

LUNAR NEW YEAR 2024

COOK  
SNAP  
WIN

Best Collection of  
**COOK SNAP WIN 2023**  
*eCookbook*



# Korean Cuisine



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## 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 characteristics as cooked meat."

## Chef Leslie Chan

"Use fresh ingredients and be careful not to overcook them. Marinate ingredients with herbs and spices to enhance the flavours."

## Chef 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."

## 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. Pay attention to textures of food as you don't want soggy vegetables each time."

## Chef Masa

"Colour is always important when plating up a dish. A balanced out colour allows each component to be visible resulting in clear outlines and even textures. Also, placing the components in the centre of the plate, bowl or glass creates a 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."

## Chef Mod

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

## 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 or even include other ingredients to improve the dish."

## 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."



**FRIENDS *OF* ASIAN INSPIRATIONS**

*Chef Tips*





# Korean Cuisine



# Korean *Cooking Essentials*

Strong, tangy sweet and spicy is the signature flavour palate of Korean cuisine. Dishes are often hearty and sumptuous with pork, chicken, beef or seafood, accompanied by pickled veggies—made to excite and delight.



## Doenjang

Similar to Japanese miso, doenjang is a fermented soybean paste. Thick-textured, and with a distinct nutty, salty flavour. Ideal for soups, stews, marinades and meat or veggie seasoning. Often paired with other staples like soy sauce and gochujang.



## Korean Perilla Leaves

Enjoyed for the fresh minty and basil-like aroma, perilla leaves are most often used in the Korean barbecue dish "ssam" - a bite-sized wrap with meaty filling and condiments. You can also make kimchi with them, or as a garnish for stir-fries, stews and soups.

## Gochujang

Gochujang is the signature Korean spicy paste. Made from red chilli pepper flakes, fermented soybean, barley malt and glutinous rice, traditionally fermented in large earthen jars. It has an intense spicy-sweet flavour that accentuate meaty dishes, like spicy pork or beef bulgogi, Korean-style fried chicken, Bibimbap and Budae Jigae army stew. Also the taste-maker for Tteokbokki rice cakes, salads, soup, marinades and sauce blends. Just a tablespoon is usually enough for most Korean recipes.



## Ssamjang

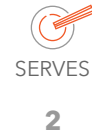
Spicy savoury sauce that combines doenjang and gochujang with garlic, onion, scallions and sesame oil. A must-have dipping sauce for barbecue "ssam" wraps.



## Kimchi

Kimchi the Korean soul food. An appetizer, side dish and key ingredient that instantly gives your cooking the authentic Korean flavour: savoury and spicy with a tangy touch. Made by fermenting napa cabbage and assorted veggies with rice flour, garlic, ginger, onion, salted shrimp, sugar, salt, fish sauce, gogchugaru chilli powder, and water. Used to flavour salads, stews, dumplings, noodles, fried rice and many more. Also incredibly nutritious and can help regulate your digestive health.

# Helen Agostino's Speedy Roast Chicken Noodle Soup with Quick Kimchi Salad & Spicy Sauce



## Ingredients

### SOUP BROTH INGREDIENTS

- 1L Low-salt chicken stock
- ½ roast chicken Cooked bones, plus one complete cooked chicken wing with skin, plus extra skin from the roast chicken
- 3 Small dried whole shiitake mushrooms
- 10cm length Kombu seaweed, with fringe-like cuts made along one side
- ½ Brown onion (peeled, roughly chopped)
- 5 cloves Unpeeled garlic (smashed with the back of a knife)
- 3 slices Unpeeled ginger
- 2 Small spring onions (halved)
- 1 tsp Black peppercorns
- 1 tbsp Squid Brand Fish Sauce

### SOUP INGREDIENTS

- 2 bundles Hakubaku Organic Japanese Udon Noodle
- ½ Small zucchini (cut into 6cm length batons)
- ½ Peeled carrot (cut into 6cm length batons)
- 120g Shredded cooked roast chicken (skinless)

- Yeo's Pure Sesame Oil (for drizzling)
- Spring onion curls and red chilli slices (to garnish)
- Obap Roasted Seasoned Korean Seaweed**

### QUICK KIMCHI SALAD INGREDIENTS

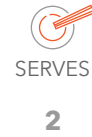
- ½ Baby wombok (cut into 2.5cm squares)
- 2 tbsp Obento Rice Wine Vinegar
- 1 tbsp Yeo's Pure Sesame Oil
- 1 tbsp Gochugaru (Korean red chilli flakes)
- 2 tsp Squid Brand Fish Sauce
- 1 tsp Caster sugar
- ½ tsp Garlic (grated)

### SPICY SAUCE INGREDIENTS

- 1-2 tbsp Light soy sauce
- 2 cloves Garlic (minced)
- 1 Spring onion (sliced)
- ½ Long red chilli (sliced)
- 2 tsp Toasted black and white sesame seeds



# Helen Agostino's Speedy Roast Chicken Noodle Soup with Quick Kimchi Salad & Spicy Sauce

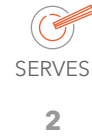


## Method

### TO COOK

- 1 Place all broth ingredients in a large microwave-safe pot (except fish sauce). Cover loosely. Microwave on full power for 16 minutes, stirring halfway through.
- 2 While the broth is cooking, make the quick kimchi salad and the spicy sauce.
- 3 To make the quick kimchi salad, combine all ingredients except cabbage in a large bowl. Using gloves, add cabbage and massage until well covered with seasonings. Place in the fridge until ready to serve.
- 4 To make the spicy sauce, mix soy sauce and garlic together. Sprinkle over chilli, spring onion, toasted sesame seeds. Set aside until ready to serve.
- 5 Also, while the broth is cooking, cook the udon noodles. Place boiling water in a saucepan, bring back to a boil and add noodles. Cook for 4 minutes, drain and rinse under cold water. Set aside until ready to serve.
- 6 Strain the hot broth into a large saucepan, discard strained ingredients. Place strained broth on the stovetop and bring to simmer on low heat. Add in the carrots and cook for 2 minutes, before adding in the zucchini for an additional 2 minutes. Stir in fish sauce and adjust seasonings to taste, keep simmering over low heat until ready to serve.
- 7 Strain the hot broth into a large saucepan, discard strained ingredients. Place strained broth on the stovetop, stir in fish sauce and adjust seasonings to taste, keep simmering over low heat until ready to serve.
- 8 To serve, place noodles in a bowl, add vegetables and shredded chicken, pour over boiling broth, sprinkle with spring onion curls and chilli slices.
- 9 Add squares of toasted seaweed. Drizzle soup with sesame oil.
- 10 Serve with quick kimchi salad and spicy dipping sauce alongside. Enjoy your delicious udon soup!

# Nicole Hocking's Jajangmyeon



## Ingredients

### MAIN INGREDIENTS

- 2 servings Jajangmyeon noodles or other wheat noodles
- 1 cup Pork belly (cut into 1.5cm cubes)
- 1 cup Diced onion
- ½ cup Potato (cut into 1.5cm cubes)
- 2 cups Water
- ¼ cup Korean black bean paste
- 1 tsp Sugar
- 1 Cucumber (thinly sliced lengthways)

### Otogi Roasted Sesame Oil

### FOR GARNISH

- Toasted sesame seeds

## Method

### TO COOK

- 1 Over medium-high heat, sauté the pork belly for around 5 minutes or until crisp and browned. Set aside.
- 2 Add the black bean paste to the pan and fry for 1-2 minutes over low heat until the paste has mixed well with the fat from the pork belly. Set aside.
- 3 Bring a pot of water to boil and add in the noodles. Boil for 3-4 minutes, stirring to avoid sticking. Rinse the noodles under cold water, drain, and plate. Arrange the cucumber slices overlapping each other up against the noodles (like a divider between the two).
- 4 Place the saucepan back on the stove, turning the heat to medium-high. Add in the potato and onion and fry for about 3 minutes or until the potato has turned translucent. Add the pork belly back in and mix well.
- 5 Pour in 2 cups of water and cook over high heat until it starts to boil. Then turn the heat to low, add in the sugar and cover with a lid. Simmer for about 10 minutes, stirring occasionally. Taste the potato and cook longer if needed. If the sauce is nice and thick, then serve on the other side of the plate.
- 6 Drizzle with sesame oil and scatter sesame seeds on top. Enjoy your delicious noodle dish!



# Hol Wang Yim's Crispy Gochujang Marinated Tofu with Stir Fried Korean- inspired Zucchini



**MEAT-FREE  
MARVEL**



SERVES

2



COOK

30 minutes

## Ingredients

### TOFU MARINADE INGREDIENTS

- 6 blocks Tofu
- 1 tbsp Light soy sauce
- 1 tbsp Gochujang (Korean spicy paste)

### CRUMBED TOFU INGREDIENTS

- 4 tbsp Wheat flour
- 4 tbsp Cornflour
- 1 pinch Baking powder
- 1 tsp Ground white pepper
- 6 tbsp Obento Panko Breadcrumbs
- 3 Eggs
- Vegetable oil

### SOFT BOILED EGGS AND DIPPING SAUCE

- 2 Eggs
- 2 tbsp Kewpie Japanese Mayonnaise
- ½ tbsp Gochujang (Korean hot pepper paste)
- 1 tbsp Water
- 1 tsp Sugar
- Salt

### KOREAN-INSPIRED STIR FRIED ZUCCHINI

- 1 Small zucchini (sliced into half moons)
- 1 Small onion (sliced thinly into half rings)
- 3 Garlic cloves (minced)
- Salt

### OPTIONAL GARNISH

- Fresh chilli
- Green onions
- Dash of sesame oil
- Toasted sesame seeds

# Hol Wang Yim's Crispy Gochujang Marinated Tofu with Stir Fried Korean- inspired Zucchini



MEAT-FREE  
MARVEL



SERVES

2



COOK

30 minutes

## Method

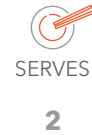
### TO COOK

- 1 Mix the soy sauce and gochujang (Korean spicy paste) paste in a bowl. Cut each block of tofu into 4 equal pieces.
- 2 Cover each side of the tofu pieces with the mixed sauce and refrigerate for at least 2 hours.
- 3 For the soft boiled eggs, fill a saucepan with cold water and put 2 eggs in. Boil for 5 minutes.
- 4 Cool down the eggs in an ice water bath for 5 minutes, then peel them.
- 5 Combine Kewpie Japanese Mayonnaise, gochujang (Korean spicy paste), sugar, and water for the dipping sauce. Set aside.
- 6 To make crumbed tofu, prepare three small rice bowls for flour mix, egg mix, and breadcrumbs.
- 7 For the flour mix, combine wheat flour, cornflour, baking powder, and ground white pepper.
- 8 Whisk one egg in a bowl and fill the third bowl with breadcrumbs.
- 9 Align the bowls for efficient crumbing: tofu pieces, flour mix, egg, breadcrumbs, empty plate.  
Transfer tofu pieces to flour mix, egg mix, then breadcrumbs, shaking to coat evenly. Place crumbed tofu pieces on the empty plate. Repeat for all tofu pieces.

### DEEP FRYING

- 1 Heat vegetable oil in a saucepan to around 160°C.
- 2 Carefully put tofu pieces into the oil in small batches. Fry until golden, then remove and place on a wire rack with paper underneath.
- 3 Season the tofu with salt, serve with the gochujang and Kewpie Japanese Mayonnaise dipping sauce.
- 4 To make the Korean-inspired zucchini dish, heat a pan, add oil, then add garlic, onion, and zucchini. Stir fry until cooked yet retaining color and bite.
- 5 Season with salt as preferred.
- 6 Enjoy the crispy gochujang-marinated tofu and eggs with the stir-fried zucchini. Add optional garnishes as desired.

