shiitake Mushroom Broth Glenda McDonnell (Meat-Free Marvels Theme Winner)	53	Soba Soy Salad Ilea	66
Avocado Rice Paper Rolls Camilla	55	Mini Japanese Pancakes (Okonomiyaki) Jeckie Peckie	67
Thai Carrot & Pumpkin Curry Michael Zupecki	56	Tofu Katsu Don Mel A (Meat-Free Marvels Theme Winner)	68
Vegetarian Pad Thai Bill Carbonell	57	Asinan Betawi (Jakartan Lightly Pickled Salad with Spicy Lime-Tamarind Peanut Dressing & Mie Crackers) Helen Agostino	70
Sweet Potato & Peanut Vegan Curry Lyndsay Burk (Grand Prize Winner)	58	Dan Dan Tofu Noodles Mel A	72
Coconut Tapioca with Lychee & Passionfruit James R	59	Panko Crumbed Tofu Salad Cynthia How	74

MEAT-FREE MARVELS

Tofu & Okra Rendang with Asian Greens Emily Archer	75
Veggie Tempura Tasting Plate with Spicy Dipping Sauce Justine Atkins	77
Nasu Chips Joanie	79
Vegan Jackfruit Baos Carol Tang	80
Two Ways Choko Fab Ambar	82
Radish & Sweet Potato Cake Chawalit Teeranal	83

Bun Ga Thom (Vietnamese Fragrant Chicken Vermicelli) Mel A	86	Spring Rolls with Noodle & Herbs Tass Philp (Wok of Fame Winner)	98
Thai Red Curry Salmon Cake Rice Bowl Lisa-Jane Fudge	88	Hot Pot (Beef Stock with Tom Yum Paste) Eva Gerardo	100
Bahn Mi Bowl GG	90	Chashu Ramen (Braised Pork Belly Ramen) Brian Hung	102
Karaage with Rice James R	91	Thai Red Curry Chicken Sam King	105
Thai Green Curry Cassie Peoples	92	Tom Yum Noodle Soup Cynthia How (Asian Inspirations' Choice Winner)	106
Thai School Prawn Cake Kiet Chueamrasri	93	Chicken & Prawn Laksa Carol Tang (Grand Prize Winner)	108
Zosui Pork Rice James R (One Bowl Wonder Theme Winner)	94	Banana Prawns & Rice Noodles with Tangy Lime & Oyster Sauce Glenda McDonnell	110
Stir Fried Chicken with Ginger & Black Fungus Tass Philp	95	Satay Chicken Brooke Walker	111
Spicy Thai Fish Soup Lisa-Jane Fudge	96	Thai Red Curry & Chicken Soup Laura	112
Mie Goreng Jawa (Javanese Fried Noodles) Helen Agostino (One Bowl Wonder Theme Winner)	97	Prawns 3 Ways Hope V	113

Bo Kho (Vietnamese Beef Noodle Soup) Mel A	114
Salmon Sashimi Rice Bowl Simon (One Bowl Wonder Theme Winner)	116
Slow Cooked Red Curry Debbie Squires	117
Tom Kha Gai (Coconut Soup) Michelle A	118
Prawn Wonton Tom Yum Chawalit Teeranal	119
Mirin, Mint & Black Sesame Ice-Cream in Coconut Soba Birds' Nests Paul Greaves	121

Chef Tips FOR THEMES

FAST & FAB



Chef Mod

" Use a sharp knife to make everything easier and it's also less dangerous. Prepare all ingredients needed before cooking, then follow the recipe."



Karen Chan

" Frozen base paste. Find a base paste you use often and have it ready to go. My base paste is sautéed and well-caramelized onions, then add minced ginger and garlic and let it cook until it is fragrant. This process can save you at least half an hour. Freeze in ice cube trays."



MEAT-FREE MARVELS



Chef Kinsan

" I believe roasting or grilling techniques achieve the addition of great flavours and texture to the vegetables. If seasoned and cooked well, the vegetables can obtain as much flavour and characteristic as cooked meat."



Chef Heather Jeong

" To entice meat eaters, pack meat-free dishes with lots of flavour. Use spices and sauces such as chilli and soy to flavour dishes. And pay attention to textures of food. You don't want soggy vegetables each time. "

ONE BOWL WONDER



Chef Lillie Giang

" My favourite One Bowl Wonder has to be the Vietnamese Bun Cha Gio - the refreshing crunchy pork noodle salad bowl consisting of fresh salad, noodles, grilled pork, crunchy spring rolls, pickled carrots, crushed peanuts and Vietnamese dressing."



Chef Tips



TIPS FOR PRESENTATION



Chef Masa

" Colour is always important when plating up a dish. A balanced out colour allows each component to be visible and clear, resulting in creating clear outlines and even textures. Also, placing the components in the centre of the plate/ bowl/ glass creates neater and cleaner presentation. Size of the plate/bowl/glass needs to be chosen carefully to match the serving size so it doesn't seem too full or less."



Executive Chef Mark Normoyle

" Authentic Asian flavours are a great, cost-effective solution to add a punch of flavour to any main, vegetable or salad dish. My tip when using spices or sauces for the first time is to weigh all ingredients to build your own base recipe. Once you are comfortable with the recipe try adding more/less/include another ingredient to improve the dish."



Chef Leslie Chan

" Use fresh ingredients, don't overcook, marinate with herbs and spices will enhance flavour."





FAST & FAB

Being busy doesn't
have to mean sacrificing
flavour. Show us a delicious
dish you can cook in under
20 minutes.





Meryem Celik's

Nuoc Cham Crunchy Prawn Salad

SERVES: 2 · COOK: 3 MINS · CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

200g	Prawns
1	Garlic (crushed)
1 tsp	Chilli flakes
3 tbsp	Olive oil
100g	Rice vermicelli
200g	Cabbage (finely shredded)
150g	Sugar snap peas (blanched)
1	Cucumber (roughly chopped)
¼ cup	Fresh coriander
	Lime wedges (to serve)

FOR NUOC CHAM SAUCE

1 tsp	Lime zest
1	Lime (juiced)
1 tsp	Brown sugar
1 tsp	Grated ginger
1 tbsp	Lee Kum Kee Premium Soy Sauce
1 tbsp	Vinegar
1	Bird's eye chilli (chopped)
1 tbsp	Squid Brand Fish Sauce

METHOD

TO PREP

- 1 Mix the prawns, crushed garlic, chilli flakes and 1 tbsp oil and set aside for 10 mins.
- 2 Prepare the rice noodles according to packet instructions, drain well and place in a large bowl.

TO MAKE THE NUOC CHAM SAUCE

- 1 Whisk the lime zest, lime juice, brown sugar, ginger, soy sauce, vinegar, chilli and fish sauce in a small bowl until completely dissolved.

TO MAKE SALAD

- 1 Heat a barbecue plate over high heat until hot and cook prawns, tossing, for 2 to 3 mins or until pink. Once cooked transfer to a plate and keep warm.
- 2 Add the cabbage, peas, cucumber, Nuoc Cham sauce and coriander to the bowl of noodles and toss to combine. Arrange salad in plates and top with prawns, thinly diced chilli and serve with a wedge of lime.

Note: You can always set aside half the Nuoc Cham sauce to pour over at the end as well.

Hope U's Crispy Skin Duck Breast with Spring Onions, Enoki & Hoisin Jus

SERVES: 1-2 · COOK: 15 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

- 1 Duck breast (pat dry)
- 1 bunch Spring onions (ends only, cut into batons)
- 1 bunch Enoki mushrooms (ends removed)
- 1 tsp Salt (plus extra to season)
- ½ tsp Five spice powder
- Micro herbs (to garnish)
- 1 tsp Lee Kum Kee Concentrated Chicken Broth (mixed into 150ml hot water)
- 2 tbsp Shaoxing wine
- 1 tsp Lee Kum Kee Premium Soy Sauce
- 2 tsp Lee Kum Kee Hoi Sin Sauce

METHOD

TO COOK

- 1 Combine salt and five spice powder in a bowl. Set aside.
- 2 Score the duck breast skin and season with salt. Place skin side down in a cold pan and turn heat to medium. Allow fat to render and continue cooking for 7 mins, until skin is crispy and fat is rendered. Flip and cook on other side for 2 mins, or until duck is cooked, but still pink. Remove from pan and allow to rest.
- 3 Add spring onions into the duck fat. Cook until browned, then remove.
- 4 Break enoki mushrooms into individual strands. Add a few into the pan in a single layer. Cook in the duck fat until crispy, then remove from pan.
- 5 Add Shaoxing wine into pan to deglaze. Allow to cook for 20 secs until alcohol is cooked out. Add chicken broth, soy sauce and hoisin sauce into pan and stir to combine. Allow to cook for 30 secs, then remove from heat.

TO SERVE

- 1 To plate, slice duck lengthwise. Spoon jus onto a plate, then arrange sliced duck breast, spring onions and enoki. Season with five spice salt and garnish with micro herbs.



Fast & Fab
Theme Winner
Hope U

FAST & FAB

Glenda McDonnell's Caramel Tamarind Pork with Thai Red Jasmine Rice & White Peach Salad

SERVES: 2-3 · COOK: 20 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

500g	Pork scotch fillet (cubed)
1 cup	Thai red jasmine rice (rinsed)
4	Small white peaches (skin on, cubed)
1	Red onion (thinly sliced vertically)
4	Qukes/Baby cucumbers (sliced)
2-3 tbsp	Roasted cashew nuts
1-2	Red chillies (sliced)
2-3	Valcom Kaffir Lime Leaves (finely shredded)
4 cups	Baby salad leaves/lettuce leaves
	Thai basil & coriander leaves (to garnish)

SAUCE & DRESSING

200g	Palm sugar
100ml	Water
2 tbsp	Tamarind puree
3 tbsp	Squid Brand Fish Sauce
1 stem	Lemongrass (bruised & cut into small pieces)
1 tsp	Lee Kum Kee Panda Brand Chinese Chilli in Oil
2 tbsp	TCC Premium Coconut Cream
½-1	Lime (juice only)
6 drops	Yeo's Pure Sesame Oil
1 tsp	Squid Brand Fish Sauce (or to taste)



METHOD

TO COOK

- 1 Bring a large pot of water to the boil, add the rice & simmer until cooked, drain & rinse under cold water.
- 2 Place the palm sugar & water in a pot on low heat, stirring until the sugar dissolves.
- 3 Add the tamarind puree, fish sauce, lemongrass & Chinese chilli oil, bring to the boil & simmer for 5 minutes or until the sauce thickens into a sticky syrup, set aside to cool.
- 4 Combine the peach, cucumber, chilli, red onion, kaffir lime leaves & cashew nuts, with some of the coriander & Thai basil in bowl.
- 5 In a separate bowl, combine 2 tbsp of the tamarind syrup with the coconut cream, lime juice, sesame oil and fish sauce; taste & adjust the flavour balance, it should be a little tangy (if you like more heat, add some finely chopped red chilli to the dressing)
- 6 Heat a heavy based non-stick fry pan, cook the pork until browned & just cooked through and pour the remaining sauce over the pork and heat, stirring to coat the pork, with a layer of sticky sauce.

TO SERVE

- 1 Toss the peach & cucumber salad with enough dressing to coat, saving some to drizzle later.
- 2 Place a layer of salad leaves in individual bowls, top each with ½ cup of rice, drizzle with a little dressing.
- 3 Top with ¼ of the peach & cucumber salad and a layer of sticky caramel tamarind pork, drizzle with a little of the remaining sauce.
- 4 Garnish with Thai basil & coriander leaves.

Kiet Chueamrasri's Thai Panang Chicken

SERVES: 1-2 · COOK: 20 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

250g	Chicken thigh fillet
400ml	TCC Premium Coconut Cream
3 tbsp	Panang curry paste
2 tbsp	Palm sugar
2 tbsp	Squid Brand Fish Sauce
2	Kaffir lime leaves
1	Bird's eye chilli

METHOD

TO COOK

- 1 Pre-heat sauce pan over a high heat and place chicken thigh fillets on the pan. Sear until both sides are golden brown and then remove from the heat.
- 2 In the same pan, pour coconut cream over and turn the heat down to medium. Add the Panang paste and mix with the coconut cream until well combined. Let it simmer until slightly reduced and mildly thicken.
- 3 To season, add palm sugar, followed by fish sauce. It should taste salty and mildly sweet.
- 4 Then add the chicken fillet into the pan. Keep it simmering for another 10 mins, then flip it over to the other side.

TO SERVE

- 1 Garnish with thinly sliced chilli and kaffir lime leaves. Serve with hot steamed rice. Enjoy!



Wok of Fame
Winner

Kiet Chueamrasri





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Adrian Dalzotto's Thai Prawn Skewers

SERVES: 3-4 · COOK: 2 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 24 Medium green king prawns (peeled and deveined, last section of tail left on)
- 2 tbsp Fresh coriander (finely chopped)
- 2 Limes (quartered, to serve)
- 4 tbsp Lime juice
- 4 tbsp Fish sauce
- 2 tsp Palm sugar
- 300ml Coconut milk
- 1 tsp Ginger (grated)
- 2 cloves Garlic (peeled and chopped)
- 1 whole Bird's eye medium red chilli (seeds removed, chopped)
- 4 whole Fresh coriander roots and first 1 cm of stems (rinsed)
- 1 stalk Fresh lemongrass (base removed, thick half only, finely sliced)

METHOD

TO PREP

- 1 Process coriander roots, lemongrass, chilli, garlic, ginger and palm sugar in a food processor then add the lime juice, fish sauce and coconut milk.
- 2 Place prawns in a bowl and pour over marinade. Cover and refrigerate for 2 to 4 hrs.

TO COOK

- 1 Drain marinade into a saucepan and bring to the boil, simmering for 1 min.
- 2 Place the skewers on the char grill over high heat and cook for just a min either side.

TO SERVE

- 1 Place on a platter and pour over cooked marinade. Sprinkle chopped coriander over the top and serve with lime wedges.





Bronwyn Cawley's Massaman Steak & Salad

SERVES: 2 · COOK: 20 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

2 serves	Fillet steaks
1 tbsp	Massaman curry paste
1 tbsp	Kecap manis
2	Medium potatoes
1 dstspn (2 tsp)	Butter/Oil
2	Medium onions
1 tbsp	Brown sugar
1 tbsp	Balsamic vinegar
	Pepper and salt (to taste)
1 tbsp	Crunchy peanut butter
1 tbsp	Coconut milk
1 tsp	Sambal oelek
	Green salad ingredients (such as cos lettuce, shallots, cucumber and/or grated carrot)
	Crushed peanuts
	Lemon juice from half a lemon

TO PREP

- 1 Rub massaman curry paste and kecap manis into fillet steak and leave to marinate while preparing the rest of the meal.
- 2 Grate potatoes and rub pepper and salt through the mix thoroughly. Put aside in a colander to allow the salt to draw moisture from the potato.
- 3 Chop simple salad ingredients and place on serving plate, then drizzle with a little lemon juice and sprinkle with crushed peanuts.



METHOD

TO COOK

- 1 Chop onions and fry over medium heat in oil until they soften. Then stir through brown sugar and balsamic vinegar to taste. These taste a little like an onion chutney, and give a nice contrast to the other flavours on the plate. They are good to eat cold or hot.
- 2 Place onions on the serving plate, wipe out the frypan and heat up some more oil.
- 3 Squeeze the potatoes to remove as much moisture as possible then melt a small amount of butter in the microwave and mix through the potato. Press firmly to make four flat patties. These do hold together in the oil if you are gentle, but don't worry if a few 'fly away' pieces of potato appear in your pan. They will firm up enough to flip over once they start to change colour. Once cooked, place on a piece of paper towel to drain, while you cook the meat.
- 4 Using the same oil you used for the potatoes, place the marinated meat into the fry pan. I used thin slices of meat to speed cooking time. While it cooks, mix up the final part of the dish.
- 5 In a microwave-proof cup, heat up the peanut butter, the coconut milk and the sambal oelek. (If you don't like chillies, you could leave the last ingredient out).

NOTES

- 1 I found that by the time the meat was cooked and resting - my sauce was ready to pour over the meat and rosti.
- 2 The flavour of the curry isn't strong in this dish - the sugar in the kecap manis helps give a nice caramel-type of finish to the meat. The peanut butter is a cheats way of adding the peanuts that are traditionally found in massaman, the potatoes are represented with the rosti, and the onions have become a relish.



Andrea Geddes'

10 Minute Noodles with Prawns & Chilli Oil

SERVES: 1-2 · COOK: 10 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

- 2 packs Ramen (or 2 minute) noodles (150g)
- 4 tbsp Vegetable oil
- 2 Eggs
- 250g Green prawns (peeled)
- 2 cloves Garlic (crushed)
- ¼ cup Lee Kum Kee Panda Brand Oyster Sauce
- ¼ cup Soy sauce
- 1 tsp Lee Kum Kee Hoi Sin Sauce
- 2 Spring onions (chopped)
- Handful of coriander (chopped)
- Fried shallots (to serve)
- Lee Kum Kee Panda Brand Chinese Chilli in Oil (to taste)

METHOD

TO COOK

- 1 Cook the ramen noodles in a pot of boiling water until soft, but still slightly firm (they will continue to cook in the wok). Drain and set aside.
- 2 Combine the oyster sauce, soy sauce and hoisin sauce in a small jug and stir to combine.
- 3 Heat the oil in a large wok over high heat until very hot. Add the eggs, prawns and garlic together and quickly stir until the eggs and prawns are cooked through.
- 4 Add the sauce to the wok and continue to cook, stirring over high heat, for another minute.
- 5 Add the cooked and drained noodles and stir fry over high heat until combined.
- 6 Add the spring onions and stir until combined.

TO SERVE

- 1 Serve the noodles on a large plate and top with fried shallots and the chopped coriander. Top with chilli in oil to individual taste. Enjoy!

FAST & FAB



Wok of Fame
Winner
Paula Swan

Paula Swan's Gluten Free Pork & Baby Pak Choy Stir Fry

SERVES: 2-3 · COOK: 20 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

- 500g Free range pork mince
- 3 bunches Baby pak choy
- 2 Carrots
- 1 Onion
- 200g Green beans
- 1 Red Capsicum
- 1 tbsp Garlic (minced)
- 2 tbsp Lee Kum Kee Gluten Free Soy Sauce
- 2 tbsp Gluten free oyster sauce
- Sesame seeds
- Olive oil
- Sesame oil

METHOD

TO COOK

- 1 Heat 2 tbsp of olive oil in large wok. Add pork mince and cook on medium-high heat. Slice and chop vegetables while meat is cooking.
- 2 Once meat is browned, add garlic and a dash of sesame oil. Cook for a further 1 min.
- 3 Add vegetables, soy sauce and oyster sauce. Ensure heat is high and cook for a further 5 mins until pak choy has softened.

TO SERVE

- 1 Serve up on a plate and sprinkle sesame seeds over the top.



Svetlana Desousa's Coconut & Mango Tapioca Breakfast Pot

SERVES: 1-2 · COOK: 20 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

400ml	Coconut milk
65g	Tapioca seed
1 tbsp	Stevia sweetener
½	Mango purée
	Berries (to garnish)

METHOD

TO COOK

- 1 Heat up 400 ml of coconut milk over medium heat.
- 2 Add the tbsp of stevia and add 65g of tapioca seed, keep stirring over medium heat until grains become translucent for approx 5 mins.
- 3 Cool mixture.