# Caroline Neeson's Veggie-full Protein- Packed Bibimbap



## Ingredients

### MAIN INGREDIENTS

250g	Pork loin (cut into cubes)
300g	Tofu (cut into cubes)
¼	Red cabbage (finely sliced)
¼	Green cabbage (finely sliced)
1	Carrot (finely sliced)
½	Capsicum (julienned)
½	Cucumber (finely sliced)
3 stalks	Spring onion
60g	Kimchi
2	Large eggs
¼ head	Cauliflower (cut into florets)
	Cooked white rice

### MARINADE INGREDIENTS

3 tbsp	ABC Sweet Soy Sauce
	Kecap Manis
2 tsp	Chilli flakes
1 tbsp	Sesame oil

### DRESSING INGREDIENTS

2 tbsp	Rice wine vinegar
1 tbsp	Honey
1 tbsp	Soy sauce

## Method

### TO COOK

- 1 Make the marinade by mixing sweet soy sauce, chilli flakes and oil in a jug.
- 2 In one bowl, place the chopped pork in a bowl and chopped tofu in another bowl. Pour half of the marinade into each bowl and stir to coat.
- 3 Make the crunchy veggie slaw by finely chopping cabbages, carrot, capsicum, cucumber and spring onion.
- 4 Leave a small handful of cucumber and spring onion, and toss remaining veggies in a large bowl.
- 5 Make the dressing by mixing the rice wine vinegar, honey and soy sauce in a small bowl and then pour it over slaw mix.
- 6 Put the tofu and cauliflower in the air fryer at 200°C for 8 minutes.
- 7 Once tofu is cooked, set aside and place the pork in the air fryer at 180°C for 12 minutes.
- 8 When pork is almost done in the air fryer, heat up a pan with some oil and pan fry the eggs sunny side up.





# 오뚜기 고소한 참기름

## OTTOGI SESAME OIL

### 100% Pure Sesame Oil



- **Rich Flavor:** Ottogi's Sesame Oil is prized for its robust flavor, enhancing Korean dishes
- **Versatile:** ideal for stir-frying, sautéing, marinades, and dressings, it's a versatile cooking oil
- **Nutritional Value:** Packed with healthy fats, antioxidants, and essential vitamins
- **Culinary Uses:** Perfect for bibimbap, ssamjang, namul, noodles, and soups
- **Authenticity:** Ottogi, a trusted brand for authentic Korean flavors
- **Packing:** Available in various sizes for flexible cooking needs



Available at major Asian Grocery stores Australia-wide



# Saho Kamimura's Spicy Gochujang Udon Noodle Salad



**MEAT-FREE  
MARVEL**



SERVES

2



COOK

20 minutes

## Ingredients

### MAIN INGREDIENTS

180g	Udon noodles
¼	Gourmet tomato (sliced thinly)
1	Carrot (shredded)
¼	Continental cucumber (shredded)
2 leaves	Iceberg lettuce (shredded)
½ tsp	Ginger (julienned)

### SAUCE INGREDIENTS

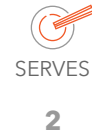
1 tbsp	Gochujang (Korean spicy paste)
1 tbsp	Yeo's Pure Sesame Oil
1 tbsp	Rice vinegar
1½ tsp	Raw sugar
1½ tsp	Light soy sauce

## Method

### TO COOK

- 1 Make the sauce by combining gochujang, Yeo's Pure Sesame Oil, raw sugar, light soy sauce, and rice vinegar. Mix well until the sugar has dissolved and set aside.
- 2 Cook udon noodles following by packet instructions. Drain and rinse in cold water.
- 3 Combine noodles and the sauce.
- 4 In a bowl, place desired amount of noodles in the centre, followed by desired amount of vegetables.

# Michelle Lin's Kimchi Fried Rice



## Ingredients

- 2 cups Cooked jasmine rice (left in fridge overnight)
- 1 Egg
- 100g **Obap Kimchi (sliced)**
- 100g Pork mince
- 7-10 Snow peas (ends trimmed and sliced into thin diagonal strips)
- 3 tbsp Lee Kum Kee Premium Soy Sauce
- 3 tbsp Vegetable oil
- ½ Spring onion (thinly chopped)
- Salt (for seasoning)

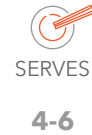
## Method

### TO COOK

- 1 Heat up 1 tbsp vegetable oil in a wok on high heat until lightly smoking and add in the pork mince. Fry and break down the mince continuously until thoroughly cooked. Transfer to a bowl.
- 2 Add 1 tbsp vegetable oil in the wok and leave on high heat until slightly smoking.
- 3 Add the cooked rice, snow peas, kimchi and stir fry whilst breaking up the rice for about 2 minutes.
- 4 Add the cooked pork mince and soy sauce. Continue stir frying for another minute until all the rice grains are individually separated. Taste for seasoning and add salt accordingly.
- 5 Plate up the fried rice then quickly wash the wok to remove any ingredients stuck on.
- 6 Heat up wok again on medium heat with 1 tbsp vegetable oil and gently crack 1 egg into the center. Once the egg is cooked through to your liking, place on top of the fried rice.
- 7 Garnish with spring onion. Enjoy!



# Cheryl Mishio's Sticky Spiced Chicken Drumsticks with Hot & Sour Pickles



## Ingredients

### CHICKEN DRUMSTICKS INGREDIENTS

- 1kg Chicken drumsticks
- ¼ cup Cornstarch
- 1-2 tbsp Vegetable oil
- Salt & pepper

### SPICY STICKY CHICKEN SAUCE INGREDIENTS

- ½ cup Tomato sauce
- ½ cup Sweet chilli sauce
- 1 tbsp Sesame oil
- 2 tbsp Brown sugar
- ¼ cup Lee Kum Kee Premium Soy Sauce
- 1 tbsp Garlic (minced)
- 1 tbsp Ginger (minced)
- 1 tsp Sesame seeds
- 2 tbsp Fresh lime juice
- 1 tsp Rice vinegar
- 1 tsp Fresh chilli (chopped)

### HOT & SOUR PICKLE INGREDIENTS

- 1 cup Cucumbers (finely sliced)
- 1 cup Pink radish (finely sliced)
- 2 tbsp Caster sugar
- ¼ cup Rice wine vinegar
- 2 tbsp White vinegar
- ½ tsp Ginger (minced)
- ½ tsp Sea salt
- ¼ tsp Dried chilli flakes

## Method

### TO COOK

- 1 To make chicken drumsticks, combine chicken drumsticks with cornstarch, vegetable oil, salt, and pepper, ensuring the drumsticks are well coated.
- 2 Place chicken drumsticks in a single layer in the air fryer (careful not to overcrowd).
- 3 Cook drumsticks for 20 minutes at 200°C, then remove and let cool for 10 minutes.
- 4 Drizzle 1 tbsp of the basting sauce over chicken drumsticks, then place back in the air fryer for 8 minutes (chicken should be browned and cooked throughout). Set aside on a baking sheet.
- 5 To make the sticky sauce, place all sauce ingredients in a heavy-bottomed large saucepot and let simmer for 10 minutes. The sauce should thicken into a light glaze consistency.
- 6 Place crispy air-fried chicken drumsticks into the simmering sauce and coat the chicken pieces thoroughly.
- 7 Arrange sticky spiced chicken drumsticks on a serving platter and top with sliced spring onion, fresh coriander, fresh lime wedges, and additional chopped chilli (optional).
- 8 To make the hot and sour pickles. place all ingredients except sliced cucumber and pink radish into a mixing bowl and whisk together until the sugar has dissolved.
- 9 Add sliced cucumber and pink radish, and toss together.
- 10 Place sliced pickles into the refrigerator for at least one hour before serving to ensure they have absorbed the pickling brine.
- 11 Serve chilled pickles alongside sticky-spiced chicken.



# Chinese Cuisine

# Chinese *Cooking* Essentials



## Black Vinegar

Enjoyed for its malty, woody and tangy flavour, Chinese black vinegar is also known for health benefits such as cholesterol-control and better digestion. Made by aging glutinous rice, sorghum, wheat or millet in sealed clay pots. It has a dark colour and watery texture. A lovely dipping sauce for dumplings, used in marinade-blends for grilled pork chops, and sweet-sour sauce mixes for cold salads and hot noodles.



## Soy Sauce

An all-purpose condiment and basic flavour-maker in Chinese cooking. Made from fermented soybeans, wheat, water and salt. There are 2 general types: light soy sauce, with a watery and rich briny flavour; used in all cooking methods. Dark soy sauce, with a thicker liquid, darker colour, and less salty with a sweet tinge; used in small amounts to add colour and depth to stir-fries, or marinades for roasts and braised meats.



## Shaoxing Rice Wine

A cooking wine made from rice, and has a complex sweet-savoury flavour. Use to add depth to sauces, broths, marinades, stir-fries, and braised dishes; or as a flavour agent for wonton and dumpling fillings. You can also use it to deglaze your wok. Comes in brined and salt-free versions. Get both to cover any recipe.



## Chinese Five Spice Powder

Chinese five spice powder has a distinct licorice-like flavour from the star anise, sweet and warmth from the cinnamon and fennel, plus fragrant heat from the Sichuan peppercorns and whole cloves. A balance of cool and warm elements that adds a fabulous flavour-depth to your braised and roasted dishes, as well as stir-fries, soups, stews, marinades and rubs. Delicious for pork, beef, poultry and seafood. Combine with honey and brown sugar for a roast glaze. Or mix with breading for deep-fry coatings. Use sparingly, however, as the flavour can be quite strong.



## Oyster Sauce

Made from oyster extract, sugar, salt and water; thickened with corn starch. This rich, sticky sauce is the umami-giver in Chinese cuisine. Add to any seasoning sauce blend for meat, seafood or vegetable dish for an instant savoury-sweet and tongue-pleasing flavour. Also available in vegetarian version, made from mushroom extract, sugar, salt and glucose syrup.



## Sichuan Peppercorns

An aromatic, tangy, and tongue-numbing spice from China's Sichuan province. Made from tiny dried berries of a prickly ash tree unique to the region. Its flavour begins with a light bitterness and citrusy tang, with a sizzling tinge that grows and numbs your mouth. The numbness also allows for the robust fruity nuances of chilli peppers to emerge. Hence creating the magical "mala" flavour, as in numbing and spicy. Besides classic Sichuan dishes, the peppercorns are also great for a dash of warming flair to your stir-fries, stews, and soups. Ground to flakes, and use sparingly.

# Jane Fan's Bird Nest Noodles



MEAT-FREE  
MARVEL



SERVES

2



COOK

40 minutes

## Ingredients

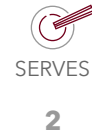
250g	Fresh thin egg noodles
1	Dried shiitake mushroom (hydrated and thinly sliced)
6g	Dried wood ear fungus (hydrated and cut into bite-sized pieces)
60g	Fresh enoki mushrooms (roots removed and broken into clumps)
2	White mushrooms (sliced)
1	Square spiced bean curd (thinly sliced)
1	Small carrot (sliced thinly lengthwise)
35g	Snow peas (de-stringed and larger ones halved diagonally)
2	Garlic cloves (diced)
3	Fresh ginger slices (diced)
1 tbsp	Soy sauce
1 tbsp	Vegetarian oyster sauce
½ tsp	Sesame oil
1 tsp	Sugar
2 tsp	Cornstarch
⅓ cup	Water

## Method

### TO COOK

- 1 Hydrate the dried shiitake and wood ear fungus with hot water for at least 2 hours. Once hydrated, slice hydrated shiitake mushroom into thin slices. Cut hydrated wood ear into bite-sized pieces.
- 2 Create the stir fry sauce by mixing the soy sauce, oyster sauce, sesame oil, sugar, cornstarch and water. Use cold water and a gentle stirring motion to combine the cornstarch well.
- 3 Bring a pot of water to a rolling boil. Blanch the carrot and snow peas for 30-60 seconds. Drain and transfer to a bowl.
- 4 Put the noodles on a large plate and loosen the noodles with your hands until it is free of large clumps. Arrange the noodles into a flat disc that evenly covers the plate.
- 5 Pour 2-3cm of oil into a frypan and heat the oil to 200°C. Carefully slide the noodles in, preserving the disc shape. Fry the noodles until it is crunchy and holds together somewhat, about 60 seconds. To create the bird nest shape, transfer the noodles to a bowl and press the centre down with a ladle.
- 6 Reuse the frypan after pouring out excess oil. Turn on to medium heat, and fry the garlic and ginger until fragrant.
- 7 Mix the stir fry sauce again and pour it into the pan. Stir the sauce until it is thick and glossy.
- 8 Put the mushrooms and bean curd into the pan, followed by the blanched carrot and snow peas. Stir fry for 2 minutes.
- 9 Place the bird nest noodles on a plate and ladle the stir fry into the centre. Serve and eat immediately to enjoy the contrast between crunchy noodles and saucy vegetables.

# Chanelle Lai's Crispy Sweet Garlic Chilli Prawn



## Ingredients

- 500g Unpeeled tiger prawn
- 2-3 Spring onion stalks (sliced)
- 1/3 cup **ABC Sweet Soy Sauce Kecap Manis**
- 3 tsp Shaoxing huadiao wine
- 1 bulb Garlic (minced)
- 5 pieces Bird's eye chilli (sliced)
- 4 tsp Vegetable oil
- Salt (to taste)
- Black cracked pepper (to taste)

## Method

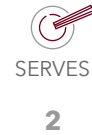
### TO COOK

- 1 Pre-heat the air fryer to 180°C.
- 2 Butterfly the tiger prawns.
- 3 In a mixing bowl, combine the butterfly tiger prawns, salt, pepper, and 2 tsp of vegetable oil.
- 4 Stir and mix the ingredients until all prawns are evenly coated.
- 5 Place the prawns in the air fryer and cook for 5-7 minutes.
- 6 Check the prawns after 5 minutes and give them a toss.
- 7 Once prawns are cooked, set them aside.
- 8 In a wok, heat the remaining 2 tsp of oil and fry the minced garlic and sliced chilli on medium-high heat.
- 9 Add the cooked prawns and toss with the garlic and chilli.
- 10 Stir in the ABC Sweet Soy Sauce Kecap Manis and mix well, then add the sliced spring onion and stir.
- 11 On high heat, deglaze the wok with the Shaoxing huadiao wine.
- 12 Serve the crispy sweet garlic chilli prawns with rice.





# Suzanne James' Sticky Air Fryer Pork Char Siu with Pickled Radish Salad



20 minutes

## Ingredients

### PORK MARINADE INGREDIENTS

- 4-6 Pork belly rashers
- 2 tbsp Lee Kum Kee Hoisin Sauce
- 1 tbsp Obento Rice Wine Vinegar
- 1 tbsp Lee Kum Kee Soy Sauce
- 1 tsp Chinese five spice powder
- 2 tsp Salt
- 2 tbsp White sugar
- 2 tbsp Maple syrup
- 3-4 Garlic cloves (diced)
- 2 tbsp Beetroot powder (for color)

### PICKLED RADISH INGREDIENTS

- 2-4 Radishes (sliced thinly)
- 1/3 cup Obento Rice Wine Vinegar
- 1 tbsp White sugar
- 1/3 cup Water

### SALAD INGREDIENTS

- Pickled Radish (from above)
- Cucumber (sliced)
- A couple of snow peas
- Savoy cabbage (chopped)

### DRESSING INGREDIENTS

- 1 tbsp Obento Rice Wine Vinegar
- 1 tbsp Lee Kum Kee Soy Sauce
- 1/2 tsp Yeo's Pure Sesame Oil
- Brown sugar (to taste)

## Method

### TO COOK

- 1 Combine all pork marinade ingredients in a bowl. Add pork and stir until well coated. Cover and refrigerate to marinate for at least 24 hours.
- 2 To make pickled radish, pour pickle ingredients over the thinly sliced radishes. Let rest for at least 2 hours.
- 3 Take pork out of the refrigerator and bring to room temperature. Add pork pieces to air fryer, reserving the marinade. Cook at 200°C for 3 minutes each side. Baste with reserved marinade and cook again 2-3 minutes each side until nicely charred on the corners and bubbling a little on top. Adjust cooking times if needed and check frequently.
- 4 Meanwhile, combine all dressing ingredients and set aside for flavors to infuse.
- 5 Pat dry pickled radish, assemble remaining salad ingredients, and drizzle with prepared dressing.
- 6 Serve char siu with salad and rice.

# Hiba Attar's Biang Biang Noodles



MEAT-FREE  
MARVEL



SERVES

2



COOK

90 minutes

## Ingredients

- 2 cups All-purpose flour
- 125ml Water
- ¼ tsp Salt
- 3 tbsp Vegetable oil (plus extra for coating noodles)
- 1 Green onion (chopped)
- 2 Garlic cloves (minced)
- 1 tsp Red pepper (crushed)
- 1 tbsp **Lee Kum Kee Gluten Free Soy Sauce**
- 1 tbsp Chinese black vinegar
- Handful Bean sprouts
- 1 head Bok choy
- Sesame seeds (to garnish)

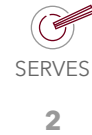
## Method

### TO COOK

- 1** Mix flour, water, and salt by hand or in a stand mixer with the dough hook. Knead until well combined and smooth. By hand, it may take up to 10 minutes.
- 2** Divide dough into 8 equal portions, knead and shape into logs. Transfer to a plate and coat well in oil. Cover in cling wrap and let rest for 1 hour.
- 3** Heat up a wok or pot of water. While waiting, flatten the dough portions into rectangles with a rolling pin. When the water is boiling, quickly blanch the bok choy, then drain and set aside.
- 4** For the dough, make an indent with a chopstick down the middle of the dough portions lengthwise. Gently hold both ends of the rectangle and pull until the desired thickness is reached. Split the pulled dough into two long noodle strands.
- 5** Cook the noodles in the boiling water in two batches for 1 minute. While they are cooking, divide the soy sauce, black vinegar, and bean sprouts into two bowls.
- 6** Once the noodles are cooked, drain and divide them into the bowls. Add the crushed red pepper, garlic, and green onion in a small pile on top of the noodles. Add the bok choy around the edges of the bowl.
- 7** In a saucepan, heat the rest of the vegetable oil over high heat until smoking. Carefully pour the oil into the bowls and over the noodles and ingredients so that they sizzle. Stir to coat the noodles evenly and enjoy with a sprinkle of sesame seeds.



# Rachel Matterson's Sesame Prawn Toast



25 minutes

## Ingredients

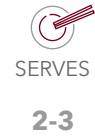
350g	Uncooked prawns (de-shelled and deveined)
1½ tbsp	Lee Kum Kee Premium Soy Sauce
1½ tbsp	Sesame oil
1	Spring onion (finely chopped)
2 tbsp	Coriander (finely chopped)
1 tsp	Ginger (grated)
1 clove	Garlic (grated)
1	Egg
4 slices	Thick-cut white bread
1	Long red chilli (thinly sliced diagonally)
5cm	Cucumber piece (thinly sliced)
½ cup	Black and white sesame seeds
1½ tbsp	ABC Extra Hot Chilli Sauce
2 tbsp	Japanese mayonnaise

## Method

### TO COOK

- 1 To make the prawn paste, finely mince the prawns with a butcher's knife. Once no large chunks of prawn remain and it resembles a paste, transfer to a bowl.
- 2 In the bowl, add garlic, ginger, spring onion, coriander, Lee Kum Kee Premium Soy Sauce, and sesame oil. Mix to combine.
- 3 Cut crusts off bread slices and spread an even amount of paste on each slice, gently pressing down to adhere prawn with the bread.
- 4 Add sesame seed mixture to a rimmed plate. Press prawn side of bread into sesame seeds to cover paste completely. Move bread to chopping board, prawn/sesame side up, and cut down the center into two even halves.
- 5 Whisk egg in a large flat bowl or baking tray. Dunk exposed bread base into egg to coat. Do not cover sesame seed side in egg.
- 6 Place bread slices into air fryer and cook for 7 minutes at 185°C. Bread may need to be cooked in batches depending on air fryer size.
- 7 While toast cooks, mix ABC Extra Hot Chilli Sauce and Japanese mayonnaise.
- 8 Remove toast from air fryer. To serve, place bread with chilli mayonnaise and garnish with cucumber, coriander, and red chilli slices.
- 9 Enjoy your better-than-takeout crispy sesame prawn toast!

# Ray's Tasty Air Fryer Pork Ribs



## Ingredients

### MAIN INGREDIENTS

500g Pork ribs

### MARINADE SAUCE INGREDIENTS

1 tsp Sichuan pepper or Chinese five spice

1 tbsp Honey

1 tbsp **Lee Kum Kee Premium Soy Sauce**

2 tbsp Lee Kum Kee Premium Oyster Sauce

½ tsp Salt

1 tbsp Garlic (minced)

### COATING SAUCE INGREDIENTS

1 tbsp Honey

2 tsp **Lee Kum Kee Premium Soy Sauce**

2 tsp Lee Kum Kee Premium Oyster Sauce

### OPTIONAL INGREDIENTS

Toasted white sesame seeds

## Method

### TO COOK

- 1 Cut the pork ribs individually, each with a rib cage, then clean and dry using kitchen paper towel.
- 2 Combine all marinade sauce ingredients and marinate the pork ribs for about 12 hours.
- 3 Preheat the air fryer to 150°C. Wrap the pork ribs with foil and bake for 30 minutes.
- 4 Combine all the coating sauce ingredients together.
- 5 Open the foil, exposing the pork ribs but keeping the foil under them. Brush the coating sauce on the pork ribs. Increase air fryer temperature to 180°C and continue baking for 15 minutes (around 8 minutes in, brush the sauce again for better colour).
- 6 Place the pork ribs on a plate and sprinkle with toasted white sesame seeds.



# Alison Burdon's Cong You Bing (Scallion pancakes)



MEAT-FREE  
MARVEL



SERVES

2



COOK

60 minutes

## Ingredients

2 cups	Plain flour (plus extra for dusting)
1½ cups	Boiling water
4 stems	Spring onion (thinly sliced)
3 tbsp	Sesame seed oil
5 tbsp	Vegetable oil
1 tsp	Salt
1 tsp	Chinese five spice
2 tbsp	Rice wine vinegar
2 tbsp	Soy sauce
Pinch	Chilli flakes

## Method

### TO COOK

- 1 Combine the flour and boiling water in a heat-proof bowl, mixing until all flour is incorporated. Remove from the bowl and knead until the mixture comes together cohesively. It may still have a rough texture. Cover and allow to rest for 30 minutes.
- 2 Meanwhile, combine sesame seed oil and 3 tbsp of the vegetable oil in a small ramekin and set aside for later use. Finely chop the shallots.
- 3 After resting, knead the dough again until smooth and divide it into four equal portions. Place three portions back in the bowl and keep covered to prevent drying out. Lightly dust the surface with flour and roll out the first portion into a rectangle (approximately 25x20cm).
- 4 Brush the entire rectangle with the combined sesame seed and vegetable oil mixture. Sprinkle a dash of salt and Chinese five spice over the rectangle, along with about one-sixth of the finely chopped spring onion. Starting along the long edge, roll the pastry into a tight log to encase all the toppings.
- 5 Once a long thin log is formed, coil the pastry like a snail, tucking the end under to create a plump round disc of pastry. Roll this disc into a thin circle (around 20cm diameter) to make a pancake and set aside. Repeat with the remaining dough portions.
- 6 Heat 2 tsp of vegetable oil in a large frying pan. When hot, fry the pancakes one at a time, approximately 2 minutes on each side or until golden.
- 7 Add more oil to the pan before frying each pancake to ensure a golden crust. Pancakes should be crispy on the outside with soft layers on the inside.
- 8 To make the dipping sauce, combine rice wine vinegar, soy sauce, one-sixth of the finely sliced spring onion, and the chilli flakes in a ramekin.
- 9 To serve, slice the pancakes into wedges, sprinkle with the remaining sliced fresh spring onion, and serve with the dipping sauce.

# Chanelle Lai's Fry Tofu with Pork Mince



**FAST  
& FAB**



SERVES

**2**



COOK

**20 minutes**

## Ingredients

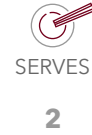
300g	Sliced egg tofu
100g	Pork (minced)
50g	Chinese mushroom (minced)
1	Bird's eye chilli (sliced)
1	Spring onion (sliced)
3 tbsp	Lee Kum Kee Panda Brand Oyster Sauce
100g	Cornflour
50ml	Water
4 tbsp	Oil
1 tbsp	Lee Kum Kee Premium Soy Sauce
1 tbsp	Lee Kum Kee Dark Soy Sauce

## Method

### TO COOK

- 1 Heat 4 tbsp of oil in a frying pan.
- 2 Coat tofu with cornflour on all sides.
- 3 Pan fry tofu for 2 minutes on each side, then set aside.
- 4 Marinate pork mince with salt, pepper, and light soy sauce.
- 5 Pan fry pork mince and mushroom mince for 4 minutes, then add oyster sauce and dark soy sauce.
- 6 Add water and stir for 1 minute.
- 7 Add tofu, sliced chilli, and spring onion. Mix for 30 seconds.
- 8 Serve on a hot plate or regular dish.