TO SERVE

- 1 Serve in a glass topped with mango purée and some favorite berries.
- 2 Enjoy!





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Helen Agostino's

Opor Ayam Kuning (Pressure Cooker Javanese Turmeric-Infused Creamy Coconut Chicken Curry)

SERVES: 4 • COOK: 20 MINS • CUISINE: INDONESIAN

INGREDIENTS

INGREDIENTS FOR OPOR AYAM

1kg	Chicken breast chunks
3 x 3cm lengths	Lemongrass stalk (bruised)
2 whole	Kaffir lime leaves
3	Salam leaves (leave out if unavailable)
1 sachet	Lee Kum Kee Ready Sauce for Coconut Curry Vegetables
400ml can	TCC Light Coconut Milk
4	Hard boiled eggs (peeled; optional, but traditional)
	Sugar and salt (to taste)

INGREDIENTS FOR SPICE PASTE

200g	Asian Shallots (peeled and chopped in quarters; or ½ cup frozen onions)
100ml	Garlic (or 1 tsp jarred minced garlic)
2 tbsp	Candlenuts (halved; or 5 macadamia nuts, halved)
3 tbsp	Fresh ginger (peeled and sliced; or 2 tsp jarred minced ginger)
1 stem	Fresh galangal (peeled and sliced; leave out if unavailable, and add another 1cm fresh ginger or ½ tsp jarred minced ginger)
1 tsp	Fresh turmeric (sliced; or 1 tsp ground turmeric)
2 tbsp	Coriander seeds (or 1 tsp ground coriander)
½-1	Cumin seeds (or ½ tsp ground cumin)
6 drops	Ground white pepper
1 tsp	Palm sugar (loosened in 2 tbsp water)
	Oil

TO SERVE

Fried shallots
 Lontong (cold compressed pandan-infused cooked rice cubes, cooked the night before and refrigerated, or cook a pouch of microwave steamed rice 90 secs)
 Sambal (chilli sauce)
 Krupuk

METHOD

METHOD FOR SPICE PASTE

- 1 Blend all ingredients together in high-speed blender for 20-30 secs, until well blended. Stop and scrape down as needed. Place in pressure cooker pot.

METHOD FOR OPOR AYAM

- 1 Sauté Spice Paste over med-high heat in open pressure cooker pot for 2 mins until fragrant and starting to "catch", do not burn!
- 2 Add lemongrass, kaffir lime leaves and salam leaves, and stir for 2 mins.
- 3 Add chicken and stir till no longer pink, about 2 mins (it doesn't need to be cooked as the pressure cooker will do that).
- 4 Add the sachet of Lee Kum Kee Ready Sauce for Creamy Coconut Curry Vegetables and half the coconut milk. Stir to combine.
- 5 Close pressure cooker lid and bring to high pressure. Pressure cook on High for 3 mins.
- 6 Quick release. Remove lid when all the pressure has been released.
- 7 Stir in remaining coconut milk and hard boiled eggs. Season with salt and sugar as needed. Heat for 2 mins, stirring gently.

TO SERVE

- 1 Serve with lontong, fried shallots, krupuk and sambal.

Adeline's Char Kueh Tiaw

SERVES: 1-2 • COOK: 20 MINS • CUISINE: MALAYSIAN

INGREDIENTS

MAIN INGREDIENTS

- 2 cups Flat rice noodles (separated)
- 1 cup Bean sprouts (cleaned and drained)
- 1 cup Chinese chives (sliced)
- 1 cup Chinese sausage (sliced)
- 2 cups Fresh prawns (deveined and heads removed)
- 2 Eggs
- 2 tsp Garlic (minced)
- 3 tsp Lee Kum Kee Premium Soy Sauce
- 2 tsp Lee Kum Kee Premium Dark Soy Sauce
- Dash of pepper
- 2 tbsp Cooking oil

METHOD

TO PREP

- 1 In a small bowl, mix the Lee Kum Kee Premium Soy Sauce and Lee Kum Kee Premium Dark Soy Sauce, and set aside.

TO COOK

- 1 Heat wok over high heat until smoky, add 1 tbsp cooking oil.
- 2 Add garlic in wok, and give it a quick stir.
- 3 Add Chinese sausage and prawns, stir until combined.
- 4 Add flat rice noodles and add half of the soy sauce mixture, stir to coat flat rice noodles.
- 5 Position the flat rice noodles to side of wok to create a well on the other side of wok.
- 6 Place remaining 1 tbsp cooking oil in the well on the other side of the wok and crack egg into well.
- 7 Cover flat rice noodles over egg, add remaining half of the soy sauce mixture, mix until combined.
- 8 Add in garlic chives and bean sprouts, mix until combined. Remove from heat immediately and serve hot.



Kristy's Vermicelli Noodle Salad with Cantonese Chicken

SERVES: 1-2 · COOK: 20 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

500g	Chicken tenderloin
	Lee Kum Kee Ready Sauce for Cantonese Chicken
250g	Dried vermicelli noodles
2	Lebanese cucumbers
1	Medium red capsicum
2	Carrots
1	Baby cos lettuce
6	Spring onions
1	Lemon
	Cashew nuts
½ cup	Sweet chilli sauce
3 tbsp	Fish sauce
2 tbsp	White rice vinegar
	Boiling water



METHOD

TO PREP

- 1 Coat 500g of chicken tenderloins with 1 packet of Lee Kum Kee Ready Sauce for Cantonese Chicken.

TO COOK THE CHICKEN

- 1 Heat 2 tbsp of oil in a frying pan on medium. Add tenderloins and cook on both sides until cooked through.
- 2 Remove chicken and let sauce simmer in the pan until it caramelises.
- 3 Return the chicken briefly to the pan to coat in the caramelised sauce. Remove chicken from the pan and let rest while making the rest of the salad.

TO COOK THE NOODLES

- 1 Cook 250g of vermicelli noodles in boiling water until just tender. Tip into a colander and run under cold water immediately to make sure they don't keep cooking.

TO MAKE THE SALAD

- 1 Cut 2 carrots, 2 Lebanese cucumbers and 1 red capsicum into matchstick size pieces. Slice 1 baby cos lettuce and about 6 spring onion stalks (only green bit.)
- 2 Mix cool noodles and vegetables together in a salad bowl.

TO MAKE DRESSING

- 1 Mix half a cup of sweet chilli sauce with 3 tbsp of fish sauce, 2 tbsp white vinegar and 3 tbsp of boiling water to thin it out a bit.
- 2 Taste dressing and if you wish you can adjust the sweet, sour, salty flavors by adding more of the sweet chilli, vinegar or fish sauce respectively until it tastes just right for you.

TO SERVE

- 1 Mix dressing through the salad. Put vermicelli noodle salad on a plate. Cut tenderloins into 1cm slices then arrange on top of the salad.
- 2 Top with cashew nuts for some crunch and add some lemon wedges to squeeze over the top. Garnish with curled spring onion by cutting spring onion into thin matchsticks and placing in refrigerated water briefly until it curls.
- 3 Enjoy!

Hang Tran's Seared Scallops with Cha Soba & Ponzu

SERVES: 3 · COOK: 10 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 3 Scallops (on the half shell)
- Salt
- 3 tbsp Oil
- 30g **Hakubaku Organic Cha Soba**
- 1½ tbsp Obento Ponzu Sauce
- Black sesame seeds (to garnish)
- Micro herbs (to garnish)

METHOD

TO PREP

- 1 Remove the scallops from the shell. Rinse scallops and shells under cold water, then pat dry with paper towel.

TO COOK

- 1 Bring water to boil in a saucepan. Cook cha soba for 5 mins, then dry and rinse under cold water.
- 2 Heat oil in a pan over high heat. Season scallops with salt, then add to pan. Cook for 1 min each side until golden brown. Remove from heat.
- 3 Use chopsticks to twirl small piles of cha soba noodles. Place onto scallop shells. Drizzle over ½ tbsp ponzu, then top with scallops. Sprinkle over black sesame seeds and garnish with micro herbs.



Hope U's Tuna Tartare

SERVES: 1-2 · COOK: 5 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 100g Sashimi grade tuna fillet
- ½ tsp Ginger (finely grated)
- 1 tbsp Obento Japanese Soy Sauce
- ½ tsp **Yeo's Pure Sesame Oil**
- 3 Spring roll pastries (defrosted)
- 2 Oil (to deep fry)
- 2 tsp Toasted black sesame seeds (to garnish)
- 3 tsp Toasted white sesame seeds (to garnish)
- Micro herbs (to garnish)
- Edible flowers (to garnish)

METHOD

TO PREP

- 1 Dice tuna, then add to a bowl with ginger, soy sauce and sesame oil. Set aside in the fridge to marinate until ready to plate.

TO COOK

- 1 Heat a thin layer of oil in a pan over medium-high heat. Deep fry the spring roll pastries until light golden brown, using tongs or chopsticks to scrunch them up slightly. Drain on paper towel. Once completely cooled, snap into crackers.

TO SERVE

- 1 Using a ring mould, plate the tuna tartare, pressing down slightly to form into a round. Garnish with sesame seeds, micro herbs and edible flowers, and serve with crackers.





Mariana Valdez's
**Honey-Soy Salmon
with Rich Coconut Rice
& Ginger Veggies**

SERVES: 2 · COOK: 20 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

1 clove	Garlic
1 cup	Basmati rice
1 small knob	Ginger
1	Medium carrot
1 bunch	Bok choy
100g	Green beans
3 tsp	Honey
2 tbsp	Soy sauce
2	Salmon fillets skin-on (120-150g each)
1 cup	TCC Premium Coconut Milk
	Olive oil
¾ cup	Water
½ tsp	Salt
1 tbsp	Sesame seeds



METHOD

TO COOK THE COCONUT RICE

- 1 In a medium saucepan, combine the coconut milk, water and the salt and bring to a boil over high-heat. Add rice, stir and cover with a lid. Reduce heat to low heat.
- 2 Cook for 10 mins, then remove the pan from the heat and keep covered for another 10 mins until rice is tender and liquid is absorbed and the rest of the meal is ready to serve.

TO PREP

- 1 While the rice is cooking, grate the ginger, thinly slice the carrot into half-moons, roughly chop the bok choy and trim the green beans. In a small bowl, combine the honey, soy sauce, garlic and sesame seeds.

TO COOK THE VEGETABLES

- 1 In a frying pan, add a drizzle of olive oil over medium-high heat and add the carrot and green beans. Cook until just tender, 5-6 mins.
- 2 Add the bok choy and stir through until wilted, 1 min.
- 3 Add the ginger and cook until fragrant, 1 min. Season with a pinch of salt and pepper and transfer the veggies to a bowl.

TO COOK THE SALMON

- 1 Return the pan to medium-high heat and add a drizzle of olive oil. When the oil is hot, add the salmon, skin-side down, to the pan and cook until almost cooked through, 2-4 mins on each side, depending on thickness.
- 2 When the salmon is almost cooked through, reduce the heat to medium. Add more olive oil and add the honey-soy glaze. Simmer, stirring, until the garlic is golden, 1 min.
- 3 Spoon the glaze over the salmon, then remove from the heat.

TO SERVE

- 1 Divide the coconut rice and veggies between plates. Top with the honey-soy glazed salmon and spoon over any glaze remaining in the pan.

Donna Keogh's

Pork and Vegetable San Choi Bao

SERVES: 2-3 · COOK: 15 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

500g	Pork mince
1	Onion
2	Carrots
1	Zucchini
1 tbsp	Garlic
½ tsp	Ginger
¼ cup	ABC Sweet Soy Sauce
3 tbsp	Oyster sauce
	Olive oil
	Pepper
	Lettuce

METHOD

TO COOK

- 1 Brown onion and pork mince in oil, stir in ginger and garlic, cook on medium for 3 mins before adding the ABC Sweet Soy Sauce and oyster sauce.
- 2 Add finely chopped carrot and zucchini, cook for 5 mins until vegetables soften and sauce evaporates. Add pepper to taste.

TO SERVE

- 1 Serve on a fresh bed of lettuce. Yummy!



FAST & FAB

Lachlan's Chicken Katsu Curry

SERVES: 1-2 · COOK: 20 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 1 Boneless chicken breast halves (pounded to ½ inch thickness)
Salt and pepper (to taste)
- 2 tbsp All-purpose flour
- 1 Egg (beaten)
- 1 cup Panko breadcrumbs
- 2 Carrots (peeled and chopped)
- 4 Potatoes (peeled and chopped)
- 540ml Water
- 92g **S&B Golden Curry Mild**
Chilli (chopped)
Green onion (chopped)
Kewpie Mayonnaise (to serve)

METHOD

TO PREP

- 1 Season the chicken breasts on both sides with salt and pepper.
- 2 Place the flour, egg and panko crumbs into separate shallow dishes. Coat the chicken breasts in flour, shaking off any excess. Dip them into the egg, and then press into the panko crumbs until well coated on both sides.

TO COOK THE CURRY

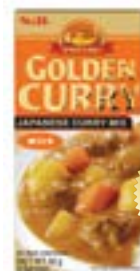
- 1 Add carrots, potatoes and vegetable oil into a medium sized pot.
- 2 Add water and bring to boil. Reduce heat, cover and simmer until ingredients are tender, approx. 12 mins.
- 3 Turn the heat down, break S&B Golden Curry Mild into pieces and add them to the skillet. Stir until sauce mixes are completely melted. Simmer for approximately 5 mins while stirring constantly.

TO COOK THE CHICKEN KATSU

- 1 While waiting for curry, heat ¼ inch of oil in a large skillet over medium-high heat. Place chicken in the hot oil, and cook 3 or 4 mins per side, or until golden brown.

TO SERVE

- 1 Serve hot over rice. Garnish with Kewpie Mayonnaise, chilli, and green onion.



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Brian Hung's Creamy Chilli Coconut Prawns

SERVES: 2 · COOK: 5 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 500g Fresh prawns (deveined)
- 4 cloves Garlic (minced)
- 1 Bird's eye chilli (chopped)
- 250ml TCC Premium Coconut Cream
- 2 tsp **Valcom Thai Tom Yum Paste**
- 1 Spring onion
- 1 tbsp Sugar
- A pinch of salt and pepper
- Oil (to stir-fry)
- A few Basil leaves
- Lime wedges

METHOD

TO COOK

- 1 In a wok/pan, heat up some oil on high heat.
- 2 Add in the prawns and toss for about 30 secs on high heat.
- 3 Add in the minced garlic and toss for another 30 secs on high heat.
- 4 Add in the salt, pepper and sugar and combine well on medium heat for about 10 secs.
- 5 Add in the Valcom Thai Tom Yum Paste and toss well for 30 secs.
- 6 Add in the coconut cream and let it cook for 1 min until the sauce thickens a little bit.
- 7 Add in the chopped chilli and spring onions and toss for around 20 sec.

TO SERVE

- 1 Remove from heat, top with some fresh basil leaves and squeeze some fresh lime juice. Can be served with steamed rice.



Fast & Fab
Theme Winner
Brian Hung



FAST & FAB

Kristy's Sushi Stack with Egg Floss & Spicy Mango Kewpie

SERVES: 3-4 · COOK: 20 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

2 tbsp	Kewpie Mayonnaise
	Obento Yaki Nori for Sushi
9 tbsp	Obento Sushi Seasoning
3 cups	Precooked rice
1 whole	Egg, plus 1 egg yolk
¼ tsp	Vinegar
1 tsp	Cornflour
	Pinch of salt
	Vegetable oil (for deep frying)
1	Lebanese cucumber (diced)
1	Avocado (mashed)
1	Carrot (grated)
8	Crab sticks
	Spring onion (sliced)
1 cheek	Mango
1 tsp	Sriracha



Asian Inspirations'
Choice Winner
Kristy



[Back to Content](#)



METHOD

TO PREP RICE

- 1 To make 4 sushi stacks heat up 3 cups of precooked short grain rice in the microwave until steaming. (Or cook rice as per packet instruction if you don't have any precooked rice handy.)
- 2 Spread in a wide dish and drizzle 9 tbsp Obento sushi seasoning over rice and fold through. Set aside to cool to room temperature.

TO PREP FILLINGS

- 1 Cut 1 large Lebanese cucumber into approximately 1cm cubes.
- 2 Peel and finely grate 1 carrot.
- 3 Cut 8 crab sticks into rough chunks approximately 1cm. Mix 1 tbsp Kewpie Mayonnaise through crab stick.
- 4 Using scissors, cut 1 Obento Yaki Nori for Sushi seaweed sheet into 2cm squares.
- 5 Mash 1 avocado (if serving is delayed add some lemon juice to keep avocado from going brown, otherwise leave as is if serving straight away).

TO PREP MANGO DIPPING SAUCE

- 1 Cut and mash one mango cheek until it has a thin consistency. Mix through 1 tbsp Kewpie Mayonnaise and 1 tsp sriracha sauce.

TO COOK THE EGG FLOSS

- 1 Whisk 1 egg plus egg yolk thoroughly. Mix 1 tsp cornflour with a small amount of water then whisk into egg. Mix in vinegar and salt.
- 2 Heat approximately 2cm deep oil in a deep saucepan. When oil is extremely hot pour half egg through the holes in a wide skimming spoon.

Note: The egg will rapidly expand when it hits the oil so this should be done in a deep saucepan for safety. Toss the egg briefly until golden then quickly scoop out to drain onto paper towel.

TO ASSEMBLE THE SUSHI STACK

- 1 In a round take away container, place a 1cm layer of the crab mix. Sprinkle a thin layer of grated carrot over the crab.
- 2 Add a 1cm layer of sushi rice and use wet hands to push down firmly into the container. Place a layer of seaweed squares over the rice then spread a ½cm layer of avocado over seaweed.
- 3 Place a 1cm layer of chopped cucumber. Finally add a 1cm layer of sushi rice. Again use wet hands to gently push down the rice and make sure the whole stack is packed tightly.

TO SERVE

- 1 Flip the sushi stack inside the takeaway container upside down on your serving plate. Gently squeeze sides and tap top to remove without disrupting the layers.
- 2 Top the sushi stack with egg floss and sprinkle with chopped spring onion. Serve immediately with soy sauce and spicy mango Kewpie dipping sauce on the side. Enjoy!

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Chawalit Teeranal's Mixed Seafood Stir-Fried with Red Curry Paste

SERVES: 2-3 · COOK: 20 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 200g Fresh salmon (skin off, cut into big chunks)
- 6 New Zealand mussels
- 6 Large prawns (peeled, deveined with tails attached)
- 1 Large calamari (cut into large bite sized pieces)
- 4 Long snake beans (cut into 3cm long)
- 4 cloves Garlic
- 1 Lemongrass (thinly sliced on the white part only)
- ½ tsp Kaffir lime skin (green part only)
- 1-2 Bird's eyes chilli (optional if you like spicy)
- 140g Valcom Thai Red Curry Paste
- 2 tbsp Vegetable/canola oil
- 2 tbsp Water
- 1½ tbsp Dark brown sugar
- 1 tsp Lee Kum Kee Chicken Bouillon Powder
- 1 handful Thai basil leaves
- 4 Large fresh kaffir lime leaves
- 1 Large red chilli

METHOD

TO PREP

- 1 Using a mortar and pestle pound garlic, lemongrass, kaffir lime skin and bird eyes chilli (if using) until a coarse paste.