# Michelle Lin's Pork Noodle Soup with Roasted Sichuan Chilli Oil



## Ingredients

### MAIN INGREDIENTS

- 200g Ground pork
- 2 tbsp **Lee Kum Kee Hoisin Sauce**
- 1 tbsp Shaoxing Rice Wine
- ¼ tsp Chinese five spice powder (optional)
- 1 tsp Vegetable oil
- 4 cups Chicken stock
- 300g Medium thickness Chinese wheat noodles
- 1 Bok choy (cut in ½ lengthwise, bulb intact)
- ½ cup Roasted peanuts (chopped)
- ½ Spring onion (chopped)

### CHILLI OIL INGREDIENTS

- ¼ cup Dried whole de-seeded Sichuan chillies
- 1 cup Vegetable oil
- ½ tsp Salt

## Method

### TO COOK

- 1** To make the roasted Sichuan chilli oil, bring a wok or medium-sized pan to low heat and dry toss the chillies until lightly toasted (about 1 minute).
- 2** Transfer the chillies to a food processor and blitz for a few minutes until they resemble a coarse powder (somewhere between flakes and fine powder). Transfer to a medium heatproof bowl.
- 3** Heat up vegetable oil to 190°C. Once it reaches 190°C, pour the oil over the blitzed chillies. The oil should sizzle upon contact and begin to turn red. Add the salt, then let the oil cool while preparing the next steps.
- 4** For the pork topping, mix the hoisin sauce, Shaoxing wine, and five spice powder together with the minced pork until well combined, ensuring the meat is nicely broken up and evenly coated.
- 5** Heat the oil in a wok or frying pan over medium-high heat, add the pork mixture, and cook while continuously breaking up the meat for about 5 minutes until it's nicely browned. Transfer to a bowl and set aside.
- 6** In a medium-sized pot, heat the chicken stock until lightly simmering.
- 7** Meanwhile, fill a large pot with water and bring it to a rolling boil. Once boiling, quickly blanch the bok choy for about 20 seconds, then transfer it to a bowl.
- 8** In the same pot, gently place the noodles and cook according to the packet instructions. This should take about 2-3 minutes or until the noodles rise to the surface. Remove noodles from the water and drain.
- 9** To serve, immediately place the noodles into a large bowl, and top with 2 cups of chicken stock, the pork mixture, chopped roasted peanuts, spring onion, and bok choy.
- 10** Drizzle more roasted Sichuan chilli oil over to your liking. Enjoy!





# FLAVOUR IS THE KEY

Get ready to experience the deliciousness of our Panda Oyster Sauce! Our sauce is made from premium oyster extracts, which gives it a mouthwatering umami flavour. It's perfect for all your cooking needs, whether you want to marinate your meat or stir-fry your veggies. You'll love its rich color and robust taste! So why wait? Try our Panda Oyster Sauce today and elevate your dishes to the next level!



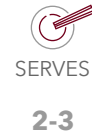
Our soy sauce is made with ingredients sourced from nature, brewed naturally, and simply bottled. We're proud to create a delicious soy sauce that brings incredible taste to your meals. Add a touch of perfection to your meals with our delicious soy sauce – it's a culinary delight you won't be able to resist!



Scan recipes!



# Toni Battle's Sweet Crispy Chinese Chicken



## Ingredients

### MAIN INGREDIENTS

- 2 tbsp Vegetable oil
- 10 Chicken drumsticks
- 4 tbsp Cornflour
- 3 cloves Garlic (crushed)
- 1 tsp Ginger (minced)
- 3 Spring onions (sliced)

### SAUCE INGREDIENTS

- 2 tsp Squid Brand Fish Sauce
- ¼ cup ABC Sweet Soy Sauce Kecap Manis
- ¼ cup Chinese cooking wine
- ¼ cup Brown sugar
- 1 tbsp Rice wine vinegar
- ¼ tsp White pepper

### OPTIONAL INGREDIENTS

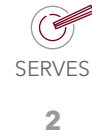
- Sliced spring onion
- Sesame seeds
- Dried shallot
- Red chilli

## Method

### TO COOK

- 1 Preheat the oven to 200°C.
- 2 In a zip lock bag, add cornflour, some salt, and pepper. Add the chicken and shake to coat the chicken in flour.
- 3 In a large frypan, heat oil over medium-high heat. Brown the chicken until golden on all sides. Brown in 2 batches if needed to avoid overcrowding.
- 4 Once golden, place the chicken in a baking dish and bake for 15 minutes.
- 5 In the same pan used for cooking the chicken, sauté spring onion, garlic, and ginger for a few minutes. Add the sauce ingredients and stir for a few more minutes.
- 6 Remove the chicken from the oven. Pour the sauce over the top and bake for an additional 15 minutes.
- 7 Check if the chicken is cooked. Bake for another 10 minutes if needed.
- 8 Remove from the oven. Top with sliced spring onion, sesame seeds, dried shallot, and red chilli.

# Jane Fan's Lion's Head Meatballs



## Ingredients

### MEATBALL INGREDIENTS

- 2 slices Ginger (finely minced)
- 1 Scallion (finely chopped)
- 1 Large egg
- 1 tbsp Breadcrumbs
- 1 tbsp Light soy sauce
- 1 tbsp Oyster sauce
- 1 tbsp Chicken stock powder
- ½ tsp White pepper
- 2 tsp Cornstarch
- 1 can Valcom Water Chestnut Slices (drained, about 200g)
- 500g Pork mince (not lean)

### SAUCE INGREDIENTS

- 2 tsp Brown sugar
- 2 slices Ginger
- 1 tbsp Light soy sauce
- 1 tbsp Oyster sauce
- ¼ tsp Dark soy sauce
- 1½ cups Water
- 1 tsp Cornstarch
- ¼ tsp Sesame oil

### VEGETABLE INGREDIENTS

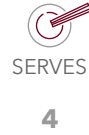
- 6 bunches Bok choy (sliced in half)

## Method

### TO COOK

- 1** Mix all meatball ingredients together in one direction by hand for at least 10 minutes. The texture will become paste-like, paler in color, with small strings appearing. Shape into 8-9 meatballs.
- 2** Mix all sauce ingredients, excluding ginger slices, in a small bowl.
- 3** Heat a frypan with 3cm of vegetable oil to 180°C. Shallow fry meatballs on all sides until golden brown (they don't need to be cooked through).
- 4** Pour out most oil from the frypan, then fry ginger slices until fragrant.
- 5** Mix the sauce to distribute cornstarch evenly, then pour it in the pan. Stir until thickened and no longer cloudy.
- 6** Place meatballs in the sauce, cover with a lid, and simmer on reduced heat for 15 minutes. Flip meatballs halfway through for even color.
- 7** While meatballs cook, blanch bok choy for 2 minutes with a splash of oil to create a shiny look. Drain and set aside.
- 8** When meatballs and bok choy are done, arrange bok choy in a circle with paler base facing outwards. Pile meatballs in the center, and pour remaining sauce over them.

# Jane Fan's Tangy Taiwanese Beef Noodle Soup



## Ingredients

- 1.5kg Beef shank, chuck steak or brisket
- 4 Fresh tomatoes (diced in large pieces)
- 6 Garlic cloves (smashed)
- 4 slices Ginger
- 1 Onion (cut into thick slices)
- 1 tbsp Tomato paste
- 1 tbsp Bean paste
- 1 tbsp **Lee Kum Kee Chiu Chow Chilli Oil** (scoop more flakes than oil)
- 1 tbsp Sugar
- ½ cup Soy sauce
- ½ cup Shaoxing wine
- 1 tbsp Chicken stock powder
- 4 Star anise
- 1 Cinnamon stick
- 3 Bay leaves
- 1 tbsp Fennel seeds
- 1 tbsp Cumin seeds
- 1 tsp Coriander seeds
- 2 tbsp Sichuan peppercorns
- 1 tsp Black peppercorns
- Coriander leaves (for garnish)
- Scallions (sliced)
- Dried wheat noodles
- Water

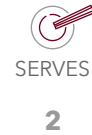
## Method

### TO COOK

- 1** Place all the dried herbs (star anise, cinnamon, bay leaves, fennel, cumin and coriander seeds, Sichuan and black peppercorns) into a cheesecloth or dashi stock bag.
- 2** Cut the beef into roughly 5cm cubes, trimming off any fat.
- 3** Bring a big pot of water to boil and place the beef cubes to boil out impurities. When water turns cloudy and scum rises, drain and rinse with cold water to remove more scum.
- 4** Put ginger, garlic, sliced onion, diced tomatoes, and beef into a slow cooker.
- 5** Add tomato paste, soy sauce, bean paste, Chiu Chow Chilli Oil and flakes, sugar, Shaoxing wine, chicken stock powder, and packaged spices to the slow cooker.
- 6** Fill the slow cooker with enough water to cover ingredients and mix gently for even color.
- 7** Cook on high for 3 to 4 hours.
- 8** Cook dried wheat noodles according to packet instructions.
- 9** Drain and place noodles in a bowl. Ladle soup, beef, and vegetables on top.
- 10** Top with coriander and sliced onion. Add more Chiu Chow Chilli Oil as desired.



# Ilona Nicola's Air Fryer Crispy Salt & Pepper Tofu



## Ingredients

### MAIN INGREDIENTS

400g	Medium firm tofu (drained on paper towel for 30 minutes)
30g	Potato flour or cornflour
¾ tsp	Fine salt
¾ tsp	Ground white pepper
¼ tsp	Ground Sichuan pepper
3 tbsp	Neutral oil
1 tbsp	Yeo's Pure Sesame Oil

### GARLIC CHILLI OIL INGREDIENTS

4 tbsp	Neutral oil
2	Long red chilli, thinly sliced
5 cloves	Garlic (peeled and finely chopped)
2	Spring onions (reserve one for garnish)
	Coriander leaves
	Steamed choy sum and edamame

## Method

### TO COOK

- 1 Preheat air fryer to 205°C.
- 2 To prepare the tofu, cut tofu into large cubes and pat dry with paper towel.
- 3 Combine the cornflour with the salt and peppers in a bowl and mix thoroughly.
- 4 Add 3 tbsp of neutral oil and sesame oil to a lipped baking dish or plate.
- 5 Working in small batches, lightly toss tofu in oil to coat, then place in the bowl of seasoned cornflour and toss to coat thoroughly. Dust off excess.
- 6 Place tofu in the air fryer in a single row to allow air circulation. Cook in batches if needed. Cook for 10-15 minutes, flipping tofu halfway through cooking until lightly golden and crisp to the touch, adjusting cooking time as needed.
- 7 Meanwhile, make the garlic chilli oil. Gently heat the oil in a frypan over low heat. Add garlic and allow to gently sizzle for 1-2 minutes while stirring. Do not allow to brown. Add onions and red chillies and continue to cook for a further minute. Transfer the infused oil to a serving bowl.
- 8 Serve crispy tofu with steamed choy sum and edamame. Dress generously with garlic chilli oil and sprinkle with coriander and chopped spring onion.

# Michelle Lin's Dry Fried Green Beans



AIR FRYER  
CREATIONS



SERVES

2



COOK

30 minutes

## Ingredients

500g	Green beans (stems removed)
250g	Pork mince
½ cup	De-seeded whole dried chillies
1 tbsp	Garlic (finely minced)
3 tbsp	Preserved mustard stems (chopped)
2 tbsp	Lee Kum Kee Premium Dark Soy Sauce
1 tbsp	Shaoxing wine
3 tbsp	Vegetable oil
2 tsp	Salt

## Method

### TO COOK

- 1** In a medium bowl, thoroughly mix the dark soy sauce and Shaoxing wine into the pork mince, ensuring the mince is evenly coated.
- 2** Chop the preserved mustard stems into small ½cm long bites and set aside in a small bowl.
- 3** Preheat your air fryer to 180°C.
- 4** Coat the beans with 2 tbsp of vegetable oil. Working in batches, place them into the air fryer basket and fry for about 5 minutes until the skins on the beans are slightly puffed up and wrinkly. Transfer the beans to a paper-toweled plate and set them aside.
- 5** Once the pork has been marinated for about 10 minutes, coat your wok or a medium fry pan with 1 tbsp of oil and heat it over medium-high heat until lightly smoking.
- 6** Add the pork mince and fry while continuously breaking it up into smaller chunks. Keep cooking until the pork has browned, and any liquid that has seeped out has completely evaporated (about 3 minutes). Transfer it to a bowl.
- 7** In the same wok/pan, gently fry the minced garlic and chopped mustard stems together on low to medium heat until nice and fragrant (about 1 minute).
- 8** Turn the heat to medium, then add the cooked mince, fried beans, dried chillies, salt, and quickly toss for about 1 minute until thoroughly combined.
- 9** Serve immediately with fresh steamed jasmine rice. Enjoy!

# Mel A's Zha Jiang Mian



**MEAT-FREE  
MARVEL**



SERVES

**2**



COOK

**30 minutes**

## Ingredients

### MAIN INGREDIENTS

150g	Firm tofu
150g	Dried noodles
150g	Oyster mushrooms
6	Dried shiitake mushrooms
1 tbsp	Oil
3	Garlic cloves (minced)
1 tbsp	Ginger (minced)
1 tsp	Sugar
1	Cucumber (sliced)
1	Spring onion (sliced)

### SAUCE INGREDIENTS

60ml	Shaoxing wine
1 tbsp	Lee Kum Kee Dark Soy Sauce
1 tbsp	Chilli bean sauce
3 tbsp	Bean sauce
2 tbsp	Sweet bean sauce
80ml	Water

## Method

### TO COOK

- 1 Place the shiitake mushrooms into a bowl and pour over boiling water. Set aside for 5 minutes until the shiitake mushrooms has rehydrated. Remove shiitake and roughly chop, retaining the mushroom-flavored water for cooking.
- 2 In a separate bowl, combine all sauce ingredients and mix well.
- 3 Roughly chop the tofu and oyster mushrooms into large pieces. Add to a food processor and pulse until they form large crumb pieces.
- 4 Heat a wok to medium, add oil, shiitake mushrooms, oyster mushrooms, and tofu, and cook for 3 minutes.
- 5 Cook noodles according to packet instructions.
- 6 Add the sauce mixture and 100ml of the shiitake mushroom water to the wok and continue cooking for 5-7 minutes.
- 7 Once the liquid has begun to reduce, add sugar and cook for a further 3 minutes.
- 8 Place noodles in serving bowls. Spoon a generous portion of sauce over the noodles, then top with cucumber slices and spring onion.



# Japanese Cuisine

## Japanese Mayonnaise

Japanese mayonnaise has a creamier texture, yellowish colour, and deeper umami flavour than other mayonnaise. The secret? Egg yolks instead of whole eggs, with rice vinegar for that signature tangy, savoury aftertaste. A flavour-packed condiment for okonomiyaki pancakes, pan-fried octopus balls, stir-fried wheat noodles, deep-fried pork cutlets, chicken and seafood.



## Shoyu

Made from an equal mix of soy and wheat, salt and koji mould, shoyu has a more robust flavour range than Chinese soy sauce. Koikuchi shoyu (dark soy sauce) is intensely savoury, best for marinades, basting sauces, dips and stir-fries. Usukuchi shoyu (light soy sauce) is thin, briny and sweet, best for veggie stews and udon soups. Shiro shoyu (white/clear soy sauce) is the sweetest with the lightest colour, adding flavour without darkening your dishes; perfect for hot pot, soups and steamed veggies. Tamari shoyu (wheat-free soy sauce) is similar to Chinese soy sauce, made with little wheat in the fermenting mix; ideal for dips, stir-fries and salads. Saishikomi shoyu (double-brewed soy sauce) is double-brewed for deeper colour and taste, great dipping sauce for sashimi.

## Miso

A savoury, earthy fermented soybean paste. Most known to make miso soup, the staple palate cleanser in traditional Japanese meals. There are 3 common types: red miso, white miso, and barley miso. The last is the sweetest and saltiest. Besides soups, miso adds an umami richness to braised dishes, sauce-mixes, marinades, and sweet pickled veggies. A signature seasoning in Japanese cuisine.



## Panko

Want a crunchier bite for your deep-fried goodies? Just add panko breadcrumbs to your batter. A unique electric-baked, crust-less white bread; ground to flakes, and dried. Unlike other breadcrumbs, panko won't clump together in your batter blends, giving your foods a light, uniform coating that turns crisp when fried. A must-have ingredient for tonkatsu pork and chicken katsu.



# Japanese Cooking Essentials

Japanese cuisine is defined by delicate flavours and textures that pleasure, sooth and satisfy, with a lingering sensation on your tongue. Fresh and natural ingredients are of utmost importance. Common taste profile includes sweet, savoury, bracing, and complex umami.



# Japanese Cooking Essentials



## Wasabi

Pungent with a bracing spiciness that tingles from mouth to nostrils, Wasabi is a unique horseradish native to Japan; grounded into paste. With antibacterial properties and flavour that dispels raw fish smells and compliments their tastes, making it perfect for sushi and sashimi. But that's not all. Wasabi is also great as a zesty taste-booster for almost any dish you like. Mix with mayonnaise for a salad dressing. Pair it with soy sauce for marinades. Or use it as a condiment for skewered roasts.

## Mirin

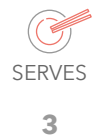
Brewed from fermented rice with added sugar, mirin is a rice cooking wine that adds a savoury sweetness to Japanese stews, teriyaki glazes, grilled seafood, ramen soup bowls and stir-fries. Also great for ridding fishy seafood smells. It has a strong, potent flavour and fragrance, so a touch is usually enough to enrich your seasoning blends.



## Ponzu

This tangy, fruity fragrant sauce is made by simmering mirin, rice vinegar, bonito flakes and seaweed, cooled and blended with Japanese citruses like yuzu, sudachi, daidai or kabosu. It adds a refreshing zing and flavour to yakitori chicken and grilled fish marinades. Also a taste-booster dip sauce for shabu-shabu hot pot and sashimi. Fun fact: it's named after the Old Dutch word for fruit punch, 'pons'.

# Dale Elliott's Japanese Beef Rice Bowl (Gyudon)



## Ingredients

### MAIN INGREDIENTS

- 1 cup Short grain white rice
- 350g Sirloin beef (thinly sliced)
- 1 Brown onion (chopped)
- ¾ cup Chicken stock
- Eggs (poached)
- Obento Sliced Pickled Ginger (to serve)
- Shallots (for seasoning)
- Chilli flakes (for seasoning)

### TERIYAKI SAUCE INGREDIENTS

- ¼ cup Soy sauce
- 2 tbsp **Obento Cooking Sake**
- 2 tbsp Obento Mirin Seasoning
- 2 tsp White sugar

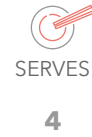
## Method

### TO COOK

- 1 Cook white rice until cooked through and set aside.
- 2 In a saucepan, mix chicken stock, soy sauce, cooking sake, mirin, and white sugar for the teriyaki sauce. Bring to a boil.
- 3 Add chopped onion to the sauce and simmer for 3 minutes.
- 4 Add thinly sliced beef to the sauce and stir through. Cook for no more than 2 minutes until beef is cooked through.
- 5 Simultaneously poach eggs for 5-6 minutes.
- 6 To serve, add cooked rice to the base of a bowl, then add the beef mixture on top. Place a poached egg on top and garnish with chopped shallots, chilli flakes, and pickled ginger.



# Justine Nardone's Chicken Katsu Curry



## Ingredients

- 1 Onion (diced into chunks)
- 3 Potatoes (diced into chunks)
- 2 Carrots (diced into chunks)
- 540ml Water
- 1 packet **S&B Golden Curry Mix Medium Hot**
- 2 Chicken breasts (each cut in half)
- 30g Flour
- 1 Egg (beaten)
- 1 cup Panko breadcrumbs
- Cooked rice (to serve)

## Method

### TO COOK

- 1 Heat a little oil in a pan on a medium high heat, be sure to use a pan with a lid. Add onion, potato and carrot and cook for 5 minutes, stirring occasionally.
- 2 Add water and bring to a boil. Turn the heat down, place lid on and simmer for 10 minutes.
- 3 Meanwhile, season chicken with salt and pepper. Place flour, egg and panko into three separate bowls. Dredge one piece in flour, then egg, then panko and set aside. Repeat with remaining three pieces.
- 4 In a non-stick pan, heat a little oil and shallow fry chicken until golden and crispy. Dry on paper towels, then cut into chunks once ready to serve.
- 5 Once veggies are tender, break up curry cubes into pan and stir until melted and curry thickens. This should take less than 5 minutes.
- 6 Place rice in bowls, add curry and place chicken pieces on top. Garnish with parsley or whatever herb you have in the garden and enjoy.



# Saho Kamimura's Avocado Lemon Ramen Salad



MEAT-FREE  
MARVEL



SERVES

2



COOK

20 minutes

## Ingredients

- 180g Hakubaku Organic Japanese Ramen Noodles
- 1 Avocado
- ¼ Gourmet tomato
- 4 Yellow cherry tomatoes
- 4 pieces Lemon (sliced)
- ½ tsp Ginger (grated)
- ¼ tsp Wasabi paste
- 2 tbsp Japanese soy sauce
- 2 tbsp Lemon juice
- 1 tbsp **Cobram Estate Extra Virgin Olive Oil Classic Flavour**
- 1 pinch Salt
- Italian parsley and sage (for decoration)

## Method

### TO COOK

- 1 Make the sauce by combining grated ginger, soy sauce, lemon juice, extra virgin olive oil, salt, and wasabi paste. Mix well and set aside.
- 2 Peel and slice the avocado, chop the gourmet tomato, yellow cherry tomatoes, and sliced lemon.
- 3 Cook ramen noodles as per packet instructions. Drain and rinse in cold water.
- 4 Combine noodles, avocado, tomatoes, and lemon in a bowl, sprinkle green herbs, and pour over the sauce.





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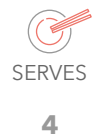


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# James Riddle's Sesame Tuna Bites with Wonton Crisps



## Ingredients

250g	Sashimi grade yellow fin tuna fillet
1 tbsp	Yeo's Pure Sesame Oil
1 tbsp	Peanut oil
2 tbsp	Bonito furikake seasoning
1	Spring onion (finely chopped)
1 packet	Wonton wrappers
	Sea salt (for sprinkling)
	Garnish of your choice (micro herbs, dill, etc.)

## Method

### TO COOK

- 1 Dice the sashimi-grade yellow fin tuna into approximately 0.5mm cubes and place it in a glass mixing bowl.
- 2 Add the remaining ingredients - sesame oil, peanut oil, bonito furikake seasoning, and finely chopped spring onion. Mix lightly to combine all the ingredients. Cover the bowl and refrigerate the tuna mixture until ready for plating.
- 3 For the wonton wrappers, preheat the air fryer to 175°C.
- 4 Separate the required wonton sheets and cut them diagonally to form two triangles.
- 5 Lightly brush each triangle with sesame oil and sprinkle a touch of sea salt.
- 6 Place the triangles flat into the air fryer without letting them touch. Air fry for approximately 2 minutes, but the time may vary depending on your air fryer's specifications.
- 7 Once the triangles turn a light golden color, remove them from the air fryer and place them on a wire rack to cool. Continue this process for the remaining required wonton crisps.
- 8 Using a tablespoon, spoon one tablespoon of chilled tuna mixture onto individual wonton crisps.
- 9 Garnish each crisp with your choice of garnish, such as micro herbs or dill.

# Nicole Hocking's Mango Sorbet



MEAT-FREE  
MARVEL



SERVES

4



COOK

20 minutes

## Ingredients

### SORBET INGREDIENTS

100ml Obento Mirin Seasoning  
1 Ripe mango (peeled and diced)  
100ml Water

### MANGO COULIS INGREDIENTS

1 Ripe mango (peeled and diced)  
1 Small lime (juiced)  
30g Caster sugar

### GARNISH INGREDIENTS

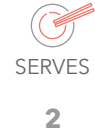
Fresh strawberry, raspberry, kiwi fruit  
(or other fruits of choice)  
Icing sugar for dusting  
Shortbread cookie (optional)

## Method

### TO COOK

- 1 In a small saucepan, bring the mirin seasoning to the boil with 100ml of water, boil down to syrup consistency (about 5 minutes), allow to cool.
- 2 Peel and dice the mango, mix in the mirin syrup and blend until smooth.
- 3 Pour the mango mixture into a shallow dish or silicone moulds. Place it in the freezer for at least 12 hours or overnight. Stir the mixture a few times during freezing. Alternatively, you can use an ice cream maker to freeze it.
- 4 For the mango coulis, in a small saucepan, combine the diced mango, lime juice, and sugar.
- 5 Cook the mixture over low to medium heat until the mango is soft. Blend until very smooth and then run the mixture through a mesh strainer to remove any mango fibres and ensure a very smooth coulis.
- 6 Transfer to a small container and refrigerate overnight.
- 7 The next day, take the mango sorbet out of the freezer and let it melt for a few minutes.
- 8 Remove from the mould or using a wet spoon take a scoop of the sorbet and place on the shortbread cookie if using or directly onto the plates.
- 9 Swirl some swirls of coulis onto the plate and top with the fruits you are using (I used strawberry, raspberry and kiwi fruit. Dust with icing sugar.