TO COOK

- 1 Heat a wok, pour in the oil then add the paste from step one. Fry over medium heat until fragrant; about 1 min. Then add in the red curry paste and fry for about 1 or 2 mins.
- 2 Add mussels and calamari, fry them for about a min and then add the prawns and salmon into the pan.
- 3 Season with dark brown sugar and chicken bouillon powder then add water. Simmer for a moment until all is cooked.
- 4 Add beans and stir a few moments then finish with torn kaffir lime leaves, sliced red chilli and basil leaves.
- 5 Serve with Thai jasmine rice. Enjoy!

Mel A's Korean Kimchi Pork

SERVES: 4 · COOK: 15 MINS · CUISINE: KOREAN

INGREDIENTS

MAIN INGREDIENTS

2 tbsp	Cooking oil
500g	Pork tenderloin (thinly sliced)
1	Onion (thinly sliced)
1 cup	Kimchi
1½ tsp	Sugar
1½ tbsp	Gochujang
3 cups	Medium grain rice (cooked)
1	Spring onion (chopped, to serve)
1 tbsp	Sesame seeds (to serve)
1 tbsp	Korean red pepper flakes (to serve)

MARINADE INGREDIENTS

2 tsp	Gochujang
1 tbsp	Garlic (minced)
1 tsp	Ginger (minced)
2 tsp	Sesame oil
2 tbsp	Lee Kum Kee Premium Soy Sauce
½ tsp	White pepper
1	Spring onion (finely sliced)

METHOD

TO PREP

- 1 Prepare marinade by combining all marinade ingredients into a small bowl and stir thoroughly.
- 2 Add thinly sliced pork to marinade, mix to coat well and marinate for 10 mins.

TO COOK

- 1 Heat cooking oil in a wok until it just begins to smoke, add marinated pork and toss to stir fry for between 1 to 2 mins.
- 2 Add the onion and kimchi to the wok and toss to combine. Add the sugar and cook for a further 3 mins.
- 3 Add the gochujang and continue cooking for another min, stirring all ingredients to combine well.

TO SERVE

- 1 Divide cooked rice between four bowls and spoon on the kimchi pork.
- 2 Garnish with spring onion, sesame seeds and red pepper flakes. Enjoy!

Elizabeth Slee's Mea Culpa Blackened Ocean Trout

SERVES: 2 • COOK: 10 MINS • CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 2 Skinless ocean trout fillets
(or salmon; 150g each, centre cut)
- ¼ cup **Kewpie Japanese Dressing**
Sesame Soy Sauce
- 5cm Fresh ginger (finely grated)
- 2 tsp Sugar
- 2 tsp Obento Ponzu Sauce
- 1 cup Jasmine rice
- 1 tsp Salt
- 1 bunch Spring onions (trimmed to 7cm)
- Selection of green vegetables
(bok choy, asparagus, snow peas,
broccolini)
- Sesame seeds (for garnish)

METHOD

TO PREP

- 1 Line a tray with foil and turn the oven grill to high.
- 2 To make marinade combine Kewpie Japanese Dressing Sesame Soy Sauce, ginger, sugar and Obento Ponzu Sauce.
- 3 In rice cooker start cooking rice. When rice is nearly cooked add the green vegetables to steam (about 2 mins until just cooked).

TO COOK

- 1 Place fish and spring onions on prepared tray. Spoon marinade over both fish and spring onions. Place under high grill for 4 mins.
- 2 The fish should be golden-brown to black on top and moist and flaky inside. Remove from oven.

TO SERVE

- 1 Place steamed rice on dish with steamed green vegetables. Top with the grilled fish and spring onions. Sprinkle with sesame seeds. Serve with extra ponzu sauce on the side.



FAST & FAB

Jade's Fried Shrimp Dumpling

SERVES: 2-3 · COOK: 20 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

10	Large prawns (peeled)
10 sheets	Dumpling skins
2	Eggs
80g	Pork mince
20g	Carrot (chopped)
1 tbsp	Spring onion (chopped)
¼ tsp	Salt
1 tbsp	Lee Kum Kee Premium Soy Sauce
1 tsp	Yeo's Pure Sesame Oil

METHOD

TO PREP

- 1 Put pork, carrot, spring onion, salt, soy sauce, sesame oil in a bowl and mix well.
- 2 Spoon the pork mix on the dumpling skin and then add a prawn into it before closing the dumpling skin, using two fingers to press it.

TO COOK

- 1 Heat the pan over a medium heat, add 2 tbsp oil then put the prawn dumpling into the pan and fry the dumpling bottom until golden brown.
- 2 Whisk 2 eggs and pour them around the dumplings and continue to cook covered with lid until the egg is cooked.
- 3 Sprinkle chopped spring onion and sesame seed to serve.



Fast & Fab
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Jade

FAST & FAB

Karl McKeever's Okonomiyaki

SERVES: 2-3 • COOK: 15 MINS • CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 100g Plain flour
- 1 tbsp Cornflour
- 140ml Dashi stock (140ml water + 3g bonito stock powder)
- ¼ tsp Baking powder
- Pinch of salt
- 100g Pork belly slices
- 200g Cabbage and spring onions (sliced)
- 50g Prawns (chopped)
- Large fork of beni shoga (red pickled ginger)
- 2 Eggs

FOR GARNISH

- Spring onions (green part, sliced)
- Kewpie Mayonnaise**
- Okonomiyaki sauce
- Aonori seaweed
- Dried bonito flakes



Wok of Fame
Winner
Karl McKeever



[Back to Content](#)



METHOD

TO PREP

- 1 Combine the plain flour and baking powder in a bowl and stir together with a whisk.
- 2 Dissolve the bonito dashi stock powder in the water and gradually add the dashi stock while mixing. This will help avoid pockets of flour.
- 3 Add a pinch of salt and the cornflour.
- 4 Cut the pork belly slices into 5-6cm pieces. Remove the stalks of the cabbage leaves. Stack the leaves on top of each other and cut into strips, and then coarsely chop into pieces.
- 5 Place the cabbage leaves into the bowl of batter. Chop the spring onion into fine pieces and place into the bowl. Chop the beni shoga into about 1cm pieces and add to bowl.
- 6 Coarsely chop the prawns and place into the bowl.
- 7 Crack two eggs into the bowl and lightly toss all the ingredients to coat.
- 8 Try not to mix the batter too much otherwise the texture of the okonomiyaki will become tough.

TO COOK

- 1 Heat a non-stick fry pan or bbq plate to medium and coat the surface with oil. Place the mixture onto the hot surface making a round shape. Make sure to leave a bit of batter in the bowl for later use.
- 2 Quickly place the pork slices onto the mixture. Coat the surface of the pork with the remaining batter. This will prevent the pork from getting tough.
- 3 Cover with a lid and cook about 2 mins on high heat.
- 4 Turn the okonomiyaki over, cover and cook until the other side is golden brown.
- 5 Remove the lid, flip it over again and lower the heat to medium to cook the inside.

TO SERVE

- 1 When it is ready to serve, coat it with the okonomiyaki sauce.
- 2 Sprinkle on lots of spring onion leaves and garnish with Kewpie Mayonnaise. Finally, top with the aonori seaweed and dried bonito flakes.

FAST & FAB



Ambar's Bouquet of Vermicelli

SERVES: 1-2 · COOK: 20 MINS · CUISINE: INDONESIAN

INGREDIENTS

MAIN INGREDIENTS

- 100g Rice vermicelli
- 1 Small onion
- 1 Small carrot
- 1 tbsp ABC Sweet Soy Sauce
- 1 tbsp Vegetable stock
- 3 sheets Obento Yaki Nori for Sushi
- Oil (for cooking)
- Salt and pepper

METHOD

TO COOK

- 1 Soak the vermicelli in hot water until soft, drain and cut into 5cm long pieces.
- 2 Add 1 tbsp cooking oil into a frying pan and cook the onion for 2 mins before adding in the carrot and cooking until soft.
- 3 Add the ABC Sweet Soy Sauce, vegetable stock and salt and pepper to taste. Mix well and leave it to cool.

TO SERVE

- 1 Cut the Obento Yaki Nori sheet into 4 pieces, form a cone and scoop the mixture inside the cone. Enjoy!



Dora's Swordfish Steaks with Zesty Dressing

SERVES: 3-4 · COOK: 15 MINS · CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

- 4 Swordfish steaks
- 2 tbsp Fish sauce
- 2 tbsp Rice wine vinegar
- 1 tsp Soy sauce
- 1½ tsp Sugar
- 1½ tsp Lime juice
- 1 Chilli (chopped)
- 1 clove Garlic (chopped)
- 2 Kaffir lime leaves (chopped)

METHOD

TO PREP

- 1 Place the fish sauce, vinegar, soy sauce, sugar and 2 tbsp water in a saucepan, and bring to boil. As soon as it boils, take it off the heat and add in garlic and chilli. When cool, add lime juice and lime leaves. Set aside.

TO COOK

- 1 Heat a fry pan to hot and spray with a scant amount of oil. Fry swordfish steaks until cooked through (approx 2 mins on each side).
- 2 Spoon a 2 tbsp of dressing over swordfish and serve.



MEAT-FREE MARVELS

Cooking meat-free is great for the environment and your bank statement. Serve up your best vegetarian or vegan meal.



Alejandro Silva's Everyday Veggie & Tofu Laksa

SERVES: 2-3 · COOK: 30 MINS · CUISINE: MALAYSIAN

INGREDIENTS

MAIN INGREDIENTS

1 tbsp	Vegetable oil
185g jar	Laksa paste
270ml	Coconut milk
500ml	Chicken stock
200ml	Water
2	Kaffir lime leaves (shredded)
1	Lime (juiced)
150g	Fried tofu puffs (halved)
100g	Dried thin rice vermicelli
3	Spring onions (julienned)
1	Carrot (julienned)
	Green Asian vegetable (sliced)
1 large handful	Coriander leaves
1 large handful	Bean sprouts
1	Lime (cut into quarters)
	Boiled eggs (if wanted)

METHOD

TO COOK

- 1 Heat oil in a large pot over a medium heat and add the laksa paste. Fry for 3-4 mins or until fragrant and it starts to split.
- 2 Add the coconut milk, chicken stock and water and bring to the boil. Then turn down and simmer for 5 mins.
- 3 Add the kaffir lime leaves and lime juice to the broth and continue to simmer for 10 mins.
- 4 Prepare the noodles according to packet instructions.

TO SERVE

- 1 Divide cooked noodles into 2 large bowls. Add the tofu and vegetables then ladle over the broth. Garnish with spring onions, coriander, bean sprouts and lime.

Jennifer Adrichem's Rainbow Banh Mi with Chilli Soy Glazed Tofu

SERVES: 2-3 · COOK: 45 MINS · CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

300g	Extra firm tofu (pressed to remove excess water)
3 tbsp	Lee Kum Kee Premium Soy Sauce
1 tbsp	Obento Rice Wine Vinegar
2 tbsp	White sugar
2 cloves	Garlic (minced)
1	Small red chilli (very finely chopped)
1cm	Ginger (grated)
	Oil (for cooking)
4	Long white bread rolls
½ cup	Kewpie Mayonnaise
4	Lettuce leaves
1 cup	Shredded red cabbage
¼	White onion (thinly sliced)
1	Lebanese cucumber (sliced lengthwise)
½	Yellow capsicum (thinly sliced)
1	Carrot (julienned)
2	Radishes (thinly sliced)
2	Green shallots (ends removed and cut into 15cm lengths)
1 small bunch	Coriander (leaves and thin stems only)
	Extra sliced red chilli (to serve, optional)

METHOD

TO PREP

- 1 To prepare marinade, mix Lee Kum Kee Premium Soy Sauce with chilli, vinegar, ginger, garlic and 2 tbsp sugar. Slice tofu into 8mm thick slices and place in a shallow dish or large zip lock bag. Pour marinade over and turn tofu pieces to coat. Marinate in fridge for 30 mins.

TO COOK

- 1 Heat 2 tsp of oil in a large pan over medium heat. Remove tofu slices from marinade and pat dry with absorbent paper. Fry tofu slices for 3 mins on each side or until golden. Add remaining marinade to pan and continue cooking, turning tofu slices every minute, until marinade has reduced slightly and formed a glaze on the tofu, around 6 mins. Keep warm.

TO SERVE

- 1 Slice open bread rolls and spread each side with mayo (for a vegan alternative, replace with a vegan mayo or spread of your choice). Place tofu slices on bottom halves and layer on lettuce, cabbage, onion, capsicum, carrot, radish, cucumber, shallot and coriander.
- 2 Serve immediately, scattered with a few pieces of fresh red chilli.





Joanie's
Dubu Jorim

SERVES: 2-3 · COOK: 15 MINS · CUISINE: KOREAN

INGREDIENTS

MAIN INGREDIENTS

300g	Tofu (cut into squares)
150g	Snow beans
6 tbsp	Vegetable oil
2 cloves	Garlic (minced)
3	Spring onions (chopped)
4 tbsp	ABC Sweet Soy Sauce
2 tbsp	Obento Rice Wine Vinegar
4 tbsp	Water
2 tbsp	Chilli Powder
	Pinch of salt & pepper
	Sesame seeds
	Sliced red chillies

METHOD

TO COOK

- 1 In a medium heated pan, pour the vegetable oil then fry tofu both sides until golden brown then set aside in a paper towel.
- 2 In a small bowl, dilute sweet soy sauce, vinegar, water, chilli powder, salt & pepper.
- 3 In a medium heated pan, saute spring onions & garlic until shiny but not burnt.
- 4 Add the diluted sauce mixture, then allow to it reduce.
- 5 Once the sauce is reduced and thickened, add snow beans and fried tofu.
- 6 Mix it well then transfer in a bowl, garnish with sesame seeds and sliced red chillies.

Jade's Delicious Vegetable Pancake

SERVES: 4 • COOK: 10 MINS • CUISINE: CHINESE

INGREDIENTS

FOR DOUGH

150g	Plain flour
60g	Warm water (35°C)
½ tsp	Yeast
1 pinch	Salt

FOR FILLING

150g	Cabbage (finely julienned)
½	Carrot
2 sheets	Obento Yaki Nori for Sushi (shredded)
½ tsp	Salt
¼ tsp	White pepper
½ tsp	Lee Kum Kee Sesame Oil
1 tsp	Lee Kum Kee Premium Soy Sauce

METHOD

TO PREP

- 1 For the dough, add the yeast into the warm water set it side for 5 mins, then add the flour and salt into the yeast water, knead into dough, then cover with the plastic wrap, let it proof for 30 mins.
- 2 In the mean while, put the cabbage into a bowl, add ½ tsp of salt and mix, let it set aside for 15 mins, and then squeeze out the cabbage water.
- 3 Grate the carrot then squeeze out the juice.
- 4 Combine all the filling ingredients together and mix well, and then divide into 4 portions.
- 5 When the dough is finished proofing, divide into 4 portions, then round it into a ball, then flatten it thin, and then put the filling into the thin dough, wrap it up, and then use the rolling pin lightly roll it about 3-4 cm thick.

TO COOK

- 1 When all the pancakes are done, heat the pan on medium, put 4 tbsp of oil into the pan, fry the vegetable pancake both side until golden brown and crispy on the outside.



Meat-Free Marvels
Theme Winner
Glenda McDonnell

Glenda McDonnell's
Flower Blossom Dumplings
in Sesame & Shiitake
Mushroom Broth

SERVES: 2-3 · COOK: 40 MINS · CUISINE: CHINESE

INGREDIENTS

SHIITAKE MUSHROOM BROTH
INGREDIENTS

- 3 cups Vegetable stock
- 8 Dried shiitake mushrooms
- 1 cup Shiitake mushroom liquid
- 3 Spring onions (roughly chopped)
- 1 tsp Garlic (minced)
- 1 tsp Yeo's Pure Sesame Oil
- 1 tbsp **Lee Kum Kee Premium Soy Sauce**
- 1 tsp Lee Kum Kee Chilli Garlic Sauce
- 1 tbsp Shaoxing wine

FLOWER BLOSSOM DUMPLING
INGREDIENTS

- 200g Firm tofu
- 1-2 pkts Wonton wrappers
- 6 Dried shiitake mushrooms
- 1 tsp Garlic (minced)
- 2 tbsp Chives (finely chopped)
- 1 tsp Yeo's Pure Sesame Oil
- 1 tsp **Lee Kum Kee Premium Soy Sauce**
- 1 tsp Shaoxing wine
- 1 tsp White pepper (to season)
- Yeo's Pure Sesame Oil
- Black Sesame Seeds
- Chives (to garnish)





METHOD

TO MAKE THE SHIITAKE MUSHROOM BROTH

- 1 Soak the shiitake mushrooms in 1 cup of boiling water, until softened. Drain (retaining liquid) and roughly chop.
- 2 Place the vegetable stock, shiitake mushrooms & liquid, spring onions, garlic, sesame oil, soy & chilli garlic sauce & Shaoxing wine in a saucepan and simmer for 30 mins.
- 3 Strain, return the broth to the pan & keep warm.

TO PREP THE FLOWER BLOSSOM DUMPLINGS

- 1 Soak the shiitake mushrooms until softened, drain & finely chop.
- 2 Drain & finely crumble the tofu into a bowl, add the shiitake mushrooms, chives, garlic, sesame oil, soy sauce & Shaoxing wine, mix well and season with white pepper to taste.
- 3 Cut the wonton wrappers into circles (a few at a time), cover with damp cloth.
- 4 For the large flower dumplings, lay 7 wonton wrappers in a row, overlapping slightly (dampen the area, that overlaps with a little water)
- 5 Spread a thin layer of filling through the centre of the wrappers, flatten slightly, brush a little water, on the top half of the wonton wrappers then fold the row of wrappers in half to enclose the filling.
- 6 Starting at one end, gently roll to form a flower shape, separate & fold the top wonton edges to form petals. Repeat 4 times.
- 7 For the small flower dumplings, repeat the above using 5 wonton wrappers for each flower.

TO COOK THE FLOWER BLOSSOM DUMPLINGS

- 1 Heat a little sesame oil in a non-stick saute pan and fry the base of the dumplings until crisp & golden.
- 2 Gently pour 1 to 2 cups of broth around the dumplings, cover and steam for 5 to 8 mins (or until cooked through).

TO SERVE

- 1 Place a large and small flower dumpling in a shallow bowl and gently add the broth, garnish with black sesame seeds, whole chives and a few drops of sesame oil.



Camilla's Avocado Rice Paper Rolls

SERVES: 1-2 • COOK: 30 MINS • CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

- 2 Large rice papers
- 2 Avocados (sliced)
- 1 Carrot (shredded)
- 1 cup Shredded lettuce
- 1 Cucumber (thinly sliced)
- Mayonnaise**

METHOD

TO ASSEMBLE

- 1 In a bowl, pour in 250ml of warm water, dipping rice paper in slowly. Leave for about 1 min.
- 2 Place other ingredients inside, arranging avocado slices neatly along one side. Fold the side edges and roll up the rice paper roll.
- 3 Cover with a damp cloth or tea towel to prevent the rolls from drying out. Serve with sauce and dressings of choice. Enjoy!