# Lilly Montgomery-Clarke's Bento Inspired Seafood Bowl!



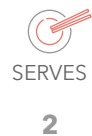
## Ingredients

- 1 Egg
- 1 cup Short grain rice
- ½ tbsp Yeo's Pure Sesame Oil
- 1½ tbsp Lee Kum Kee Premium Soy Sauce
- 1 dash Obento Rice Wine Vinegar
- ½ Cucumber
- 1 Small carrot
- ½ Avocado
- 200g Salmon sashimi
- 2 Cooked tiger prawns
- Obento Yaki Nori for Sushi
- Kewpie Sriracha Mayonnaise**
- Lumpfish caviar
- Purple cabbage
- Decorative edible flowers (optional)





# Lilly Montgomery-Clarke's Bento Inspired Seafood Bowl!

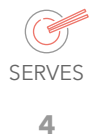


## Method

### TO COOK

- 1 Bring a small pot of water to a rolling boil. Turn the heat down to low, and carefully add an egg to the water. Immediately turn the heat right back up. For a slightly soft boiled egg, keep egg in boiling water for about 6½ minutes.
- 2 While your egg is cooking, prepare an ice bath. Once the timer is up, turn off the heat and (carefully) add the egg to the ice water. Let it cool for 5-10 minutes, and peel away the shell.
- 3 To make the egg into a flower, simply lay out some cling wrap with 5-6 baking sticks spaced out horizontally on top. Lay the egg on, and roll it up so that the sticks and cling wrap evenly surround the egg. Carefully use two rubber bands and tie together the sticks at each end so it pinches all around the egg. Let it sit for at least 3-4 hours if you want it to keep its shape.
- 4 Cook 1 cup of short grain rice according to the instructions on your rice cooker.
- 5 Add to rice the soy sauce, sesame oil, as well as a splash of rice wine vinegar.
- 6 Lay out some cling wrap, and scoop a bit sized amount of rice onto it. Cover the ball with the cling wrap, and tighten it so it forms a cleaner ball shape. Repeat 6 times for the small rice balls, and make a large one for the head of the bear. Keep in the fridge for at least an hour.
- 7 After refrigerated, unwrap and place the big rice ball in your bowl as well as two small ones on top of it for the ears. Place a couple big leaves of cabbage into the perimeter of the bowl as if it were to cup the contents.
- 8 Chop up your cucumber and carrots into slices about a ½ centimetre thick. Use either a knife or a small cookie/fondant cutter to create little flower shapes out of the carrot, as well as two small circles of cucumber for the ears. Lay sliced cucumber into the bowl slightly flat but layered (like a ratatouille). Squeeze some sriracha mayo on top to decorate.
- 9 To make an avocado rose, peel half an avocado and slice it thinly in the direction of its width. Very carefully, start spreading the avocado at a diagonal angle, as if you were trying to bend it. Continue spreading until it's quite long, and start to roll the line in on itself. Continue until you've rolled up the whole avocado and you have a rose. Add some caviar in its centre to decorate.
- 10 Start adding sashimi and prawns.
- 11 Unwrap flower egg, and slice it in half. Place it into the bowl as a little companion for your bear.
- 12 Chop up some purple cabbage and fill in areas of the bears belly that haven't been filled yet, alongside your sliced pickled ginger.
- 13 Add your rice ball bear paws, two at the top and two at the bottom. Start cutting out some small circles of yaki nori for the paw prints as pictured, as well as a mouth and eyes for your bear and egg friend. Get as creative as you want!
- 14 Place the rest of your flower carrots on top to decorate, as well as any decorative flowers if desired.
- 15 Serve with some Kewpie Sriracha Mayonnaise and soy sauce as a side.

# Adeline L's Izakaya-style Negima Yakitori



**AIR FRYER  
CREATIONS**

SERVES

4

COOK

60 minutes

## Ingredients

### MAIN INGREDIENTS

- 500g Chicken thigh (cut into 2.5cm cubes)
- ¼ cup Rice bran oil
- Scallions (green-white part only cut into 2.5cm sections)
- Skewers (as required, check that the skewer length will fit the airfryer)

### YAKITORI TARE SAUCE INGREDIENTS

- 80ml **Obento Mirin Seasoning**
- 40ml Obento Japanese Cooking Sake
- 80ml Soy sauce
- 40ml Water
- 1½ tbsp Brown sugar
- Green scallion (cut into 3 sections)

## Method

### TO COOK

- 1 Soak the bamboo skewers in water.
- 2 In a small saucepot, combine all ingredients for yakitori tare sauce and bring it to a boil. Reduce heat to simmer and cook until the tare is reduced (approximately 15-20 minutes). The tare should have the viscosity of a marinade and appear glossy and shiny. Remove the green scallion from the tare.
- 3 Divide the tare into halves and transfer to two separate bowls to cool. One bowl will be used as a marinade for raw yakitori, and the other as the final glaze for cooked yakitori.
- 4 Thread the chicken pieces onto the skewers, alternating with green-white scallion sections. Finish with a piece of chicken.
- 5 Prepare the air fryer by greasing the air fryer basket with rice bran oil using a pastry brush to prevent sticking.
- 6 Brush the yakitori on both sides with tare (from the bowl intended for the marinade of raw yakitori) and oil using a pastry brush.
- 7 Air fry at 190°C for approximately 10-12 minutes, opening the air fryer once during the 6-minute mark to glaze the yakitori on both sides with the reserved tare (from the bowl intended for glazing the cooked yakitori).
- 8 Remove the yakitori from the air fryer and place them on a serving plate. Use a clean pastry brush to apply the final glaze (from the bowl intended for glazing the cooked yakitori).
- 9 Repeat steps 6-7 if air frying the yakitori in batches.
- 10 Serve the yakitori with a cold beer or two. Itadakimasu and kanpai!



# Kim Phan's Japanese Omelette Rice (Omurice)



## Ingredients

### MAIN INGREDIENTS

- 2 cups Japanese rice (steamed)
- 1 Shallot (finely chopped)
- 1 cup Oyster mushrooms
- 2 slices Thick ham (cut into small cubes)
- 50g Frozen green peas
- 1 tbsp Vegetable oil
- 3 tbsp Tomato sauce
- 4 Eggs
- 2 tbsp Milk
- 2 tbsp Butter

### TONKATSU TOMATO SAUCE INGREDIENTS

- 3 tbsp Tomato sauce
- 1 tbsp Tomato paste
- 2 tbsp **Obento Tonkatsu Sauce**
- 1 tbsp Honey
- 1 tbsp Lee Kum Kee Premium Dark Soy Sauce
- Salt and pepper
- Kewpie Japanese Mayonnaise

## Method

### TO COOK

- 1 To make fried rice, heat up the frypan, add vegetable oil then sauté the shallots until they're golden brown.
- 2 Add mushrooms, frozen peas, stir one minute. Then add spam stir for another one minute.
- 3 Add cold cooked rice and season with salt and pepper.
- 4 To make omelette, whisk 2 eggs with 1 tbsp milk. Heat up the frypan, melt 1 tbsp butter, then add egg mixture into the hot pan. Let it cook for 1-2 minutes. Slide the omelette into the plate, let it cool down. Repeat again to make the second omelette.
- 5 Scoop the fried rice into the omelette, fold the omelette make sure the fried rice is coated fully.
- 6 To prepare Tonkatsu sauce, add all sauce ingredients in the saucepan. Mix them until they're combined and heat them on the stove until they're bubble.
- 7 Pour the Tonkatsu sauce on the omelette. Decorate with Kewpie Japanese Mayonnaise and spring onions.





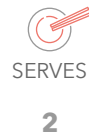
OBENTO

Nothing crumbier  
like Panko

お弁当



# Glenda McDonnell's Spicy Miso Salmon Skewers with Wasabi Rice Salad



## Ingredients

### MARINADE INGREDIENTS

- ¼ cup White miso paste
- 2 tsp Dashi soup stock powder
- 1 tbsp Obento Mirin Seasoning
- 1 tbsp Obento Cooking Sake
- ¼ tsp Yeo's Pure Sesame Oil
- 2 tsp Caster sugar
- 8 Salmon fillets (thinly sliced approx 1cm thick)

### WASABI RICE SALAD INGREDIENTS

- 4 cups Pre-cooked rice (white long grain and black)
- 1 Lebanese cucumber (thinly sliced into ribbons)
- 1 Avocado (sliced)
- 1 bunch Radishes (thinly sliced)
- 2-3 tbsp Pickled ginger
- 1 cup Edamame beans
- 1 sheet Obento Yaki Nori For Sushi (shredded)

### WASABI DRESSING INGREDIENTS

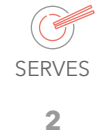
- 1 tsp S&B Wasabi Paste
- 6 tbsp Obento Rice Wine Vinegar
- 3 tsp Lee Kum Kee Premium Soy Sauce
- 1½ tsp Caster sugar
- 1 tsp Yeo's Pure Sesame Oil
- Squid Brand Fish Sauce (to season)
- Shichimi togarashi (to serve)

## Method

### TO COOK

- 1 Combine the marinade ingredients and whisk until smooth, set aside.
- 2 Place the wasabi paste in a bowl and gradually whisk in the rice wine vinegar, add a little vinegar first and stir to make a thin paste before adding the remaining ingredients, whisk until smooth and combined.
- 3 Season with fish sauce to taste, set aside.
- 4 Brush both sides of the salmon fillets with the miso marinade, thread onto skewers. Place on a foil lined tray.
- 5 Toss ½ the wasabi dressing through the cooled rice, arrange the avocado, cucumber slices and ribbons, radish, edamame and pickled ginger on top, drizzle with the remaining wasabi dressing, garnish with shredded nori.
- 6 Preheat oven grill on high, cook the salmon skewers for 4-5 minutes (they should be golden and starting to lightly char on the edges).
- 7 Serve the miso salmon skewers sprinkled with shichimi togarashi.

# Sarah Ky's Sticky Glazed Chicken Yakitori



## Ingredients

500g	Chicken thigh
½ cup	Obento Yakitori Sauce
¼ cup	Lee Kum Kee Premium Soy Sauce
1 tbsp	Garlic (minced)
1 tbsp	Ginger (minced)
3 tbsp	Honey
3 tbsp	Sesame seeds (toasted)

## Method

### TO COOK

- 1 Mix Obento Yakitori Sauce, Lee Kum Kee Premium Soy Sauce, ginger, garlic, and honey in a large bowl until well combined.
- 2 Dice the chicken thigh into 3cm x 3cm cubes.
- 3 Place the chicken into the marinade bowl and mix until the chicken is well coated.
- 4 Allow the chicken to marinate for at least 2 hours (best overnight).
- 5 When ready to cook, preheat the air fryer to 200°C and place a sheet of greaseproof paper into the tray.
- 6 Place 6-7 pieces of chicken onto each skewer and place them into the air fryer.
- 7 Grill for 10-15 minutes (ensure to flip skewers halfway and baste generously with leftover marinade).
- 8 Once the chicken is no longer pink or reaches at least 75°C, remove it from the air fryer and baste it again with the marinade.
- 9 Sprinkle with toasted sesame seeds. Optional: serve with pickled vegetables and rice.

# Suzanne James' Sweet Savoury Rice Dumplings (Mitarashi Dango)



MEAT-FREE  
MARVEL



SERVES

2



COOK

45 minutes

## Ingredients

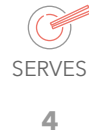
1 cup	Glutinous rice flour (shiratamako)
150g	Silken tofu
2 tbsp	Lee Kum Kee Premium Soy Sauce
2 tbsp	Obento Mirin Seasoning
1 tbsp	Sugar
1 tbsp	Cornstarch
3.5L	Water

## Method

### TO COOK

- 1 Place rice flour and silken tofu into a bowl and mix with your hands until it forms a dough.
- 2 Once the dough has formed, take approx. 15g and knead it in your hand for a moment, then roll it into a ball with the palms of your hands. This should make 16 balls.
- 3 Bring 3.5L of water to a boil in a large saucepan. Once boiling, add your dumplings and stir frequently so they don't stick to the bottom or each other.
- 4 Once they start to float (around 5 minutes), keep boiling for another 2 minutes, then transfer them into a bowl of iced water to stop the cooking process.
- 5 Place 3-4 dumplings onto skewers that have been soaking in water.
- 6 Heat a non-stick pan over medium heat and char your dumplings on each side.
- 7 In a small saucepan, mix the mirin seasoning, soy sauce, sugar, cornstarch, and water and heat until it becomes a honey-like consistency (this will happen quite quickly).
- 8 Drizzle the sauce over your Mitarashi Dango and enjoy!

# Jasmine Sheridan's New Year Snowskin Bunny Mochi



## Ingredients

### BUNNY MOCHI INGREDIENTS

- 33g Glutinous rice flour
- 33g Rice flour
- 20g Cornflour
- 10g Caster sugar
- 150ml Milk
- 20g Sunflower oil
- 7g Condensed milk

### FOR THE EYES

- 1¼ tbsp Cornstarch
- 1½ tbsp Icing sugar
- 1 tbsp Condensed milk
- 1 Egg

### SWEET SOY DRESSING INGREDIENTS

- 2 tbsp Sugar
- 1 tbsp Obento Mirin Seasoning
- 1 tbsp Soy sauce
- 75ml Water
- 1 tbsp Cornstarch

### FOR THE CHARACTER MOCHI

- Two portions of bunny mochi dough
- Red food colouring

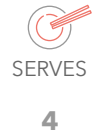
## Method

### TO COOK

- 1 To make bunny mochi, combine all the ingredients in a bowl and whisk until there are no lumps. Sieve mixture to ensure there are no remaining pockets of unmixed flour.
- 2 Cook mixture in 30 seconds increments in the microwave, until mixture is cooked but pliable. Mix dough with a plastic dough scraper/paddle for 2-3 minutes.
- 3 Wait until the mixture has cooled and place in the freezer for 5 minutes to firm up the dough. It is easiest to work with when cool. Wet your hands, and section off a piece of dough, placing it immediately onto a plate dusted with glutinous rice flour. Roll the dough until covered in flour and then shape the bunny's body. Keep the dough cool in-between making bunnies if you are making multiple.
- 4 Take a small piece of dough, rolling in flour until it is shaped like an ear. Press the middle of the ear with a chopstick. Affix two ears to the bunny by dabbing the back of the bunny ears with water.
- 5 Pinch a small piece of dough, roll in flour, and affix to the back of the bunny. This is the bunny's tail. Place the bunny in the fridge while you make the character or message mochi, bunny's custard eyes, and the sweet soy dressing.
- 6 Pinch off two pieces of dough and roll in flour. Take a clean paintbrush for food, and carefully paint your characters or words on the dough balls (e.g. Happy New Year).
- 7 To make the eyes, gently whisk the custard ingredients in a saucepan over low heat until thickened and dough-like. Place mixture in a bowl and wait until cool to work with. Pinch off two small pieces and roll into balls. Affix to the bunny by dabbing the backs of the balls with water.
- 8 To make sweet soy dressing, combine all the ingredients in a pan on low heat until combined. Set aside to cool.
- 9 Place the bunny or bunnies and your character or message mochi on a plate and bring to room temperature. Drizzle sweet soy dressing over bunnies, or on plate. Serve immediately.



# Amanda Bauer's So Fab Soba Chicken Salad



## Ingredients

### MAIN INGREDIENTS

- 1 packet **Hakubaku Organic Japanese Soba Noodles**
- 300g Poached chicken (sliced)
- 200g Mixed salad greens
- 2 cups Wombok cabbage
- ¼ Red onion (finely sliced)
- 1 Lebanese cucumber (halved and sliced)
- 1 Avocado (sliced into chunks)
- 1 punnet Cherry tomatoes (halved)
- ¾ cup Mint (roughly chopped)
- ¾ cup Coriander (roughly chopped)

### DRESSING INGREDIENTS

- ¼ cup Toasted white sesame seeds
- ¼ cup Kewpie Japanese Mayonnaise
- ¼ cup Grapeseed oil
- 2 tbsp Soy sauce
- 1½ tbsp Obento Rice Wine Vinegar
- 3 tsp Obento Mirin Seasoning
- 4 tsp Honey
- 1 tsp Sesame oil
- Dash White pepper

## Method

### TO COOK

- 1** Grind toasted sesame seeds in a mortar and pestle until fine powder.
- 2** Add mayonnaise, grapeseed oil, soy sauce, rice wine vinegar, mirin, honey, sesame oil and pepper and shake together in a jar.
- 3** Cook soba noodles as per packet directions, rinse and leave to cool.
- 4** Place the salad ingredients in a bowl, dress with half the dressing.
- 5** Divide the salad into serving bowls, place soba noodles on one side, top with chicken, then drizzle the remaining dressing on top. Sprinkle with sesame seeds.



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# Dressing. Made better.



# Ilona Nicola's Salmon, Cucumber & Umeboshi Sunomono with Rice Crisps



## Ingredients

### GOMA SHIO INGREDIENTS

- 25g Black sesame seeds
- 12g Flaky salt

### RICE CRISP INGREDIENTS

- 2-3 Valcom Rice Paper Sheets
- Neutral oil for shallow frying

### UMEBOSHI DRESSING INGREDIENTS

- 50ml Obento Rice Wine Vinegar
- 1½ tbsp Olive oil
- 1 tbsp Umeboshi plums, finely minced
- ½ tbsp Sugar
- ¼ tsp Flaky salt

### WAFU DRESSING INGREDIENTS

- 2 tbsp Lee Kum Kee Premium Soy Sauce
- 1 tbsp Cold water
- 2 tbsp Obento Rice Wine Vinegar
- 1 tbsp Sugar
- 2 tsp Yeo's Pure Sesame Oil

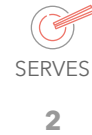
### SALAD INGREDIENTS

- ¼ White cabbage, shaved on a mandolin
- 300g Thin-skinned cucumbers (2-3 Lebanese cucumbers)
- ½ Red onion, thinly sliced
- 250g Hot smoked salmon, coarsely flaked
- 1 handful Coriander
- ½ cup Shelled edamame, prepared according to packet instructions
- 1-2 Spring onions, green stems, finely sliced

### SERVING INGREDIENTS

- Cooked wild rice, served warm
- S&B Crunchy Garlic with Chilli Oil

# Ilona Nicola's Salmon, Cucumber & Umeboshi Sunomono with Rice Crisps



SERVES

COOK

2

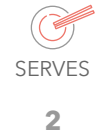
45 minutes

## Method

### TO COOK

- 1 For the goma shio, heat a small pan over medium-low heat. Toast sesame seeds for 7-8 minutes until fragrant. Swirl the pan to prevent the seeds from burning. Once toasted, add to a pestle and mortar with salt and grind to a fine powder.
- 2 For the rice paper crisps, pour enough neutral oil in a fry pan to coat the bottom - around 5mm deep. Heat on medium-high heat. Take care not to overheat. Cut rice paper sheet into desired shape.
- 3 Once the oil is heated, add rice paper. It will immediately puff up and turn opaque. Once fully puffed (a matter of seconds), remove and drain on paper towels. Do not let it brown. Allow the oil to cool slightly between batches. Once drained, sprinkle with goma shio.
- 4 For the umeboshi dressing, combine all the dressing ingredients in a jar, add the lid and shake to dissolve the sugar and completely mix umeboshi.
- 5 For the wafu dressing, combine all the dressing ingredients and stir to dissolve the sugar.
- 6 To prepare the cucumbers, using a rolling pin, gently bash the cucumbers until they split open on the sides. Cut into 2.5cm chunks and place in a colander over a plate.
- 7 Lightly salt and place in the fridge for 15-30 minutes to drain. Remove from the fridge, allow cucumbers to completely drain.
- 8 Dress with the umeboshi dressing, to taste.
- 9 Lightly toss the cabbage in wafu dressing to taste.
- 10 To assemble, place one portion of wild rice in each serving bowl.
- 11 Add a mound of dressed cabbage. Next, add dressed cucumber, edamame, shaved red onion, sliced spring onion, and fresh herbs.
- 12 Top with a generous portion of salmon, several rice crisps, and a liberal sprinkle of goma shio.
- 13 Serve with extra dressing and goma shio. Place some S&B Crunchy Garlic with Chilli Oil on the table for those who like extra spice.

# Sze Ching Leung's Duck Oyakodon



## Ingredients

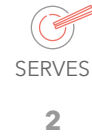
- 1 Duck breast
- 1 tsp Salt
- ½ Onion (cut in half and sliced)
- 2 Eggs
- 1 tbsp Obento Mirin Seasoning
- 1 tbsp Soy sauce (to taste)
- 80ml Dashi stock (you can use dashi powder or chicken stock)
- 1 tbsp Obento Cooking Sake
- 1 cup Steamed rice
- Sprinkle Green onions (sliced)

## Method

### TO COOK

- 1 Cure the duck breast skin with salt and set it aside for 30 minutes, then pat dry the duck breast. This step improves the flavor and crispness of the duck breast.
- 2 Whisk eggs in a bowl until well-beaten.
- 3 Mix the Obento Mirin Seasoning, soy sauce, and dashi stock.
- 4 Place the duck breast, skin side down, in a cold pan. Place the pan over low to medium-low heat. Press the duck breast down to prevent the edges from curling up.
- 5 When the skin side is golden and crispy (approximately 5-8 minutes), turn the breast and cook for another 4 minutes or until the breast is cooked to your liking. Remove the duck from the pan and set it aside to rest.
- 6 Use the remaining duck fat to stir-fry the onions, then deglaze the pan with Obento Cooking Sake. Allow the sake to reduce until the pan is almost dry.
- 7 Add the Obento Mirin Seasoning Mixture to the pan, cook until the onions become translucent. Pour the egg mixture evenly into the pan and cook for a few seconds until the edges are nearly set.
- 8 Lightly scramble the eggs and cook for a few seconds more until the eggs are still a bit runny - the residual heat will continue to cook the eggs.
- 9 Serve over a bowl of rice with the cooked duck breast, garnish with green onions if desired, and enjoy!

# Glenda McDonnell's Citrus Cured Salmon Ochazuke with Pickled Veg & Black Sesame Rice Crisps



## Ingredients

### MAIN INGREDIENTS

- 2 Thin salmon fillets
- 1 tbsp Obento Cooking Sake
- 1 tbsp White miso paste
- 1 Star anise
- ¼ tsp Coriander seeds (crushed)
- ½ tsp Orange zest
- ½ tsp Lemon zest
- ½ tsp Lime zest

### SUSHI RICE INGREDIENTS

- 1 cup Sushi rice
- 1¼ cups Water
- Obento Sushi Seasoning (to taste)

### PICKLED VEG INGREDIENTS

- 2 cups Vegetables (carrot, cucumber, radish, spring onion, thinly sliced)
- 200ml Obento Rice Wine Vinegar
- 125ml Water
- 2 tbsp Sugar
- 1 tsp Salt

### BLACK SESAME RICE CRISP INGREDIENTS

- 2-3 tbsp Cooked sushi rice
- 2-3 tsp Black sesame seeds
- Spray oil

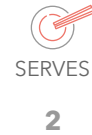
### SERVING INGREDIENTS

- 2 cups Genmaicha (brown rice green tea)
- Obento Yaki Nori For Sushi (shredded)
- 1 tbsp Kewpie Japanese Mayonnaise
- 1 tsp White miso (mixed together)

### S&B Wasabi Paste



# Glenda McDonnell's Citrus Cured Salmon Ochazuke with Pickled Veg & Black Sesame Rice Crisps



## Method

### TO COOK

- 1 Combine all the curing ingredients, mix well.
- 2 Place a length of cling wrap on a flat surface, spread a thin layer of the citrus cure mixture over the center, arrange the salmon fillets on top (in a single layer) coat the top of the fillets with more citrus cure mixture, fold the cling wrap to enclose and wrap with a second layer of cling wrap.
- 3 Place the wrapped salmon on a flat plate, cover with a second plate and weigh down with a few heavy cans, place in the fridge to cure for 8-12 hours. To serve, pat dry and slice into bite-sized strips.
- 4 Place the pickling ingredients in a saucepan, bring to a boil, simmer until the sugar dissolves, set aside to cool.
- 5 Place the sliced and julienned vegetables in a glass dish, cover with the pickling solution and chill for 2 hours.
- 6 Rinse the sushi rice until the water runs clear, place in a saucepan with the water, bring to the boil, lower the heat and continue to cook until the water is absorbed and the rice is tender. Remove from heat, rest for 5 minutes. Place the rice in a glass bowl, add Obento Sushi Seasoning to taste.
- 7 To make the black sesame rice crackers, take 2 tbsp of seasoned sushi rice, add 2 tsp of black sesame seeds and mix well.
- 8 Heat a flat plate sandwich press, place a layer of baking paper on the plate, add small spoonfuls of the sesame rice mixture (leaving space around each one to spread), top with another layer of baking paper, close the lid and press firmly to flatten the crisps, toast until golden and crunchy.
- 9 To serve, line a small ramekin with cling wrap, lightly spray with oil. Press the seasoned sushi rice into the ramekin. Turn out into a serving bowl, remove the cling wrap.
- 10 Drain the pickled veg and arrange on top of the rice, top with the citrus cured salmon strips, sesame rice crisps and shredded nori (scatter a little nori around the base of the bowl to add flavor to the tea).
- 11 Pipe small rosettes of miso mayo and wasabi on top to garnish.
- 12 Serve the Ochazuke with the hot genamicha tea on the side, gently pour the tea over the rice to heat it, being careful not to disturb the toppings. Enjoy.