Michael Zupecki's Thai Carrot & Pumpkin Curry

SERVES: 3-4 · COOK: 20 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

300ml	Vegetable stock
5cm	Galangal (sliced)
4 cloves	Garlic (crushed)
2	Lemongrass stalks (white part, finely chopped)
4	Fresh red chillies (deseeded and chopped)
6-8	Carrots (peeled and chopped into forkable chunks; match 1:1 with pumpkin amount)
500g	Pumpkin (skinned and chopped into forkable chunks)
	Olive oil
4	Shallots (finely chopped)
6 tbsp	Thai yellow curry paste
800ml	Coconut cream
	Fresh Thai basil
	Toasted pumpkin seeds

METHOD

TO PREP

- 1 Pour stock into large pot and bring to boil.
- 2 Add galangal, half your garlic, lemongrass and chillies, and simmer for 5 mins.
- 3 Add pumpkin and carrots, and simmer while covered for 5 mins or until tender.
- 4 Heat oil in a separate pan, and stir fry the shallots and garlic for 2 mins, or until fragrant.
- 5 Add curry paste to shallots and garlic and stir fry for another 2 mins.
- 6 Transfer the shallots, garlic and curry paste into the pot with the now-softened carrot and pumpkin.
- 7 Add the coconut cream, and Thai basil and simmer for a few mins.
- 8 Toast pumpkin seeds in frying pan.

TO SERVE

- 1 Serve dish with or without rice and sprinkle on the toasted pumpkin seeds.

Bill Carbonelli's Vegetarian Pad Thai

SERVES: 1-2 • COOK: 15 MINS • CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

125g	Thai dried rice sticks
2-3 tbsp	Vegetable oil
½	Onion
2 cloves	Garlic
2	Eggs
1½ cups	Bean sprouts
1 cup	Firm tofu (cut into 3cm batons)
¾ cup	Spring onions/ garlic chives
¼ cup	Finely chopped peanuts
	Fresh chilli (to serve)
	Lime (to serve)
	Bean sprouts (to serve)
	Peanuts (to serve)

SAUCE INGREDIENTS

½ tbsp	Tamarind puree
2 tbsp (packed)	Palm sugar
2 tbsp	Vegetarian fish sauce
1½ tbsp	Vegetarian oyster sauce
1 tbsp	ABC Original Chilli Sauce
¼ cup	Water

METHOD

TO PREP

- 1 Place rice noodles in bowl and soak in room temperature tap water for 40-45 mins. Drain and cover with hot water for 2 mins until noodles are silky but still a touch firm.
- 2 Mix sauce ingredients in small bowl adding ¼ cup water.

TO COOK

- 1 Heat 2 tbsp oil in a wok over high heat. Add garlic and onion and cook for 30 secs.
- 2 Add Tofu and cook until golden.
- 3 Push the ingredients to one side of the pan and pour the egg in on the other side. Scramble using the wooden spoon (add touch of extra oil if pan is too dry), then mix into Tofu.
- 4 Add bean sprouts, noodles and then Sauce.
- 5 Toss gently for about 1½ mins until Sauce is absorbed by the noodles.
- 6 Add spring onions/ garlic chives and half the peanuts. Toss through quickly then remove from heat.

TO SERVE

- 1 Serve immediately, sprinkled with remaining peanuts, lime wedges on the side, a sprinkle of chilli and a handful of extra bean sprouts. Squeeze over lime juice to taste before eating.

Lyndsay Burk's Sweet Potato & Peanut Vegan Curry

SERVES: 2-3 · COOK: 30 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

2 cloves	Garlic (finely chopped)
1 medium	Brown onion (chopped)
1 tsp	Ginger (peeled and finely chopped)
100g	Red curry paste
3 tbsp	Cooking oil
2x 400ml cans	TCC Light Coconut Milk
2 tbsp	Smooth peanut butter
1 cup	Water
1	Medium sweet potato (peeled and roughly chopped)
450g	Firm tofu (cubed)
1	Large red capsicum (thinly sliced)
100g	Broccoli (chopped into florets)
100g	Green beans (halved)
2	Limes (1 juiced and 1 cut into wedges)
1 cup	Jasmine rice (to serve)
½ cup	Unsalted peanuts (roughly chopped)
¼ cup	Coriander (roughly chopped)

METHOD

TO PREP

- 1 Add garlic, onion, ginger and red curry paste to 2 tbsp cooking oil and fry on a medium heat for about 5 mins.
- 2 Add coconut milk, peanut butter, water and sweet potato. Bring to the boil and simmer on a low to medium heat for 10-15 mins or until sweet potato is tender.
- 3 Blend mixture until smooth.
- 4 Fry tofu in 1 tbsp oil until lightly and evenly browned on all sides.
- 5 Add mixture back into the pan and bring to the boil. Simmer on a low to medium heat and add tofu, capsicum, broccoli, green beans and the juice of 1 lime for about 5 mins or until the vegetables are just tender.

TO SERVE

- 1 Serve with boiled rice and lime wedges. Sprinkle with peanuts and coriander.



Grand Prize
Winner
Lyndsay Burk



James R's Coconut Tapioca with Lychee & Passionfruit

SERVES: 1-2 · COOK: 20 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 1 cup Coconut milk
- 1 cup Low fat milk
- 1 tsp Pandan essence
- 55g Pure palm sugar (roughly chopped)
- ⅓ cup Tapioca pearls
- 4-5 Ripe lychees (peeled, halved and stone removed)
- 1 Ripe passionfruit (pulp removed)

METHOD

TO MAKE

- 1 In a small-sized saucepan, add coconut milk, milk, pandan essence and palm sugar. Bring to boil then reduce to simmer until palm sugar has entirely dissolved.
- 2 Remove from heat and allow to cool to room temperature then refrigerate.
- 3 Approximately 20 mins before serving, in 1 litre of rapid boiling water, sprinkle in and around tapioca and stir till the water returns to a rapid boil (to ensure tapioca remains separate) then boil for a further 11-12 mins until tapioca is translucent on the outside and a tiny dot on the inside. Strain and run under cold water to stop the cooking process.

TO SERVE

- 1 Take desired serving glass, moisten rim with water and finger and dip glass ring into desiccated coconut. Fill half of the glass with the cooled tapioca. Top with 4 or 5 lychee halves.
- 2 Gently fill with coconut & pandan mix to just below the top of lychees. Drizzle top with some fresh passion fruit. Enjoy!



Meat-Free Marvels
Theme Winner
Lisa-Jane Fudge

Lisa-Jane Fudge's Quorn & Asparagus in Mushroom XO Sauce

SERVES: 2-3 • COOK: 30 MINS • CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

- 2 Quorn fillets
- 2 tbsp Vegetable oil
- 1 Shallot (sliced)
- 3 cloves Garlic (minced)
- 2cm Ginger (finely julienned)
- 1 bunch Asparagus (sliced on the diagonal)
- 1 cup Button mushrooms (sliced)
- 1 cup Mushroom XO Sauce
- 1 tub Enoki mushrooms
- 2 Spring onions (sliced on the diagonal)
- 1 tsp Cornflour
- 1 tbsp Water

MUSHROOM SAUCE INGREDIENTS

- ¼ cup Vegetable oil
- 4 Shallots (sliced fine)
- 3 tbsp Lee Kum Kee Chilli Garlic Sauce
- 1 Large red chilli (sliced)
- 1 tbsp Dried chilli flakes
- 200g Button mushrooms (diced)
- 100g Shiitake mushrooms (diced)
- 20g Dried shiitake mushrooms (re-hydrated in boiling water, diced. Reserve ¼ cup liquid for later)
- 2 tbsp Lee Kum Kee Premium Soy Sauce
- 1 tbsp Balsamic vinegar

MEAT-FREE MARVELS



METHOD

TO MAKE MUSHROOM SAUCE

- 1 In a large pan, heat the vegetable oil on a low to medium heat. Add the shallots, Lee Kum Kee Chilli Garlic Sauce, red chilli and dried chilli flakes. Stirring until the shallots are tender.
- 2 Add the button, shiitake and re-hydrated shiitake mushrooms. Cook until the the moisture from the mushrooms has released and evaporated.
- 3 Pour in the Lee Kum Lee Premium Soy Sauce, balsamic vinegar and reserved shiitake mushroom liquid. Reduce heat and simmer until the liquid has almost evaporated and the sauce has thickened.
- 4 Remove from the stove, and allow to cool completely before storing in jar.

TO COOK

- 1 Drizzle the Quorn fillets in a little oil and fry on a grill until lovely chargrill marks appear on both sides. Remove and slice. Set aside.
- 2 In a wok heat the vegetable oil and fry the shallots, garlic and ginger until soft and fragrant.
- 3 Toss in the button mushrooms, Quorn and asparagus. Stir until asparagus becomes a little tender.
- 4 Add the Mushroom XO Sauce and stir through well. Toss in the Enoki mushrooms and spring onion.
- 5 Mix the cornflour and water together in a small bowl before pouring into the wok. Stir to combine and to coat everything in the pan.

TO SERVE

- 1 Serve with traditional rice, konjac rice, cauliflower rice, traditional egg noodles or even konjac noodles. Garnish with a wedge of lime and spring onions. Enjoy!

Glenda McDonnell's Sesame Tofu & Sweet Corn Ramen

SERVES: 1-2 • COOK: 60 MINS • CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

180g	Hakubaku Organic Ramen
600ml	Vegetable stock
1½ tbsp	White miso paste
2 tsp	Togarashi spice
1 tbsp	Nori (shredded)
2 tbsp	Obento Cooking Sake
4 drops	Yeo's Pure Sesame Oil
400g	Corn kernels
400g	Baby corn spears
400g	Firm tofu
4 tbsp	Obento Teriyaki Marinade
1	Egg (whisked with 1 tbsp almond milk)
2-3 tbsp	Black sesame seeds
2-3 tbsp	White sesame seeds
200g	Enoki mushrooms
4	Small eggs (hard boiled)
¼ cup	A little oil (for frying)
	Nori (to garnish)
	Chives (to garnish)

METHOD

TO PREP

- 1 Drain & press the tofu overnight, cut into 2cm square strips, marinate in the teriyaki sauce for 3-4 hrs.
- 2 Remove the tofu from the marinade, pat dry, dip into the egg/almond milk mixture and coat with black and white sesame seeds. Chill for 30 mins.

TO COOK

- 1 Place the vegetable stock, white miso paste, sesame oil, togarashi spice, cooking sake into a saucepan and simmer for 5 mins.
- 2 Add the sweet corn kernels, baby corn and shredded nori and simmer for 1-2 mins; set aside, keeping warm.
- 3 Bring a saucepan of water to the boil, add the Hakubaku Organic Ramen noodles, cook for 4-5 mins, drain and keep warm.
- 4 Heat a little oil in a heavy based fry pan, cook the sesame coated tofu, turning to brown each side. When cooked, drain on kitchen paper and slice.

TO SERVE

- 1 Place the noodles & broth in a bowl, arrange the sesame tofu and hard boiled eggs on top. Garnish with enoki mushrooms, nori and chives.





Wok of Fame
Winner
Joanie

Joanie's

Thai Sweet & Spicy Fried Sweet Potato Fingers

SERVES: 1-2 · COOK: 15 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 500g Sweet potato (peeled and cut into finger size)
- 1 pack **Obento Panko Breadcrumbs**
- ½ cup Flour
- 1 tbsp Chilli powder
- ½ tsp Salt and pepper
- ½ cup Cooking oil
- 1 Egg
- Sweet chilli sauce (to serve)

METHOD

TO COOK

- 1 Prepare 3 bowls for the Sweet Potato coating.
- 2 On the first bowl, add flour, chilli powder, salt and pepper. On the second bowl, beat the egg. And on the third bowl, put the panko breadcrumbs.
- 3 Heat pan with oil in medium heat.
- 4 Dredge Sweet Potatoes in the flour mixture. Then dip it in egg wash and finally coat with panko.
- 5 Repeat with all the Sweet Potato Fingers then it's ready to be fried. Fry for at least 5 mins or until golden brown.

TO SERVE

- 1 Serve with Sweet Chilli Sauce for the dipping.





OBENTO

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japanese
meals in
minutes



Shekina Plowman's Mango Coconut Pudding

SERVES: 2-3 · COOK: 120 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 2 Ripe mangoes
- 1 cup Coconut cream
- 4 tbsp Maple syrup
- ½ cup Water
- 1 tbsp Gelatin powder

METHOD

TO PREP

- 1 Blend mango, maple syrup and ½ cup coconut cream, in a blender, until smooth.
- 2 In a small saucepan combine the other ½ cup of coconut cream and water, until it just simmers. Remove from heat.
- 3 Whisk gelatin through coconut cream and water mixture making sure there's no lumps.
- 4 Combine gelatin liquid with mango.
- 5 Pour into cups and allow to set for 2-3 hrs.

TO SERVE

- 1 Optionally serve with diced mango, shaved coconut flakes and a sprig of mint. Enjoy!



Asian Inspirations'
Choice Winner
Shekina Plowman



Ilea's Soba Soy Salad

SERVES: 1-2 · COOK: 20 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

200g	Dried soba noodles
1	Carrot
1 cup	Frozen soy beans
2	Spring onions
20g bunch	Cilantro
1 tbsp	White sesame seeds (roasted/ toasted)

DRESSING INGREDIENTS

1 tbsp	Neutral-flavoured oil (vegetable, canola, etc)
3 tbsp	Sesame oil (roasted)
½ tsp	Crushed red peppers (red pepper flakes)
3 tbsp	Honey
3 tbsp	Soy sauce

METHOD

TO COOK

- 1 Chop all the ingredients and cook the noodles as per the instructions on the packet, then combine.
- 2 To make the dressing, combine vegetable oil, sesame oil, and crushed red peppers in a small saucepan.
- 3 Whisk over heat for 3 mins, then add the honey and soy sauce, stir until combined and then allow to cool before dressing salad.



Jeckie Peckie's Mini Japanese Pancakes (Okonomiyaki)

SERVES: 2-3 · COOK: 30 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 2 Zucchinis (grated)
- 1 tbsp Onion (grated)
- ⅔ cup Plain flour
- 2 Eggs (beaten)
- 2 tbsp Olive oil
- Barbecue sauce
- Kewpie Mayonnaise**
- Pickled ginger

METHOD

TO PREP

- 1 Place the zucchini and onion in a bowl with 1 tsp salt, then toss to combine and set aside for 20 mins to draw out liquid. Squeeze out the excess liquid and discard.
- 2 Sift the flour and baking powder into a bowl. Add the egg and 2 tbsp cold water then season and lightly whisk until thick and smooth. Add the zucchini mixture, then stir to combine.

TO COOK

- 1 Heat the oil in a large fry pan over medium heat.
- 2 Working in batches, drop tablespoonfuls of batter into the pan and cook for 3 mins each side or until golden and cooked through.

TO SERVE

- 1 To serve, top each pancake with ½ tsp barbecue sauce, stripes of mayonnaise and pickled ginger.





Mel A's Tofu Katsu Don

SERVES: 2 • COOK: 25 MINS • CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

600g	Firm tofu
4 tbsp	Lee Kum Kee Premium Soy Sauce
½ cup	Cornstarch flour
1½ cup	Water
1½ cups	Panko crumbs
1 cup	Vegetable oil
½ cup	Radish (sliced)
1	Spring onion (finely sliced)
1 tbsp	Furikake
	Cooked rice (to serve)

SAUCE INGREDIENTS

92g	S&B Golden Curry Mild
1 tbsp	Vegetable oil
½	Onion (sliced finely)
1 tsp	Ginger
2 tsp	Obento Mirin Seasoning
2 tsp	Obento Rice Wine Vinegar
1 tsp	Lee Kum Kee Premium Soy Sauce
720ml	Water

METHOD

TO COOK

- 1 Cut the tofu into 4 large square steaks, place into a shallow dish, cover with 4 tbsp of soy and set aside.
- 2 Using a saucepan, bring vegetable oil to medium heat, then add in onions, cooking for 4-5 mins. Add in water, ginger, mirin, rice wine vinegar and soy. Bring to boil, then reduce to simmer for 10 mins.
- 3 In a container, mix together the water and cornstarch to make a slurry. In a separate container, add the panko crumbs.
- 4 Lightly coat a piece of tofu in the cornstarch, then cover in panko crumbs, ensuring the whole piece is coated well. Repeat for each piece of tofu.
- 5 In a fry pan, add in 1 cup vegetable oil over a medium heat. Shallow fry the tofu until golden brown (about 2-3 mins each side). Remove from the fry pan and drain on a wire rack.
- 6 Place S&B Golden Curry Sauce cubes into the water mixture, stirring constantly for 5 mins whilst the sauce starts to thicken.

TO SERVE

- 1 Divide rice between 4 bowls, sprinkle with furikake, add in curry, tofu, sliced radish and top with finely sliced spring onion.
- 2 Enjoy!



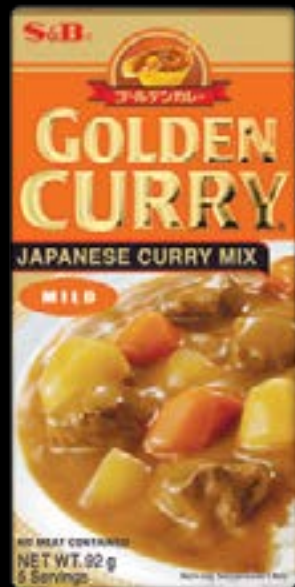
Meat-Free Marvels
Theme Winner
Mel A



S&B®

— GOLDEN CURRY —

JAPAN'S HEARTY FAVOURITE



Helen Agostino's
**Asinan Betawi (Jakartan
 Lightly Pickled Salad with
 Spicy Lime-Tamarind Peanut
 Dressing & Mie Crackers)**

SERVES: 4 · COOK: 30 MINS · CUISINE: INDONESIAN

INGREDIENTS

ASINAN SALAD INGREDIENTS

1 block	Firm tofu (pressed, cut into fingers)
2 tsp	Turmeric powder
2 good handfuls	Savoy cabbage (shredded)
2 good handfuls	Bean sprouts (tailed)
1	Carrot (peeled, shredded)
4 stalks	Celery leaf (washed and chopped)
4	Onion chives (finely chopped)
1	Lebanese cucumber (halved lengthwise, sliced into half-moons)
1 handful	Pickled mustard leaf (rinsed well and chopped)
1	Oakleaf lettuce (rinsed and dried)
1 cup	Peanut Dressing

TO SERVE

8	Mie crackers (2 per person)
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PEANUT DRESSING INGREDIENTS

100g	Dark palm sugar
3 cloves	Garlic (minced)
1	Long red chilli (sliced)
2 tbsp	Lee Kum Kee Vegetarian Stir-fry Sauce
1 tsp	Valcom Kaffir Lime Leaves
1 tbsp	ABC Original Chilli Sauce
1 tsp	Tamarind paste
1 tbsp	ABC Sweet Soy Sauce
1 cup	Water
150g	Oven roasted peanuts
1 tsp	White pepper
	Salt, sugar (to taste)
	Extra water (if needed)
1	Lime (juiced)
1 tbsp	Vegetable oil

MEAT-FREE MARVELS



METHOD

TO PREP

- 1 In a saucepan, boil water with 2 tsp turmeric powder and add the tofu and cook until they begin to rise to the surface. Drain and then cut into cubes. Set aside.
- 2 Blanch the savoy cabbage in boiling water for 30 secs, drain and set aside. Repeat with the bean sprouts.

TO MAKE PEANUT DRESSING

- 1 Dissolve the dark palm sugar in $\frac{1}{4}$ cup water and simmer on a stove top for 5 mins.
- 2 Heat oil in small fry pan over medium-high heat.
- 3 Stir fry garlic and chilli for 1 min. Add Lee Kum Kee Vegetarian Stir-fry Sauce and stir for a further min.
- 4 Add all other ingredients, except salt, sugar, extra water and lime juice. Bring to boil and lower heat. Simmer, stirring occasionally until slightly thickened.
- 5 Remove from heat and cool. When cool, blend until mostly smooth (you still want some chunks of peanut).
- 6 Add more water if needed, to make dressing a thick but somewhat runny custard-like consistency. Add lime juice.
- 7 Taste and add salt and sugar if needed. Serve warm over prepared salad.

TO MAKE ASINAN SALAD

- 1 Arrange lettuce leaves on plate. Mix all other vegetables together. Pile on top of lettuce. Tumble over turmeric tofu. Drizzle with Peanut Dressing.
- 2 Serve with Mie Crackers.

Mel A's Dan Dan Tofu Noodles

SERVES: 4 • COOK: 15 MINS • CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

500g	Fresh wheat noodles
250g	King oyster mushrooms (roughly chopped)
250g	Firm tofu (cubed)
3 tsp	Garlic (minced)
3	Spring onions (roughly chopped)
2 tbsp	Vegetable oil
2 tbsp	Sichuan preserved vegetables (diced)
1½ tbsp	Lee Kum Kee Premium Soy Sauce
2 tbsp	Shaoxing wine
2	Pak choi (halved)
2 tsp	Peanuts (chopped)
1	Spring onions (finely sliced)

FOR NOODLES SAUCE

4 tbsp	Lee Kum Kee Premium Soy Sauce
4 tbsp	Sesame paste
4 tbsp	Chinkiang vinegar
2 tsp	Garlic (minced)
2 tsp	Ginger (minced)
1 tbsp	Sugar
2	Spring onions (finely chopped)
1 tsp	Sesame oil
½ tsp	White pepper
1 tbsp	Sichuan peppercorns (ground)
3 tbsp	Lee Kum Kee Chiu Chow Chilli Oil



METHOD

TO PREP

- 1 To start the noodle sauce, in a bowl combine together 4 tbsp soy sauce and the sesame paste, stir until fully combined. Then add in vinegar, garlic, ginger, sugar and spring onions. Mix thoroughly.
- 2 Add the Lee Kum Kee Chiu Chow Chilli Oil, white pepper and Sichuan peppercorns to the sauce, stir until combined. Set aside.
- 3 Using a food processor, pulse king oyster mushrooms, 3 spring onions and garlic until finely chopped. Add in tofu pieces and pulse the mixture again, until all ingredients are finely chopped, (not a paste!).
- 4 Add 1½ tbsp of the crushed Sichuan pepper mix to a large bowl and add flours and mix to combine. Set aside.

TO COOK

- 1 In a wok, add in vegetable oil until medium-high heat. Add in the Sichuan preserved vegetables and cook for 2 mins.
- 2 Reduce the heat, add the tofu and mushroom mixture, cooking for 2 mins, stirring very gently.
- 3 Pour 1½ tbsp Lee Kum Kee Premium Soy Sauce and Shaoxing wine into the wok. Continue to cook for 7-8 mins, gently turning the mixture over so it does not stick to the pan. It should become lightly browned. Remove from heat and set aside.
- 4 Cook the fresh wheat noodles according to packet instructions. Place pak choi into boiling water for 30 secs.
- 5 In 4 separate bowls, divide the cooked noodles, then ¼ of the sesame noodle sauce mixture to each, stir through lightly to combine.
- 6 Top noodles with a generous spoonful of tofu mixture, then add pak choi, finely sliced spring onion and peanuts.



Cynthia How's Panko Crumbed Tofu Salad

SERVES: 2 • COOK: 20 MINS • CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

200g	Lettuce (chopped)
300g	Firm tofu (thickly sliced)
¼	Cucumber (sliced)
40g	Corn kernel
	A few slices Spanish onions
	A few nori sliced sheets
1	Egg (whisked)
50-75g	Panko crumbs
50g	Plain flour
	A pinch of salt & ground white pepper
	A pinch of garlic powder
1 tsp	Black sesame seeds

DRESSING OPTIONS

Roasted sesame Japanese dressing
or wasabi soy dipping sauce



METHOD

TO PREP

- 1 Combine the salt, pepper, garlic powder and black sesame seeds in the panko crumbs. Add a pinch of salt into the whisked egg.
- 2 Dip the tofu slices in the flour and remove the excess flour. Then dip the tofu slices into the egg wash and finally coat them in the seasoned panko crumbs. Put aside on a plate until all tofu slices have been coated.

TO COOK

- 1 Heat some oil in a frying pan. Once your oil is hot, slowly put in the coated tofu.
- 2 Let each side of the tofu cook for about 1-2 mins. Do not stir or toss. Once the tofu is golden brown, remove from the pan and set aside on a paper towel.

TO SERVE

- 1 Assemble your salad bowl by mixing the salad components; lettuce, cucumber, onions, corn kernels, nori sheets and any additional ingredients of your choice.
- 2 Top the salad bowl with the crispy tofu and add in dressing of your choice; taste best with a roasted sesame Japanese dressing or a wasabi soy dipping sauce!

Emily Archer's Tofu & Okra Rendang with Asian Greens

SERVES: 1-2 · COOK: 30 MINS · CUISINE: MALAYSIAN

INGREDIENTS

MAIN INGREDIENTS

- 1 cup Tofu (diced)
- 1 cup Okra (chopped)
- 1 Onion (chopped)
- 1 jar Rendang curry paste
- ½ can Coconut milk
- Chopped coriander (to taste)
- Chopped red chilli (to taste)
- 2 cups Water spinach
- 1 tbsp Sesame oil
- 1 tbsp **ABC Sweet Soy Sauce**

METHOD

TO COOK

- 1 Fry the tofu until crunchy.
- 2 Add the onion and okra and toss for 2 mins.
- 3 Add the rendang paste and coconut milk and cook a further 2 mins.
- 4 In a separate pan, throw in the water spinach with a few sprinkles of water and toss for a couple of mins until bright green.

TO SERVE

- 1 Remove from the heat, dish and pour sesame oil and sweet soy. Serve curry with fresh coriander, chilli and jasmine rice.





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Justine Atkins' Veggie Tempura Tasting Plate with Spicy Dipping Sauce

SERVES: 3-4 · COOK: 40 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS VEGGIES (ENOUGH FOR 4 PIECES OF EACH):

- Beans
- Capsicums
- Snow peas
- Potatoes
- Broccolini
- Preserved ginger (to serve)
- Edible flowers (especially garlic chive flower and Thai basil flower; to serve)
- Fresh chilli (to serve)

TEMPURA BATTER INGREDIENTS

- ½ cup Cornflour
- ½ cup Plain flour
- ½ tsp Baking soda
- 1 Egg yolk
- 1 cup Cold soda water

SAUCE INGREDIENTS

- 1 tbsp **Obento Rice Wine Vinegar**
- 1 tbsp Obento Ponzu Sauce
- 1 tbsp Obento Mirin Seasoning
- ½ tbsp Fish sauce
- 1 tbsp Lime juice
- 1 tbsp Soy sauce
- ½ tbsp Sesame oil
- 1 Fresh Chinese chive (chopped finely)
- 2 Small fresh chillies (chopped finely)
- 1 clove Garlic (chopped finely)



MEAT-FREE MARVELS



METHOD

TO PREP SAUCE

- 1 Mix all of the sauce ingredients together. Taste and alter accordingly.

TO PREP VEGETABLES

- 1 Top and tail vegetables if necessary. Cut capsicums, carrots and cucumbers into ½cm pieces.

TO COOK THE VEGETABLES

- 1 Mix cornflour, plain flour and baking soda with 2 chopsticks held together, in large bowl.
- 2 Mix egg yolk and soda water together till frothy.
- 3 Mix soda mixture and flour mixture together with chopsticks until all mixed; a few lumps don't matter.
- 4 Place the bowl onto an ice bath to keep the batter cool during the cooking process.
- 5 Heat oil till it starts to slightly bubble.
- 6 Place veggies in batter one variety at a time and skim off the excess batter.
- 7 They should sizzle as soon as they enter. Let them cook till just golden, before taking out and placing on a paper towel. Repeat for the rest of the veggies.

TO SERVE

- 1 Plate the tempura on to a plate and add edible flowers, chilli and preserved Asian ginger to garnish. Enjoy!

Joanie's Nasu Chips

SERVES: 2-3 • COOK: 15 MINS • CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

300g	Eggplant (peeled and cut into finger size)
1 pack	Obento Panko Breadcrumbs
½ cup	Flour
1 tsp	Japanese chilli powder
½ tsp	Salt and pepper
½ cup	Cooking oil
1	Egg
½ cup	Mayonnaise
1 tsp	Wasabi
1 tsp	Lime

METHOD

TO COOK

- 1 Prepare 3 bowls for Eggplant coating.
- 2 On the first bowl, add flour, chilli powder, salt & pepper. On the second bowl, beat the egg and on the third bowl, put the panko breadcrumbs.
- 3 Heat pan with oil in medium heat.
- 4 Dredge eggplant in the flour mixture. Then dip it in egg wash and finally coat with panko breadcrumbs.
- 5 Repeat with the rest of the Eggplant. Fry for at least 5 mins or until golden brown.

TO SERVE

- 1 Mix mayo, lime, salt and wasabi in a small bowl for the dip and serve together.



Carol Tang's Vegan Jackfruit Baos

SERVES: 3-4 • COOK: 80 MINS • CUISINE: CHINESE

INGREDIENTS

BAO INGREDIENTS

2½ cups	Plain flour
2 tsp	Instant active yeast
1½ tbsp	Vegetable oil
1 tsp	Fine sea salt
2 tsp	Sugar (optional)

FILLING INGREDIENTS

560g tin	Green/young jackfruit
2	Small spring onions (sliced)
4 tsp	Ginger (grated)
3 cloves	Garlic (finely chopped)
3-4 tsp	Soy sauce (adjust to taste)
1 tbsp	Rice vinegar
2 tbsp	Hoisin sauce (plus extra to serve)
2 tsp	Brown sugar or maple syrup
2 tbsp	Vegetable oil (for frying)
1 heaped tsp	Chinese five spice

SERVING CONDIMENTS

Sriracha or other chilli sauce
Qukes/baby cucumbers (sliced into ribbons)
Pickled daikon
Carrot (grated)
Red cabbage (shredded finely)
Roasted unsalted peanuts (crushed or chopped)
Fresh coriander
Shaoxing wine
White pepper (to season)
Yeo's Pure Sesame Oil
Black Sesame Seeds
Chives (to garnish)



METHOD

TO PREP BAOS

- 1 Combine flour, instant yeast, sugar and salt in a bowl.
- 2 Add about ½ cup of warm water and 1½ tbsp of oil. Mix it together with a wooden spoon then start combining the dough with your hands. You will need to add another 2 or 3 tbsp water/flour so it's not too dry or too sticky, but do this a tablespoon at a time.
- 3 Knead it for 10 mins until elastic and smooth. Form the dough into a ball and rub a small amount of oil on the dough's surface to prevent it from drying. Place in a clean bowl covered with a kitchen towel and place somewhere warm for about 1-2 hrs or until it doubles in size.

TO MAKE THE FILLING

- 1 Open the can of jackfruit and drain it. Remove the firm pointy ends off each triangular piece of jackfruit and squash each piece of jackfruit gently so that it separates into individual strands and soaks up more of the cooking sauce. Set aside.
- 2 Heat up 2 tbsp of oil in a medium size pan. Fry spring onions until softened. Add chopped garlic and ginger and fry gently until soft and fragrant.
- 3 Mix in Chinese five spice and fry gently for 1 min.
- 4 Now add the remaining sauce ingredients: soy sauce, hoisin sauce, rice vinegar and sugar. Mix them around well and allow sugar to melt. Finally add in jackfruit and mix well to allow it to warm up and soak up the maximum amount of sauce.

TO MAKE THE BAOS

- 1 After the dough has doubled in size, tip it out onto a lightly floured surface and press the air out with your fingertips. Divide the dough into 4 equal pieces and form small balls. Place the balls on a lightly floured surface, cover with a kitchen towel and leave for another 30 mins.
- 2 Using a rolling pin, roll the balls out into ½cm thick oval shapes. Fold each shape in half and insert bamboo steamer paper (you can buy these at the Asian grocers) or baking paper between the bun halves.
- 3 Line your bamboo steamer with bamboo steamer paper and place folded up buns inside for another 30 mins of proving. If your steamer is too small, rest the remaining buns on baking paper and lightly dusted tray until you are ready to steam. Fill a pot/wok (which the steamer can comfortably sit on) with water and place the steamer with the buns on top.
- 4 Turn heat to medium-high and let the water come to a simmer; don't be tempted to peek inside or you will ruin the buns. Once you can hear the water simmering vigorously, put the timer on for 10 mins.
- 5 After the time is up, take the pot and steamer off the heat and rest the buns for another 5 mins.
- 6 After 5 mins, lift the lid off and remove the buns gently. Repeat the process to cook the other buns.

TO SERVE

- 1 Fill each bun with pulled jackfruit, pickled veggies, coriander, Sriracha and some extra hoisin sauce and crushed peanuts.



Ambar's

Two Ways Choko Fab

SERVES: 2-3 • COOK: 75 MINS • CUISINE: INDONESIAN

INGREDIENTS

MAIN INGREDIENTS

1	Choko	½ cup	Crunchy peanut butter
1	Carrot	½ tbsp	ABC Original Chilli Sauce
3	Eggs	1 sheet	Puff pastry
1 tbsp	ABC Sweet Soy Sauce		Salt and pepper (to taste)

METHOD

TO PREP

- 1 Grate chokos and carrots. In a bowl, combine them and sprinkle ½ tsp of salt and mix. Leave it for 10 mins and then give it a quick rinse before squeezing out most of the juice.
- 2 Mix in 2 eggs and season with salt and pepper.

TO COOK

- 1 Cut the puff pastry into 4 squares, take one square, fold to make a triangle, pinch one side so form like a pocket, divided filling mixture into 4, scoop into the pocket and seal the other end, brush with eggs, bake in preheated oven at 210 °C until brown.
- 2 Alternatively, if you're in hurry, add oil into a frying pan to cook small pancakes of the filling over low heat until brown and cook well.

TO MAKE PEANUT SAUCE

- 1 In a bowl, combine the crunchy peanut butter, chilli sauce and soy sauce with ½ cup of hot water. Add a bit more water if needed (the sauce should be a bit like pancake mix consistency).

TO SERVE

- 1 Serve hot with the dipping sauce. Enjoy!



Chawalit Teeranal's Radish & Sweet Potato Cake

SERVES: 2-3 · COOK: 90 MINS · CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

400g	Fresh daikon (skin off)
300g	Sweet potato (use the white skin type with white and purple flesh, skin off)
180g	Rice flour
30g	Tapioca flour
30g	Wheat starch
40g	Dried shiitake mushroom
3 tbsp	Vegetable/canola oil (for frying soaked mushroom, red shallot and garlic)
200ml	Vegetable/canola oil (for greasing the tray and frying the cooked cake)
30g	Red shallot (fine sliced)
1 clove	Garlic (minced)
2 tsp	Salt (for seasoning)
½ tbsp	Salt (for soaking radish)
½ tsp	Cracked black pepper
2 tsp	Dark brown sugar
	Spring onion (chopped; for garnishing)
	Water

SAUCE INGREDIENTS

2 tbsp	Lee Kum Kee Salt Reduced Soy Sauce
2 tbsp	White vinegar
3 tsp	Dark brown sugar
½ tbsp	ABC Original Chilli Sauce
½ clove	Garlic (minced)
1 tsp	Fresh ginger (chopped)
1 tbsp	Spring onion (chopped)
2 tbsp	Water
1	Bird's eyes chilli (chopped; optional if you like spicy)



METHOD

TO PREP

- 1 Cover dried mushrooms with 2 cups of water in a medium sized bowl. Let them soak in the water until all mushrooms are soft.
- 2 Use a cheese grater to grate radish and put it in a large bowl. Add in ½ tbsp of salt, mix it all together and leave it for 15 mins.
- 3 After 15 minutes, squeeze out the excess water from radish and transfer dried radish into another bowl.
- 3 Add water into the bowl until it covers the radish and wash salt out the from radish by squeezing until dry and transferring it into another bowl.
- 4 Repeat washing with water to rinse out salt from radish another 2 times. Leave dried radish in a bowl.
- 5 Use cheese grater to grate sweet potato into the same bowl as the radish.
- 6 Squeeze out water from shiitake mushroom and chop the mushroom into very small pieces. Keep the water for further use.
- 7 Put frying pan on the stove and pour 3 tbsp of oil into the pan over medium high.
- 8 Wait until the oil is hot then add the red shallot and fry for about 30 secs. Add the chopped mushrooms and fry them for about 45 secs before adding the minced garlic and frying it all for about 1 min. Pour all of ingredients with the oil into a bowl. Put it aside.
- 9 In a large bowl combine the radish, sweet potato, and the mushroom mixture together.
- 10 Add the rice flour, tapioca flour, wheat starch, 2 tsp of salt, black pepper and sugar into the bowl.
- 11 Pour 1 cup of soaked mushroom water into the bowl. Mix all together until combined. If the mixture is a bit dry you can add a further ⅓ cup cup of soaked mushroom water. The mixture should be a thick paste (not very runny).

TO COOK

- 1 Transfer the batter to a greased glass or stainless steel tray that will fit into your steamer.
- 2 Add water to the steamer and put on the gas top. Bring the water to a boil over high heat.
- 3 When the water is boiling put the mixture tray into the steamer and cover it with the lid.
- 3 Cook for about 30-45 mins until it is cooked through (test by using a toothpick inserted into the cake; it should come out clean).
- 4 For the dipping sauce, mix all the dipping sauce ingredients together and adjust the flavor as you like. Put it aside.
- 5 As soon as the cake has completely cooked, allow it to cool before cutting it or putting it into the fridge overnight.
- 6 Before eating, transfer the cake onto a chopping board and cut it into squares or triangles. Dust lightly with rice flour and cook them on a frying pan with a little bit of oil over medium heat. Do not crowd the pan and cook both sides until golden brown.
- 7 After cooking, drain all cakes with paper towels to remove excess oil.

TO SERVE

- 1 Place the cakes onto a plate, garnish with chopped spring onions and serve it with the dipping sauce. Enjoy!



ONE BOWL WONDER

Sometimes, we just want a quiet night in with a simple, no frills dinner. Dish up a meal served in just one bowl.



ONE BOWL WONDER



Mel A's
Bun Ga Thom
**(Vietnamese Fragrant
Chicken Vermicelli)**

SERVES: 4 · COOK: 10 MINS · CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

8	Chicken thighs
250g	Dried vermicelli
2 tbsp	Oil
2	Carrots (julienned)
2	Cucumbers (julienned)
2 cups	Beansprouts
½ cup	Mint leaves
½ cup	Thai basil
½ cup	Vietnamese mint
1	Lime (sliced)
2	Bird's eye chillies (sliced)
2 tbsp	Peanuts (chopped)

FOR MARINADE

1 tbsp	Garlic (minced)
2 tbsp	Palm sugar
1 tbsp	Lemongrass (minced)
1	Shallot (sliced)
1½ tbsp	Squid Brand Fish Sauce
1½ tbsp	Dark soy
1 tbsp	Oil

FOR SAUCE

½ cup	Squid Brand Fish Sauce
5 tbsp	Water
3 tbsp	Rice wine vinegar
3 tbsp	Lime juice
3 tbsp	Palm sugar
1 tsp	Garlic (minced)
1	Bird's eye chilli (finely sliced)

ONE BOWL WONDER



METHOD

TO PREP

- 1 Prepare the marinade in a large bowl: Mix the marinade ingredients thoroughly to ensure the sugar has dissolved.
- 2 Add the chicken and mix well to fully coat with marinade. Set aside to marinate for a minimum of 1 hr, preferably longer if you have time. (For food safety, marinate in the fridge for longer periods).
- 3 After chicken has marinated, place the vermicelli into a bowl and pour over boiling water until it covers the noodles. Loosen the noodles with a fork and set aside for 5 mins. Rinse noodles under cold water and drain well. Divide noodles between 4 bowls.
- 4 In a small bowl, add in the sauce ingredients, continue stirring until the sugar has fully dissolved.

TO COOK

- 1 Heat a large fry pan with oil to a medium-high heat. Add chicken and cook until it is cooked through, it will start to caramelize (approximately 3 mins per side). Remove from the heat and set aside for a few mins to rest.
- 2 Prepare the chicken for serving by slicing into strips (about 1 cm wide).
- 3 Prepare each bowl of vermicelli with a generous amount of mint and Thai basil leaves and Thai mint along with the vegetables. Add the sliced chicken, spoon over some of the sauce and finally top with peanuts, lime and chilli to taste.
- 4 Enjoy!

ONE BOWL WONDER

Lisa-Jane Fudge's Thai Red Curry Salmon Cake Rice Bowl

SERVES: 2-3 • COOK: 45 MINS • CUISINE: THAI

INGREDIENTS

CHILLI COCONUT SAUCE INGREDIENTS

1 tbsp ABC Original Chilli Sauce
400ml TCC Premium Coconut Milk
1 Lime (zest and juice)
1½ tsp Squid Brand Fish Sauce

RED CURRY SALMON CAKES INGREDIENTS

400g Salmon fillets (skinless)
3 cloves Garlic
1cm Ginger
1 tbsp Valcom Kaffir Lime Leaves
(chopped fine)
2 tbsp Valcom Thai Red Curry Paste
1 tbsp Coriander (chopped fine)
1 Egg Cornflour
1 tbsp Lime (juiced)
1 Squid Brand Fish Sauce
1 tsp Salt and cracked black pepper
(to taste)
Vegetable oil

CORIANDER AND LIME RICE INGREDIENTS

200g packet Konjac rice
250g Frozen cauliflower rice
Garlic, salt and cracked black
pepper (to taste)
1 Lime (zest and juice)
2 tbsp Coriander (roughly chopped)

TO SERVE

3 Baby bok choy
Yeo's Pure Sesame oil
Lime wedges
Pickled vegetables



METHOD

TO MAKE THE CHILLI COCONUT SAUCE

- 1 Bring the ABC Original Chilli Sauce and TCC Premium Coconut Milk to boil, reduce to a simmer until mixture is halved. Add the zest, juice and Squid Brand Fish Sauce into the pot, stir and cook for a further 2 mins. Set aside to cool.

TO PREP THE RED CURRY SALMON CAKES

- 1 Slice the salmon fillets into 1cm cubes and then chop vigorously into a chunky mince. Do not use a food processor to do this, as you do not want to puree the flesh. Place into a bowl.
- 2 Crush the garlic and ginger with a little salt using a mortar and pestle into a paste. Scrape into the bowl.
- 3 Add the Valcom Kaffir Lime Leaves, Valcom Thai Red Curry Paste, Squid Brand Fish Sauce and remaining ingredients to the salmon, mixing until well combined.

TO COOK RED CURRY SALMON CAKES

- 1 Heat a tablespoon of oil in a non-stick fry pan on low to medium. Scoop slightly heaped tablespoons of the mixture into the pan.
- 2 Flatten slightly and cook for a few mins until golden brown on both sides. Drain on paper towel, repeat with the remaining mixture.

TO COOK THE CORIANDER AND LIME RICE

- 1 Drain and rinse the konjac rice.
- 2 Pop into a dry non-stick fry pan on low to medium heat and cook while stirring continuously until all the moisture is gone. Remove and set aside.
- 3 In the same pan, add the frozen cauliflower rice and again cook until the moisture has gone.
- 4 Return the konjac rice and stir to combine. Add the remaining ingredients and cook until the konjac rice has heated through.

TO SERVE

- 1 Cut the baby bok choy in half and wash away any sediment. Blanche in boiling water for 3 mins. Drain on paper towel, dress with Yeo's Pure Sesame oil.
- 2 To plate up, divide the coriander & lime rice, baby bok choy and Thai red curry salmon cakes between 2 plates.
- 3 Dress the salmon cakes with the chilli coconut sauce. Serve with lime wedges and pickled vegetables. Enjoy!

GG's Bahn Mi Bowl

SERVES: 3-4 · COOK: 60 MINS · CUISINE: VIETNAMESE

INGREDIENTS

PICKLED CARROT INGREDIENTS

½ cup	Rice vinegar
¼ cup	Palm/brown sugar
1 tbsp	Sesame oil
1 tsp	Salt
6-8	Carrots (cut into thin ribbons)

MEATBALL INGREDIENTS

1kg	Pork mince
1-2 tbsp	Lemongrass paste
4 cloves	Garlic (minced)
1 tbsp	Chilli paste
1 tbsp	Fish sauce
1 tbsp	Brown sugar
2 tsp	Cornflour
1 tsp	Salt

SERVING ACCOMPANIMENTS

Quinoa, rice, or noodles
Crushed peanuts or sesame seeds
Herbs, such as cilantro or green onions

METHOD

TO MAKE THE PICKLED CARROTS

- 1 Whisk the rice vinegar, palm/brown sugar, sesame oil, and salt together. Soak the carrots in the mixture for 1 hr.

TO MAKE THE MEATBALLS

- 1 Mix all ingredients together. Roll into small meatballs with your hands.
- 2 Heat a little bit of olive oil over medium high heat. Add the meatballs and fry until golden brown on the outside and fully cooked (not pink) inside.

TO SERVE

- 1 Layer the carrots and meatballs over quinoa, rice, or noodles.
- 2 Top with herbs, peanuts, sesame seeds, and/or spicy mayo. Sliced avocado is a nice addition.



James R's Karaage with Rice

SERVES: 3-4 · COOK: 20 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 6 Chicken thighs (skin on)
- 2 tsp Ginger (microplaned)
- 2 cloves Garlic (microplaned)
- 1½ tbsp Seasoning mirin
- 1½ tbsp Soy sauce
- 1½ tbsp **Sake**
- ½ cup Cornflour
- ½ cup Plain flour
- Vegetable oil (for frying)

FOR SERVING

- Kewpie Mayonnaise
- Shichimi togarashi
- Lemon (sliced)

METHOD

TO PREP

- 1 In large bowl, mix lightly but completely the chicken thighs (each cut into approx. 4 pieces), ginger, garlic, mirin, soy and sake together. Leave and let marinate for at least 20 mins.
- 2 Start preheating wok with enough vegetable oil for frying (approx. 180 °C).
- 3 Mix cornflour and plain flour together.
- 4 Take drained pieces of marinated chicken and coat firmly in the flour mixture piece by piece. Set aside on separate dish to let stand for at least 10 mins.

TO COOK

- 1 Once the oil has reached temperature, add chicken pieces one at a time but do not overcrowd the wok (dependant on wok size and volume of oil).
- 2 Continue in batches, cooking for 3 mins and setting aside on a cooling rack to drain. Keep wok on a steady heat.
- 3 Fill serving bowls with steamed rice, garnish bowls with lemon wedge and rational amount of lettuce in preparation.
- 4 Return all chicken back to wok for further 1 min before final drain on cooling rack.

TO SERVE

- 1 Once drained, divide amongst bowls and serve with Kewpie Mayonnaise dusted with shichimi togarashi pepper mix.
- 2 Squeeze lemon over chicken & eat while hot and juicy. Enjoy!



Cassie Peoples' Thai Green Curry

SERVES: 2-3 • COOK: 40 MINS • CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

1 jar	Green curry paste
1 cup	Chicken broth
1 can	TCC Premium Coconut Milk
1 tsp	Fish sauce
2 tsp	Brown sugar
6	Kaffir lime leaves
350-500g	Chicken thighs (cut into 2cm cubes)
1 can	Valcom Bamboo Shoot Slices
1 large handful	Snow peas (trimmed and cut in half)
1	Capsicum (cut in to strips)
1-2	Carrots (sliced)
10-15	Thai basil leaves
	Juice of ½ lime

METHOD

TO COOK

- 1 Heat 2 tbsp of oil over medium high heat in a pot or deep skillet. Add curry paste (additional garlic, ginger, and lemongrass can be added to paste for more flavour) and cook for 2 mins until paste dried out.
- 2 Add chicken broth, coconut milk, fish sauce and sugar. Mix to dissolve paste. Add kaffir lime leaves, stir and bring to a simmer.
- 3 Add chicken, stir, lower heat to gentle bubble and cook for 7 mins.
- 4 Add in and stir sliced bamboo shoots and carrots, and cook for 6 mins.
- 5 Taste sauce. Add more fish sauce for saltiness or sugar for sweetness.
- 6 Add snow peas and capsicum and cook for 2 mins. Then stir through Thai basil and lime juice before turning off the heat.

TO SERVE

- 1 Serve over jasmine rice and garnish with cilantro and red chillies!



Kiet Chueamrasri's Thai School Prawn Cake

SERVES: 1-2 • COOK: 25 MINS • CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

120g	School prawns
150g	Tempura flour
210ml	Cold water
50g	Red curry paste
1	Egg
2	Kaffir lime leaves
30g	Mayonnaise
30g	Chilli sauce
300ml	Cooking oil
	A pinch of salt

METHOD

TO PREP

- 1 Trim off prawns antenna, rostrum and legs with scissors then rinse through water. Rest the prawns in a strainer to remove excess water.
- 2 Prepare the batter in a mixing bowl by adding tempura flour, a pinch of salt then gradually add cold water while mixing until well combined. Put aside.
- 3 Crack an egg into a small bowl, add red curry paste then whisk together until well mixed. Transfer egg mixture into flour batter and stir until both well combined.
- 4 Transfer school prawns into the batter and coat them evenly with a spatula.
- 5 To add something aromatic, thinly slice kaffir lime leaves then sprinkle over the mixture.

TO COOK

- 1 In a saucepan, add cooking oil then turn the heat up to medium. Place an egg ring into the saucepan for a perfect round prawn cakes.
- 2 Once the oil is hot, use a spoon to carefully place the mixture into the ring.
- 3 Cook until one side is golden brown then flip to the other side. Repeat until the batter has been used up. Beware of hot oil spitting.

TO SERVE

- 1 Mix mayonnaise with chilli sauce then place in a ramekin. Place the school prawn cake on to a plate with the sauce. Enjoy!



James R's Zosui Pork Rice

SERVES: 1-2 • COOK: 20 MINS • CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

- 250g Pork fillet (diced small)
- 6 cups Dashi stock
- 2 cups Leftover steamed rice
- ½ cup White onion (finely diced)
- ½ cup Carrot (finely diced)
- ½ cup Red cabbage (finely diced)
- 1 Spring onion (finely sliced)
- 4 Shiitake mushrooms (stems removed and finely sliced)
- 1½ tbsp **Seasoning mirin**
- 1½ tbsp Japanese soy sauce
- 2 Eggs (lightly beaten with fork)
- Sliced spring onion (to garnish)

METHOD

TO COOK

- 1 In an earthenware pot, add the dashi and bring to a boil.
- 2 Add the pork and stir to separate. Add in the onions, carrots, cabbage and mushrooms and stir to combine.
- 3 Add the mirin, soy and return the mixture to a rapid simmer for about 1-2 mins, while stirring occasionally.
- 4 Mix in rice and simmer for another min.
- 5 Lastly, stir in spring onions and swirl in the beaten egg.

TO SERVE

- 1 Turn off heat and garnish with some more sliced spring onion. Enjoy!



One Bowl Wonder
Theme Winner
James R





Tass Philip's

Stir Fried Chicken with Ginger & Black Fungus

SERVES: 1-2 • COOK: 30 MINS • CUISINE: CHINESE

INGREDIENTS

MAIN INGREDIENTS

500g	Chicken thigh (sliced)
2 knobs	Ginger (peeled and julienned)
100g	Black fungus (re-hydrated in warm water for about 30 mins, washed clean and cut into bite size pieces)
1 tbsp	Canola oil
1 tbsp	Chicken stock powder
2 tbsp	Chinese cooking wine (or water)
2 tbsp	Oyster sauce
2 tbsp	Soy sauce
2 tbsp	ABC Sweet Soy Sauce
2	Spring onion (sliced diagonally)
1 tsp	White pepper

METHOD

TO PREP

- 1 Mix sweet soy sauce, soy sauce and oyster sauce in a small bowl and set aside.

TO COOK

- 1 Put the wok or fry pan over a high heat. Add oil and wait until the oil has heated up. Once you see the smoke start coming up from the wok, put the chicken in.
- 2 Cook chicken until just cooked through or about 5 mins. Sprinkle chicken stock powder in the wok.
- 3 Add Chinese cooking wine or water and cook for about 1 min.
- 4 Add ginger and sauce mixtures. Cook for 1-2 more mins.
- 5 Add black fungus and mix until the sauce is well coated on to the black fungus and the fungus has heated through; add a little water if it looks a little dry.
- 6 Add spring onion and white pepper and give it a few stirs.

TO SERVE

- 1 Serve with Jasmine rice, garnished with extra spring onion.

ONE BOWL WONDER

Lisa-Jane Fudge's Spicy Thai Fish Soup

SERVES: 2-3 • COOK: 30 MINS • CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 600-700g Red snapper fillets (skin on, cut into large pieces)
- 2 tbsp Lime juice
- 2 tsp Salt
- 1½L Fish stock
- ½ jar Valcom Thai Red Curry Paste
- 3 Lemongrass stalks (bruised and each one tied into a knot)
- 1 tbsp Valcom Kaffir Lime Leaves (chopped fine)
- 3 Tomatoes (each cut into 6 wedges)
- 2 tsp Tamarind puree
- 1 tbsp Palm sugar (shaved)
- 300g Sweet potato (peeled and cubed)
- 1 bunch Chinese broccoli (cut into 3cm pieces)
- Salt and cracked black pepper (to taste)
- Fresh coriander & lime cheeks (to garnish)

METHOD

TO PREP

- 1 In a bowl or tray marinate the fish with the lime juice and salt. Cover with plastic wrap and refrigerate for ½ hr.

TO COOK

- 1 In a large pot or wok bring the fish stock and Valcom Thai Red Curry Paste to a boil.
- 2 Add the lemongrass, sweet potato and the Valcom Kaffir Lime Leaves. Reduce to a simmer for 15 mins.
- 3 Add the Chinese broccoli and cook for a further 5 mins.
- 4 Add the fish together with the juices from the bowl, the tomatoes, tamarind puree and palm sugar. Simmer for 7-10 mins or until the fish is cooked.

TO SERVE

- 1 Serve garnished with the coriander and lime cheeks. Enjoy!

Helen Agostino's Mie Goreng Jawa (Javanese Fried Noodles)

SERVES: 4 • COOK: 20 MINS • CUISINE: INDONESIAN

INGREDIENTS

FLAVOURING PASTE INGREDIENTS

- 4 Asian shallots
- 3 cloves Garlic
- 2 Small red chillies
- 1 Long red chilli
- 2 Candlenuts
- 1 tbsp Lee Kum Kee Vegetarian Stir-fry Sauce

MAIN INGREDIENTS

- 1 packet Dried flat yellow egg noodles (boiled according to packet instructions, drained)
- 2 Small chicken thigh fillets (thinly sliced)
- 16 Large raw prawns (peeled, deveined)
- 2 Eggs
- ½ packet Cooked beef balls (halved)
- 2 cups Shredded cabbage or Chinese leafy greens
- 1 Small carrot (shredded)
- ¼ cup Water
- 1 Tomato (deseeded, chopped)
- 1 tsp ABC Sweet Soy Sauce
- White pepper
- 2 tbsp Lee Kum Kee Salt Reduced Soy Sauce
- 2 tbsp ABC Original Chilli Sauce
- 1 tbsp Oil (for frying)
- Fried shallots (to garnish)

METHOD

TO MAKE THE FLAVOURING PASTE

- 1 Blend all ingredients until very finely chopped. Set aside.

TO COOK THE MIE GORENG

- 1 Heat 1 tbsp of oil in a non-stick pan or wok on high heat. Add prawns and stir fry until just cooked. Remove from pan.
- 2 Add chicken, stir fry until well cooked. Remove from pan.
- 3 Add more oil to the pan if necessary. Break eggs into pan, let sit for a few seconds, then stir until cooked, but leave it in chunks.
- 4 Add 1 tbsp oil in to the pan. Add in the Flavouring Paste, stir until fragrant and starting to dry (approx. 2 mins). Add beef balls, cabbage, carrots, water and stir until vegetables have softened and balls are warmed through.
- 5 Stir in tomatoes and pepper. Reduce heat to medium-low. Return the noodles, prawns and chicken to the pan and add in the sweet soy sauce, soy sauce and chilli sauce. Stir until well combined and warmed through.

TO SERVE

- 1 Sprinkle over fried shallots. Serve immediately.



**One Bowl Wonder
Theme Winner
Helen Agostino**



Wok of Fame
Winner
Tass Philp

Tass Philp's Spring Rolls with Noodle & Herbs

SERVES: 2-3 · COOK: 45 MINS · CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

- 1 packet Spring roll wrapper
- 300g Minced pork
- 2 packets Vermicelli glass noodles (soaked in warm water for about 10 mins and roughly chopped)
- 1 cup Cabbage (shredded)
- 1½ cup Carrot (shredded; use 1 cup here and reserve ½ for the noodle bowl)
- 1 tsp Sugar
- 1 tsp Yeo's Pure Sesame Oil
- 1 tsp **Squid Brand Fish Sauce**
- 1 tsp Oyster sauce
- 1 tsp Chicken stock powder
- ½ tsp White pepper
- 2 tsp Cornflour
- 1 tbsp Water
- Oil (for frying)
- 250g Rice vermicelli (cooked according to the instruction)
- Handful of beansprout, mint, Vietnamese mint and Thai basil plus remaining shredded carrot

DIPPING SAUCE INGREDIENTS

- 1 clove Garlic (chopped)
- 1-2 Chilli (chopped)
- 4 tbsp Sugar
- 6 tbsp Squid Brand Fish Sauce
- 6 tbsp Lemon juice
- 7 tbsp Boiling water





METHOD

TO PREP

- 1 Place the pork, glass noodles, cabbage, carrot, sugar, sesame oil, fish sauce, oyster sauce, chicken stock powder and pepper in a bowl. Mix until well combined.
- 2 Mix cornflour and water in a small bowl.
- 3 Separate the spring roll wrappers. Keep the unused ones covered under damp paper towel.
- 4 Place a spring roll wrapper on a plate in diamond pattern. Scoop about 1 tbsp of the spring roll mixture and place in the middle of the wrapper. Roll it up and fold both sides in. Roll it up to the end and dab some of the cornflour mixture at the top of the wrapper to secure it in.
- 5 Repeat until all wrappers gone.

TO COOK

- 1 Heat oil in a wok until it's hot. Make sure oil covers spring rolls. Cooking in batches, carefully place spring rolls in hot oil and cook until golden and crisp. Roughly about 5 mins.
- 2 Drain on a paper towel. Repeat with all the spring rolls.

TO SERVE

- 1 Arrange noodles, beansprout, herbs and carrot on a serving bowl.
- 2 Make dipping sauce by combine dipping sauce ingredients in a bowl and mix until sugar has dissolved.
- 3 Arrange spring rolls on top of the noodles. Serve with dipping sauce on the side.

ONE BOWL WONDER



Eva Gerardo's Hot Pot (Beef Stock with Tom Yum Paste)

SERVES: 3-4 • COOK: 70 MINS • CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 1 pack Enoki mushrooms (washed and cut the roots)
- 2 White medium mushrooms (washed and sliced)
- 1 Medium carrots (washed, peeled and sliced)
- 4 bunches Bok choy (washed and trimmed)
- 4 bunches Choy sum (washed, trimmed and cut into 3)
- 7 heads Napa cabbages (washed, trimmed cut into 4)
- 1 pack Snow peas (washed and trimmed)
- 3 Small Thai chillies (washed and cut into 3)
- 10 Fried fish ball (cut into 2)
- 1 pack Regular tofu (cut into small square size)
- 10 Fried cheese tofu (cut into 2)
- 6 Crab sticks (cut into 2)
- 5 to 6 Cooked shrimps or fresh shrimps
- 1 pack Beef (thinly sliced)
- 1 Lemon (cut into 2)
- 4-5 cups Beef stock
- 3 tbsp Valcom Thai Tom Yum Paste
- 1 tsp Lee Kum Kee Premium Soy Sauce
- 1 tsp Squid Brand Fish Sauce

DIPPING SAUCE

Lee Kum Kee Chilli Garlic Sauce

ONE BOWL WONDER



METHOD

TO PREP

- 1 Wash and cut all the vegetables. Arrange them on plate.
- 2 Prepare your choice of meat and arrange them on plate.
- 3 Prepare your dipping sauce, bowl, spoon, chopsticks, wire basket or slotted spoon.
- 4 Place your portable stove in the middle of the dining table.

TO COOK

- 1 Combine the beef stock, tom yum paste, soy sauce, fish sauce in medium saucepan and bring to a boil. Turn it down to a simmer.
- 2 Put a small portion of your favourite ingredients such as fish balls, cheese fish tofu, carrots, beef, vegetables, shrimps, mushrooms, tofu, chilli into the broth (place the ingredients that take longer to cook first).
- 3 Let the ingredients simmer until cooked.
- 4 Enjoy hotpot food with the dipping sauce, add some lemon to taste too.
- 5 You can use chopsticks, wire basket or slotted spoons to dish out the cooked ingredients and put into your bowl.
- 6 Repeat with the remaining ingredients. At the end of the meal enjoy the delicious stock.



Brian Hung's Chashu Ramen (Braised Pork Belly Ramen)

SERVES: 4 • COOK: 240 MINS • CUISINE: JAPANESE

INGREDIENTS

BROTH INGREDIENTS

500g	Pork bones
500g	Beef bones
5 cloves	Garlic
40g	Ginger (sliced)
1 bunch	Spring onion (chopped)
2	Shallots (sliced in half)
	Water

RAMEN INGREDIENTS

500g	Ramen noodle
4	Soft boiled egg
160g	Enoki mushroom
1	Corn cob (cut into quarters)
2 tbsp	Ponzu sauce
2	Shallots (sliced in half)
	Water

BRAISED PORK BELLY INGREDIENTS

800g	Pork belly
250ml	Light soy sauce
100ml	ABC Sweet Soy Sauce
50ml	Obento Mirin Seasoning
50ml	Japanese sake
50g	Sugar
5	Star anise
5	Dried red chillies
5 cloves	Garlic (skin on, cut in half)
40g	Ginger (skin on)
10g	Whole black pepper
100ml	Water
	Salt and pepper





METHOD

TO MAKE THE BROTH

- 1 Rinse the bones under cold water, place them in a tray and brown them in the oven at 220 °C (fan forced) for 15-20 mins.
- 2 Transfer the bones into a pot and add water until they are fully covered. Add in the other broth ingredients (5 garlic cloves, 40g sliced ginger, spring onion & shallots).
- 3 Bring the broth to a boil, then reduce heat to low and let simmer for 3-6 hrs.

TO MAKE THE BRAISED PORK BELLY

- 1 In a sauce pan, mix the light soy sauce, sweet soy sauce, mirin, Japanese sake, sugar, star anise, dry red chilli, garlic cloves, ginger and whole black pepper and bring to simmer for 2 mins.
- 2 Take off the heat and set the braising liquid aside.
- 3 Pat dry the pork belly and season with salt and pepper.
- 4 Place the pork belly in a roast tray and pour the braising liquid over it.
- 5 Wrap the tray with aluminium foil and place in a pre-heated oven at 220 °C for 30 mins.
- 6 After 30 mins, reduce the oven to 180 °C and let the pork cook for another 2 hrs while basting the pork belly every 40 mins.
- 7 After 2 hrs, remove the aluminium foil and cook for another 15 mins.
- 8 Set the pork aside to cool until ready to serve.

TO SERVE

- 1 Boil the ramen noodle and the corn cob for about 4-5 mins. Place in a bowl.
- 2 For the soft boiled egg, place your eggs in boiling water for 7 mins then remove the eggs and place in ice cold water for 2 mins. Place in the bowl on top of the noodle.
- 3 Cut the pork belly and assemble on the noodle, along with the enoki mushrooms.
- 4 Pour in the broth until the noodles are covered and add in 25ml of the braising liquid mix with the ponzu sauce in each bowl.
- 5 Top with some spring onion and serve!



Hakubaku

The Kokumotsu Company

Organic Noodles



Made in Australia
the Japanese way



ONE BOWL WONDER



Sam King's Thai Red Curry Chicken

SERVES: 2-3 · COOK: 45 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

- 1 tbsp Coconut oil
- 3 cloves Garlic
- 1 thumb Ginger (julienned)
- 1 Onion
- 1 Capsicum
- 1 Carrot
- ½ jar Red curry paste
- 1 can Coconut cream
- 2 tbsp Brown sugar
- 1 tbsp Fish sauce
- 2-3 Chicken thighs
- 1 bunch Kaffir lime leaves
- 1 can Bamboo shoots

GARNISH

- Peanuts
- Coriander
- Chilli
- Fried shallots
- Wedge of lime

METHOD

TO COOK

- 1 Heat oil in saucepan and add onion, garlic and ginger and cook for 2 mins or until soft.
- 2 Add carrot, capsicum and cook for 10 mins.
- 3 Add curry paste, coconut cream, fish sauce, brown sugar and kaffir lime leaves.
- 4 Chop chicken thighs and add.
- 5 Cook for 30 mins stirring occasionally.

TO SERVE

- 1 Serve on rice and add peanuts, fried shallots, chilli, coriander and a wedge of lime. Enjoy!

Cynthia How's Tom Yum Noodle Soup

SERVES: 2 • COOK: 20 MINS • CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

200g	Dry rice noodle
10	Fresh prawns (deveined)
10	Fresh mussels (cleaned and debearded)
5	Cherry tomatoes (cut in half)
80g	Button mushroom (sliced)
About 1L	Water
6 tbsp	Valcom Thai Tom Yum Paste
2 tbsp	Fish sauce
1 tsp	Sugar
2	Lime wedges
2-3	Fresh coriander stems

METHOD

TO PREP

- 1 Soak the rice noodle in warm water until they soften, then set aside.

TO COOK

- 1 Mix the Valcom Thai Tom Yum Paste with water in a pot and bring to a boil. Once the soup is boiling, reduce to a medium heat and let simmer.
- 2 Add in the sliced mushroom and tomatoes and let simmer for 1 min. Add in the prawns and the mussels and bring to boil for 3 mins.
- 3 Take out the prawns and the mussels and set aside so they don't overcook.
- 4 On low heat, place the noodles in the pot and let simmer for 20 secs in the soup.
- 5 Remove the noodles into a bowl and top with the prawns and mussels.
- 6 Finish the soup with the fish sauce and sugar, then pour over the noodles when ready to serve.

TO SERVE

- 1 Squeeze a lime over the top and serve with some fresh coriander and chilli (optional).



Asian Inspirations'
Choice Winner
Cynthia How



Red Curry Grilled Chicken
with Tamarind Sauce



Thai Cooking Masterclass

Valcom

Available at leading supermarkets and Asian grocery stores.
For recipe ideas visit www.asianinspirations.com.au

Carol Tang's Chicken & Prawn Laksa

SERVES: 3-4 • COOK: 70 MINS • CUISINE: MALAYSIAN

INGREDIENTS

CHICKEN STOCK & PRAWN INGREDIENTS

2 cups	Chicken stock
1 cup	Water
3	Chicken drumsticks
1½ tbsp	Oil
500g	Large tiger prawns (shelled, deveined and tails intact)

LAKSA BROTH INGREDIENTS

1½ tbsp	Oil
2 cloves	Garlic (minced)
2cm	Ginger (finely grated)
1	Lemongrass (white part grated)
2	Bird's eye chillies (finely chopped)
½ cup	Valcom Thai Laksa Paste
400ml can	Coconut milk
2 tsp	Fish sauce

NOODLE & TOPPING INGREDIENTS

50g	Dried vermicelli noodles
100g	Hokkien noodles
80g	Bean sprouts
80g	Tofu puffs (cut in half)

LAKSA CHILLI SAUCE INGREDIENTS

½ tsp	White sugar
1½ tsp	Soy sauce (light or all purpose)
½ clove	Garlic (minced)
1½ tsp	Valcom Thai Laksa Paste
1 tbsp	Sriracha sauce (or other chilli sauce)
1 tbsp	Gochujang paste from jar (or more Sriracha)
1 tbsp	Vegetable oil (any plain oil)

GARNISHING INGREDIENTS

Coriander
Lime wedges
Crispy fried shallots
Bamboo Shoots
Finely sliced red chilli (optional)



Grand Prize
Winner
Carol Tang





METHOD

TO MAKE CHICKEN STOCK & PRAWNS

- 1 Place chicken stock ingredients in a medium saucepan over high heat. Bring to simmer, then reduce to medium high.
- 2 Cook for 25 mins or until chicken flesh falls off the bone and liquid reduces by about a third.
- 3 Discard skin, pull flesh off the bone and place in bowl, discard bones. Set broth aside.
- 4 Heat oil in a pan. Cook the prawns, in batches, turning occasionally, for 5 mins or until prawns curl and change colour. Transfer to a serving platter.

TO MAKE LAKSA CHILLI SAUCE

- 1 Mix ingredients together in a small bowl. Set aside for 20 mins.

TO MAKE LAKSA BROTH

- 1 Heat oil in a large saucepan or small pot over medium low heat. Add garlic and ginger, sauté for 20 secs, then add lemongrass and chillies. Cook for 1 min.
- 2 Add the laksa curry paste. Turn heat up to medium and cook for 2 mins, stirring constantly, or until fragrant.
- 3 Add chicken stock, coconut milk, fish sauce and 2 tsp of laksa chilli paste. Place lid on and simmer for 10 mins.
- 4 Adjust to taste using lime juice and fish sauce. Add tofu puffs. Leave on turned off stove with lid on for 5 mins.

TO ASSEMBLE LAKSA

- 1 Divide noodles between 2 bowls. Top with shredded chicken.
- 2 Pour broth over chicken. Top with bean sprouts, prawns and the rest of the garnishes. Serve with Laksa chilli sauce on the side.

ONE BOWL WONDER

Glenda McDonnell's Banana Prawns & Rice Noodles with Tangy Lime & Oyster Sauce

SERVES: 2-3 · COOK: 30 MINS · CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

- 250g Raw banana prawns (peeled and deveined)
- 180g Dried thin rice noodles
- 1 Red capsicum (thinly sliced)
- 1 Small red onion (thinly sliced, lengthwise)
- 1 Long red chilli (deseeded, finely chopped)
- 1 Small Lebanese cucumber (chopped into bite sized pieces)
- 1 tbsp Coriander leaves (chopped)
- 1 tsp Yeo's Pure Sesame Oil

SAUCE INGREDIENTS

- 2 tbsp Lee Kum Kee Panda Brand Oyster Sauce
- 2-3 tsp Squid Brand Fish Sauce
- 1½ tbsp Palm sugar (grated)
- 1 Lime (juice only)
- 1-2 tsp Lee Kum Kee Premium Soy Sauce (to taste)

METHOD

TO PREP

- 1 Prepare the rice noodles, following the packet directions. Drain, set aside.
- 2 Combine the sauce ingredients, set aside.

TO COOK

- 1 Heat wok and add the sesame oil.
- 2 Add the red onion, capsicum & red chilli and cook for 2-3 mins.
- 3 Add the prawns and cook for 2-3 mins (or until almost cooked through)
- 4 Add the sauce and simmer for 1 min.
- 5 Gently toss the rice noodles through the mixture, cook over low heat until warmed through.
- 6 Add the coriander and cucumber, stir to combine, check and adjust the seasoning.

TO SERVE

- 1 Serve, garnished with coriander leaves.

Brooke Walker's Satay Chicken

SERVES: 2-3 · COOK: 30 MINS · CUISINE: INDONESIAN

INGREDIENTS

MAIN INGREDIENTS

600g	Skinless chicken thighs (diced)
10	Bamboo skewers (soaked in water for 2 hrs)
400ml	TCC Premium Coconut Milk
1 tbsp	Curry powder
1 tsp (+ 1 tsp)	Salt
1 tsp (+ ¼ cup)	White sugar
2 tsp (+ 2 tbsp)	Thai red curry paste
¾ cup	Smooth natural peanut butter
2 tsp	Soy sauce
2 tbsp	Apple cider vinegar
½ cup	Water
2 tbsp	Olive oil

ASIAN STYLE SALAD INGREDIENTS

Combination of mixed lettuce leaves, shredded red cabbage, sliced capsicums, cucumbers, carrots, snow peas and coriander

METHOD

TO PREP

- 1 Combine chicken, curry powder, 1 tsp sugar, 1 tsp salt, 2 tsp red Thai curry paste and ¼ cup of the TCC Premium Coconut Milk (save remaining for the satay sauce) mix well and set aside to marinate for at least 20 mins, or overnight. Thread 6-7 pieces of chicken on to each skewer.
- 2 Place remaining TCC Premium Coconut Milk, 1 tsp salt, ¼ cup white sugar, 2 tbsp Thai red curry paste, peanut butter, apple cider vinegar, soy sauce and water in a saucepan over medium low heat.
- 3 Stir to combine then simmer, stirring every now and then, for 5 mins. Cover with lid and keep warm while cooking skewers.

TO COOK

- 1 Heat olive oil over BBQ on medium high heat. Cook skewers, turning until cooked through and chicken has some golden colour to it.

TO SERVE

- 1 Serve salad in bowls and top with 2 chicken skewers. Drizzle with satay sauce or serve sauce on the side in a dipping bowl. Enjoy!



Laura's Thai Red Curry & Chicken Soup

SERVES: 1-2 · COOK: 50 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

200g	Chicken breast
2 tbsp	Fresh coriander leaves
2 cloves	Garlic
1 tbsp	Ginger
1	Lime (juiced)
1	Onion
1	Red capsicum
1 can	Light coconut milk (400ml)
2 tbsp	Red curry paste
3 cups	Vegetable stock
1 cup	Basmati rice (cauliflower rice for low carb option)
2 tbsp	Unsalted butter
	Kosher salt and freshly ground black pepper

METHOD

TO COOK

- 1 In a large saucepan of 1½ cups water, cook rice and set aside.
- 2 Cut the chicken breast into a few pieces and boil them until they have cooked through. Set aside to cool off.
- 3 Add butter, garlic, onion and capsicum to the stockpot. Cook, stirring occasionally until tender, about 3-4 mins. Stir in ginger until fragrant, about 1 min.
- 4 Whisk in curry paste until well combined, about 1 min. Gradually whisk in coconut milk and vegetable stock and cook, whisking constantly until incorporated, about 1-2 mins.
- 5 Shred chicken breast. Bring soup to a boil, reduce heat and simmer until slightly thickened, about 8-10 mins.
- 6 Stir in rice, shredded chicken, lime juice and coriander. Season with salt and pepper.
- 7 Serve immediately.

Hope U's Prawns 3 Ways

SERVES: 2-3 · COOK: 80 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

10 whole	Prawns
2 tbsp	Cornflour
	Oil (to deep-fry)
1 stalk	Lemongrass (bruised)
1	Chilli (chopped, plus extra for garnish)
	Squid Brand Fish Sauce (to season)
1 tbsp	Tamarind puree (or more, to taste)
¾ cup	Sugar (to season)
2 tsp	Micro herbs (to garnish)

METHOD

TO PREP

- 1 Peel prawns, reserving heads and shells. Devein the prawns by slicing along the back and removing the trail. Set prawn cutlets and 6 heads aside in the fridge until needed.

TO COOK

- 1 Heat 1 tbsp oil in a saucepan over medium-high heat. Add reserved prawn shells and heads, chilli and lemongrass. Sauté for 2 mins.
- 2 Add in 2 cups water and bring to the boil, then reduce heat and allow to simmer for 1 hr. Top up with extra water if needed.
- 3 Season with fish sauce, tamarind puree and sugar.
- 4 While prawn broth is simmering, add remaining prawn heads and cornflour into a ziplock bag. Shake until prawn heads are well coated.
- 5 Heat oil in a separate saucepan to 180 °C. Deep fry the prawn heads for 2 mins or until slightly golden and cooked through. Drain on paper towel and set aside.
- 6 Once broth has nearly finished simmering, poach prepared prawn cutlets in broth for 1 min or until pink and cooked through. Remove from broth.

TO SERVE

- 1 Arrange poached prawns and crispy prawn heads in a bowl. Garnish with chilli and micro herbs. Serve with prawn broth.

ONE BOWL WONDER



Mel A's Bo Kho (Vietnamese Beef Noodle Soup)

SERVES: 2-3 • COOK: 120 MINS • CUISINE: VIETNAMESE

INGREDIENTS

MAIN INGREDIENTS

750g Beef brisket (2cm pieces)
1 Shallot (finely sliced)
3 tbsp Garlic (minced)
2 tbsp Vegetable oil
3 tbsp Valcom Lemongrass
4 tbsp Tomato paste
2 Star anise
1 tsp Chilli powder
1 tbsp Paprika
1 tsp White pepper
6 cups Water
3 cups Coconut water
3 tbsp Chiu chow oil
2 tbsp Lee Kum Kee Premium Soy Sauce
5 cups Carrots (1cm chunks)
500g Fresh egg noodles

MARINADE INGREDIENTS

2 tbsp Ginger (minced)
1 tbsp Galangal (minced)
1 tbsp Garlic (minced)
2 tsp Palm sugar
2 tsp Five spice powder
4 tbsp Squid Brand Fish Sauce

SERVING INGREDIENTS

1 bunch Thai basil leaves
1 bunch Coriander
1 Asian shallot (thinly sliced)
1 Lime (cut into wedges)

ONE BOWL WONDER



METHOD

TO PREP

- 1 In a large bowl, combine all the marinade ingredients (ginger, galangal, garlic, palm sugar, five spice powder and fish sauce) and mix until sugar is dissolved.
- 2 Place meat into bowl and coat with spice mixture. Set aside to marinate for 25 mins.

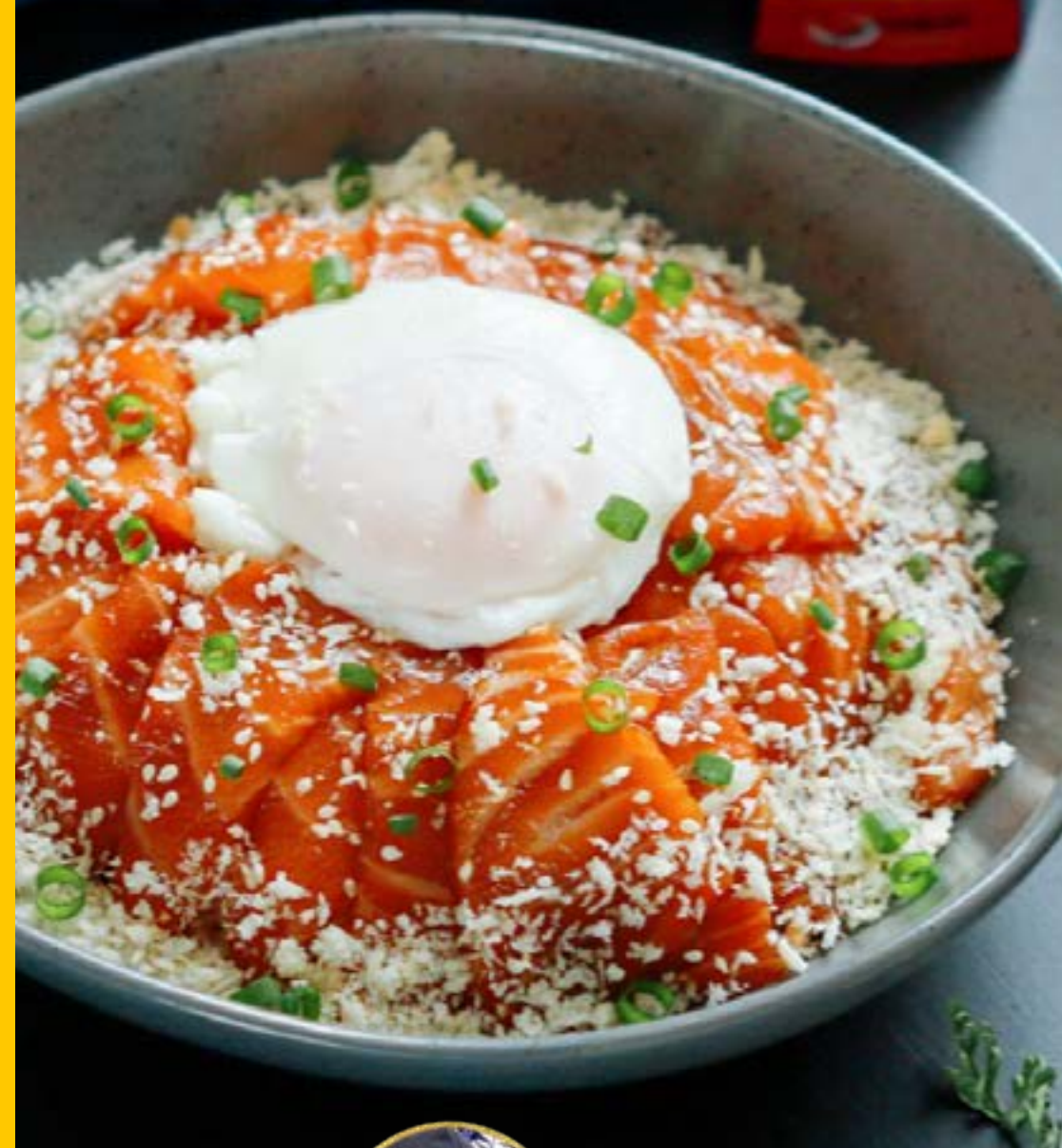
TO COOK

- 1 Using a large saucepan, heat vegetable oil on a high heat. Add in garlic, shallot and lemongrass and stir for 3 mins until shallot becomes translucent.
- 2 Place the beef in the pot and brown on each side. Reduce heat to medium, add tomato paste and cook for 4-5 mins.
- 3 Add to the pot the star anise, chilli powder, paprika, white pepper, water and coconut water. Simmer for 60 mins, stirring occasionally.
- 4 Once the hour is up, add in the chiu chow oil, soy and carrots. Continue cooking for another 35-40 mins.
- 5 Prepare the egg noodles according to the packet instructions, then divide between 4 bowls.

TO SERVE

- 1 Remove the star anise from the soup then carefully ladle mixture over the noodles, ensuring there is a generous amount of beef and carrots.
- 2 Top the soup with Thai basil, coriander, sliced shallot and lime.
- 3 Enjoy!

ONE BOWL WONDER



Simon's Salmon Sashimi Rice Bowl

SERVES: 1-2 · COOK: 20 MINS · CUISINE: JAPANESE

INGREDIENTS

MAIN INGREDIENTS

1 cup	Sushi rice
200g	Salmon (skinless)
1	Egg (poached)
1 tsp	White sesame seed
2 tbsp	Obento Panko Breadcrumbs
2 tsp	Obento Sushi & Sashimi Soy Sauce
3 tbsp	Obento Sushi Seasoning
	S&B Wasabi (optional)
1 tbsp	Spring onion (chopped)

METHOD

TO MAKE

- 1 Once the sushi rice is cooked, add the sushi seasoning and mix, then put into a bowl.
- 2 In the meanwhile, thinly slice the salmon sashimi then add 2 tsp of the sushi soy sauce and mix, then put onto the sushi rice.
- 3 Pan toast the breadcrumbs and white sesame seed, then sprinkle onto the salmon rice bowl, and add the chopped spring onion.
- 4 Place the poached egg onto the salmon rice bowl and serve with extra soy sauce and wasabi paste.



One Bowl Wonder
Theme Winner

Simon





Debbie Squires' Slow Cooked Red Curry

SERVES: 3-4 · COOK: 240 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

1kg	Red curry paste
2 can	Chuck steak
1	Coconut milk
1	Large sweet potato
2	Zucchinis
1	Large eggplant
3 tbsp	Crushed and ground peanuts
1 tsp	Fish sauce
2 squares	Palm sugar
250g	Snow peas
2 cups	Basmati rice

METHOD

TO COOK

- 1 In a slow cooker, place 3 tbsp of red curry paste with 1 tbsp of oil.
- 2 Dice and add in the chuck steak along with the coconut milk.
- 3 Leave to cook for 2 hrs.
- 4 Dice and add in the sweet potato, eggplant and zucchini.
- 5 Add peanut paste, fish sauce, palm sugar and cook for another 2 hrs. Add snow peas.
- 6 Serve with boiled rice.

Michelle A's Tom Kha Gai (Coconut Soup)

SERVES: 2-3 • COOK: 30 MINS • CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

1 tbsp	Coconut oil
2 tbsp	Valcom Thai Red Curry Paste
6 cloves	Garlic (crushed)
½ tsp	Chilli flakes (add more depending on desired heat)
500g	Chicken thighs (sliced)
1L	Chicken stock (any brand)
3 inch	Galangal
2 tbsp	Valcom Kaffir Lime Leaves
4 stalks	Lemongrass (cut the ends off)
400ml	TCC Premium Coconut Milk
1 tsp	Dried basil
1 tsp	Salt
2 tbsp	Squid Brand Fish Sauce
2 tbsp	Brown sugar
300g	Portobello mushrooms (sliced)
1	Red capsicum (chopped)
	Spring onion and coriander (to garnish)
240g	Jasmine rice

METHOD

TO COOK

- 1 Add coconut oil to heated pan. After 30 secs, add red curry paste, chilli and garlic.
- 2 Cook on medium heat for approximately 1 min.
- 3 Add chicken pieces and cook for approximately 2-3 mins. Chicken should not be fully cooked through.
- 4 In a separate saucepan, begin to boil water for the rice. Add rice to boiling water and cook for 10 mins or until ready.
- 5 In another pot, add stock, lemongrass, basil, salt, galangal and kaffir lime leaves to soup mixture and bring to the boil. Once boiling, reduce heat and simmer for 10 mins.
- 6 After 10 mins, add coconut milk, sugar and fish sauce to soup mix and bring to the boil.
- 7 Add mushrooms and capsicum to soup mix and cook on medium heat till mushrooms and capsicum become tender but not soft.

TO SERVE

- 1 Remove rice from heat, strain and distribute 4 even portions.
- 2 Remove lemongrass and galangal from Tom Kah Gai Soup and pour over rice portions.
- 3 Add spring onions and/or coriander to garnish. Enjoy!

Chawalit Teeranal's Prawn Wonton Tom Yum

SERVES: 6 · COOK: 45 MINS · CUISINE: THAI

INGREDIENTS

MAIN INGREDIENTS

1kg	Large prawns
2	Large red shallots (thinly sliced)
1	Lemongrass (thinly sliced on the white part only)
3	Fresh kaffir lime leaves (coarsely torn)
2 tbsp	Fresh galangal (roughly chopped)
12	Button mushrooms (thinly sliced)
36	Wonton skins
6 cups	Water (for tom yum stock)
2L	Water (to cook prawn wonton)
	Chilli powder (optional)

SERVING INGREDIENTS

Lettuce
Chilli
Lemongrass
Kaffir lime leaves
Lime
Coriander
Spring onions

SEASONING INGREDIENTS

4 tbsp	Valcom Thai Tom Yum Paste
6 tbsp	Lime juice
4 tbsp	Chilli jam (Chilli Paste with Soya Bean Oil)
250ml	Evaporated milk





METHOD

TO PREP

- 1 Separate 12 large prawns, peel them but keep the tails attached. Put all peeled shells and heads into a large bowl. Then devein all 12 prawns, put into another small bowl and keep them in the fridge.
- 2 Peel and take all the tails off from the remaining prawns and put all shells and heads in the same bowl as the first lot. Then devein all prawns and put them in the bowl.
- 3 Transfer all clean prawns from step two into a mortar then pound it with pestle into a rough paste. Scoop the prawn paste into the bowl and keep them in the fridge.

TO MAKE THE STOCK

- 1 Bring 6 cups of water to the boil and add all prawn shells and heads, and then add the red shallots, lemongrass, kaffir lime leaves and galangal. Let the water boil and simmer gently for about 10-12 mins.
- 2 Pour all of prawn stock into a colander with another pot under them. Use a big soup ladle to press all prawn shells and heads until all liquid gets into the pot.
- 3 Put the prawn tom yum stock back to the gas top and turn the gas on high heat.
- 4 Add all the seasoning ingredients into the stock pot and mix all ingredients until combined and adjust the flavor to suit your liking. Let the stock boil and turn the gas off.

TO MAKE THE WONTONS

- 1 Separate the wonton skin and put the prawn paste, about 1 full teaspoon, into one wonton skin each time. Then moisten the rim of wonton skin with a little bit of water and fold the skin in half to join and close the rim together. You can make any shape and design you like.
- 2 Put the complete wonton filling onto a plate and continue doing until the filling is finished.

TO COOK

- 1 When it's time to serve, turn the gas on for tom yum stock pot and keep it simmering while waiting to cook wonton.
- 2 Put 2L of water into another large pot and put on the gas and let it boil.
- 3 Cook all prawns with the tails on in the boiling water for about 40-60 secs, then take the prawns out and put them onto a plate.
- 4 Let the water boil again then cook wonton by putting one wonton at a time to prevent them from sticking together.
- 5 Cook 6-8 wontons each time. Wait until wontons float to the surface then scoop them out and into individual bowls (6 wontons per serve).
- 6 Repeat the wonton cooking process until the wonton wrap is finished.
- 7 Increase the heat on the tom yum soup pot and let it boil, then add all mushrooms into the pot.

TO SERVE

- 1 Pour hot tom yum soup and cooked mushrooms into individual bowls and top up with 2 cooked prawns per bowl and garnish before serving.
- 2 Add chilli powder as desired and enjoy prawn wonton tom yum soup.



Paul Greaves'
**Mirin, Mint &
Black Sesame Ice-Cream in
Coconut Soba Birds' Nests**

SERVES: 2-3 · COOK: 90 MINS · CUISINE: JAPANESE

INGREDIENTS

ICE CREAM INGREDIENTS

370ml	Cream
370ml	Full cream milk
130g	Palm sugar (grated or chopped very finely)
7	Egg yolks
120ml	Obento Mirin Seasoning
1 heaped tbsp	Fresh mint (finely chopped)
2 tsp	Black sesame seeds

BIRDS' NESTS INGREDIENTS

400ml	TCC Premium Coconut Milk
90g	Hakubaku Organic Soba
1 dstspn (2 tsp)	Caster sugar





METHOD

TO MAKE THE ICE CREAM

- 1 Combine cream and milk in a saucepan and bring to a simmer over low heat.
- 2 Using a mixer, beat the egg yolks, palm sugar and mirin till the mixture is pale and the palm sugar has dissolved.
- 3 Slowly add the heated milk mixture to the egg yolk, sugar and mirin mixture while beating on a slow speed. Once combined, transfer the liquid back into the saucepan and stir constantly with a spoon over a low heat.
- 4 Once the custard mixture is thick enough to coat the back of the spoon, turn off the heat and allow to cool in the refrigerator. When the mixture is chilled, add the fresh mint and black sesame seeds and transfer to an ice-cream maker. Follow the instructions for the ice-cream maker.

TO MAKE THE BIRDS' NEST

- 1 Heat the coconut milk and sugar in a saucepan to a simmer. Add the soba noodles to the simmering coconut milk and allow to soften for 4-5 mins.
- 2 Using a sieve, drain the coconut milk from the noodles.
- 3 Pre-heat an oven to 180 °C (fan forced).
- 4 To create the bird's nests, take the noodles and spread them in a network fashion on the outside of 7 or 8 rounded silicone muffin moulds.
- 5 Bake in the oven for about 20 mins or until the noodles have dried and have a light brown crispy texture.
- 6 Allow the nests to cool and carefully separate them from the mould.

TO SERVE

- 1 Once the ice-cream has fully set, place a scoop or two into a crispy coconut soba birds' nest.
- 2 Garnish with a sprig of fresh mint. Serve and enjoy!



ABC Sweet Soy Sauce

With its rich, sweet and savoury complexity, authentic ABC Sweet Soy Sauce Kecap Manis is the ideal companion for all your Southeast Asian (think satay and nasi goreng) and BBQ dishes! A versatile sauce, it is suitable for stir-fries, soups, barbecue sauces, glazes, marinades or simply on its own as a dressing or dipping sauce.



Obento Yakitori Sauce

Yakitori is a popular Japanese finger-food, made with tender pieces of chicken threaded on wooden skewers and marinated with Obento Yakitori Sauce, then barbequed over an open flame. It can be used from marinating to stir frying. It is different from teriyaki because teriyaki offers a glossy surface. Visit oriental.com.au



Hakubaku Organic Ramen Noodles

The number one selling authentic organic noodles in Japan. Hakubaku Organic Ramen Noodle, made with the premium quality wheat from Australia, has a slightly chewy, pleasing texture. Only takes four minutes to cook, these thin wheat noodles are ideal for summer, served cool with salad and dressing, for you to enjoy with no sweat! For more information visit hakubaku.com.au

Asian Essentials

Whether you're entertaining for a special celebration, or making yourself and your loved ones a delicious meal, it has never been easier to whip up an authentic Asian feast with ease and confidence. These top picks pantry essentials are the kitchen staples that bring out the key Asian flavours, which give that extra satisfaction to your enjoyment. Have these flavour-packed condiments ready in your kitchen for creating your favourite Asian dishes.

These products are readily available in supermarkets (head to the Asian or international foods aisle) and Asian grocery stores.



Kewpie Mayo Yuzu Flavour

Yuzu is the ideal citrus for both savory and sweet preparations, and that's why blending Yuzu and Mayo together is a perfect match. It can be used on a lot of signature Japanese dishes, such as sushi, tempura, takoyaki, and okonomiyaki and seafood in particular. Let this creamy, silky, sweet, citrusy and tangy Yuzu Mayo be the secret ingredient to make your comfort food even better. Go to kewpiemayomadebetter.com.au.



Squid Brand Fish Sauce

Fish sauce is to Southeast Asia what salt is to the West and soy sauce is to China. With over 70 years of history, Squid Brand Fish Sauce is authentically Thai and made from high quality anchovies. Robust in flavour, just a few drops would beautifully enhance your dishes. It's a pantry must-have for curries, stir-fries, marinades and dipping. Squid Brand Fish Sauce is a recipient of Thai's Prime Minister's Export Award 2016.



TCC Premium Coconut Cream

Rich and creamy, TCC Premium Coconut Cream is an essential pantry item to bring out that luscious, velvety consistency your recipe needs. Made from 65% coconut extract, its thicker texture and mild non-sweet taste makes it great for creating hearty stews, decadent curries or delectable desserts. Infused with a sweet, buttery aroma, it also works perfectly well as a dairy-free alternative for recipes requiring cream or milk.





S&B Curry Sauce with Vegetables

S&B Japanese Style Curry Sauce with Vegetables is a ready to eat sauce that brings an instant meal to your table without a hassle. It has a slightly sweet, mild flavour which this sweet version is bursting with flavour and picante curry spices, but without the fiery chilli burn. Product of Japan. Visit sbfoods-worldwide.com



Valcom Pad Thai Paste

Whip up an authentic Pad Thai noodle stir fry at home with Valcom Pad Thai Paste. Made from a traditional blend of tamarind puree, shrimp paste and salted radish, you'll be in love with its balanced flavours of sweet, sour and savoury goodness. Try it with prawns or chicken!