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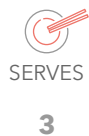


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# Reece Vanyai's Tonkatsu Comfort Ramen



## Ingredients

### MAIN INGREDIENTS

- 270g **Hakubaku Organic Japanese Ramen Noodle**
- 100g Spring onion (sliced)
- Pickled ginger (sliced, to taste)
- Corn

### MARINADE INGREDIENTS

- 400g Pork rashers
- 10ml Sesame oil
- 30ml Obento Mirin Seasoning
- 30ml Lee Kum Kee Premium Soy Sauce
- Tonkatsu sauce

### BROTH INGREDIENTS

- 1L Vegetable stock
- 20ml Lee Kum Kee Premium Soy Sauce
- 20ml Obento Mirin Seasoning
- ¼ cup Miso paste
- 1 tsp Ginger (chopped)

### OPTIONAL INGREDIENTS

- Soft-boiled egg
- Dried seaweed
- Chilli bean shoots

## Method

### TO COOK

- 1 For the marinade, combine sesame oil, mirin seasoning, soy sauce, and tonkatsu sauce in a medium-sized bowl. Coat rashers thoroughly in the marinade and leave for at least 1 hour.
- 2 For the broth, combine all broth ingredients in a saucepan. Bring to a boil and allow to simmer, covered, on low for at least half an hour, making sure to scrape down the sides occasionally.
- 3 Bring a pot of water to boil for the ramen noodles. Meanwhile, heat a frying pan on high, then add the marinated pork rashers (no need to add any cooking oil). Cook until well-seared on all sides.
- 4 Cook the ramen noodles for 4 minutes. Strain and divide among 3 serving bowls.
- 5 Slice pork rashers into strips and place onto the ramen noodles with the sliced spring onion and corn, divided evenly. Add pickled ginger to taste.
- 6 Strain the broth to remove solid parts, then pour the broth over the other ingredients.
- 7 For more flavors, excellent additions include a soft-boiled egg, dried seaweed, and chilli bean shoots.



# Shanai Elsom's Spicy Chicken Katsu Bowl



## Ingredients

### MAIN INGREDIENTS

- 2 Boneless chicken breasts (sliced in half approx. 1cm thick)
- 1 cup Panko breadcrumbs
- 3 tbsp Sesame seeds
- 2 tbsp Soy sauce
- 1 cup Frozen edamame
- 1 cup Uncooked rice
- 1 Avocado (peeled and sliced)
- 1-2 Lebanese cucumbers (sliced)
- 1 Radish (thinly sliced)
- Oil (for frying)

### SAUCE INGREDIENTS

- 2/3 cup Soy sauce
- 1 tbsp Toasted sesame oil
- 1 tbsp Honey
- 2 tsp Ginger (grated)
- 2 Green onions (sliced)
- 1 tsp Sesame seeds
- Chilli flakes (to taste)
- Kewpie Sriracha Mayonnaise** (for drizzling)

## Method

### TO COOK

- 1 Combine soy sauce, sesame oil, honey, grated ginger, sliced green onions, chilli flakes, and sesame seeds in a medium bowl.
- 2 Place the chicken in 4 tbsp of the sauce and let it sit for 10 minutes. Save the rest of the sauce for serving.
- 3 Combine panko and sesame seeds in a bowl. Place the chicken in the panko breadcrumbs mixture to coat, using your fist to pound the crumbs onto the chicken. Place the coated chicken on a plate.
- 4 Heat 2-3 tbsp of oil in a large skillet over medium heat, then add the coated chicken. Turn the chicken after 3-4 minutes. Cook for another 3-4 minutes until golden and cooked through.
- 5 In the same skillet, add edamame and cook until thawed, then add 2 tbsp of soy sauce. Cook for 1 minute.
- 6 To assemble, slice the cooked chicken into strips and place them on top of a bowl of rice.
- 7 Top with cucumber, avocado, radish, and green onions. Spoon over the reserved soy sauce mixture and drizzle with Kewpie Sriracha Mayonnaise.



# Deborah Dean's Tantanmen Ramen



## Ingredients

### PORK INGREDIENTS

- 250g Pork mince
- 1 tbsp Oil (for frying)
- 2 Garlic cloves (crushed)
- 2 tbsp Ginger (finely chopped)
- 2 tbsp Chilli paste with soya bean
- 1 tbsp Obento Cooking Sake
- 1 tbsp Lee Kum Kee Premium Soy Sauce

### SAUCE PASTE INGREDIENTS

- 2 tbsp Sesame paste OR smooth peanut butter
- 2 tbsp Lee Kum Kee Premium Soy Sauce
- 2 tbsp Obento Rice Wine Vinegar
- 2 tbsp Chilli oil

### SOUP INGREDIENTS

- 1 Spring Onion (white part only, green saved for garnish)
- 300ml Chicken stock
- 200ml Soy milk
- 2 bundles **Hakubaku Organic Japanese Ramen Noodle**
- 3 cups Water

### FOR GARNISHING

- Spring onions
- Bean sprouts
- Soft boiled eggs
- Extra chilli oil (can be added to broth for extra spicy noodles)

## Method

### TO COOK

- 1 To make the pork mince, heat oil on medium/high in frypan, add garlic and ginger stir fry slightly. Add pork and fry until browned.
- 2 Add chilli bean paste and coat all pork. Add sake and soy sauce. Fry until liquid cooks down and pork is a nice dark colour. Set aside.
- 3 To make the paste, mix peanut butter, soy, vinegar, chilli oil, and finely chopped spring onion and place into bottom of serving bowls.
- 4 To make the broth, add milk and chicken stock and bring to the boil.
- 5 In a separate pot, bring water to boil and cook Hakubaku Organic Japanese Ramen Noodle as directed on packaging.
- 6 Pour milk mixture into bowls over paste. Add noodles, mince and garnish as desired with spring onions, bean sprouts extra chilli oil and soft boiled eggs.



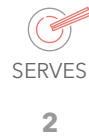
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Made locally using Australian grown wheat, Hakubaku organic noodles' authentic taste creates natural balance and harmony in every meal.



# Cheryl Mishio's Salmon Tataki with Crispy Wonton & Spiced Summer Salad



## Ingredients

### MAIN INGREDIENTS

- 2 Fresh skinless and boneless salmon fillet
- ½ cup Obento Teriyaki Marinade
- 10 Wonton wrappers (julienned)
- 500ml Vegetable oil for deep frying

### SPICED SUMMER SALAD INGREDIENTS

- ½ cup Cucumber (thinly sliced)
- ¼ cup Carrot (thinly sliced)
- ¼ cup Edamame
- 2 Pink radish (thinly sliced)
- 1 Bird's eye chilli (thinly sliced)
- 1 tbsp Crispy fried garlic
- 1 tbsp Toasted sesame seeds
- ¼ cup Fresh coriander leaves
- 1 tsp Sesame oil
- Few mint leaves
- Lemon zest
- Juice of one lemon

### SALMON TATAKI ACCOMPANIMENTS

- 2 tbsp Fresh lemon juice
- ¼ tsp Chilli (minced)
- ¼ tsp Ginger (minced)
- Kewpie Japanese Dressing Roasted Sesame**
- Obento Teriyaki Marinade

## Method

### TO COOK

- 1 Dip salmon fillets into Obento Teriyaki Marinade, then place on baking tray. With a kitchen blowtorch quickly sear the serving side (flesh side) of salmon fillet, but it should still be raw in centre). Set aside until ready to serve.
- 2 To make the crispy wontons, heat oil in heavy bottomed pot over medium-high heat (approx. 180°C).
- 3 Place the thinly sliced wonton pastry into oil and fry until golden and crispy, which should take a few seconds. Remove from oil and place on paper towel until ready to serve.
- 4 To make spiced summer salad, combine all ingredients when ready to serve.
- 5 To serve, place a handful of crispy wonton pastry on the serving plate and carefully slice salmon tataki and place on top of crispy wonton.
- 6 Scatter some lemon zest on top of salmon. Place Spiced Summer Salad alongside Salmon Tataki.
- 7 For accompaniments, create side dipping bowls of Kewpie Japanese Dressing Roasted Sesame for dipping, and Obento Teriyaki Marinade combined with lemon juice, chilli and ginger.





# South East Asian *Cooking Essentials*

Southeast Asia is a region filled with gastronomic wonders. Often made with the culinary philosophy of balancing several flavours. Common taste profiles include sweet, fiery heat, savoury, funky, creamy, sour-zest and bitter undertones. Combined and tempered for exciting and satiating combos.

## Lemongrass

A stalky plant native to tropical Southeast Asia, and used in pretty much all cuisines of the region. Lemongrass brings a lemony fragrance to lighten meaty and flavour-heavy dishes, as well as remove strong seafood smells. Pairs well with other seasoning ingredient like chilli, shallot, garlic and cilantro. Also added in tea and cocktails for a refreshing aroma.



## Turmeric

A rhizome cousin to ginger, turmeric has a mild spicy, earthy flavour with a bitter undertone. Used in Southeast Asian cooking for its uniquely piquant and soothing quality, as well as the appetizing yellow tinge. A key ingredient in curries, soups and stir-fried meats.

## Coconut Milk

The white liquid pressed and strained from grated coconut flesh. A core ingredient in Thai, Vietnamese, Malaysian and Indonesian cooking. There are two grades: the watery type is for making sweet soups, desserts and pastries. While the creamier cream is for curries and broths. Coconut milk imparts a velvety texture and nutty undertone to any given dish, and blends perfectly with other seasoning ingredients. You can use it to substitute milk in baking and beverages.



## Sweet Soy Sauce

Kecap manis, originating from Indonesia, is a soy sauce that is thick with a malty touch. It is also used in Malaysian and Singaporean cuisines. More sweet than salty compared to other soy sauces, thanks to the addition of palm sugar in its making. The essential ingredient that makes Indonesian fried rice a national dish. Awesome for stir-fries, dipping sauce, marinades and more.

# South East Asian *Cooking Essentials*

## Chilli

There are 2 general types of chilli peppers in Southeast Asian cooking. Long red and green chillies, are the most common, also comes in dried form. These impart a capsicum-like flavour and aroma, with a moderate spicy heat. Meanwhile, the much thinner and shorter Bird's Eye chilli is the fiery darling that gives Thai dishes their zesty character. Used in every spicy recipe from stir-fries to curries. Also mixed with soy sauce as a condiment in Malaysian and Singaporean cuisines.



## Galangal

While galangal may look like ginger and has a similar texture, this rhizome is denser, harder, and with a stronger mustard-like flavour. A must-have zesty ingredient for Tom Yum and Tom Kha Gai soups.



## Paper Roll

Rice starch mixed with salt and water to make a thin cake and dried into a paper-like texture. Vietnamese rice paper is a neutral flavoured, and soft but sturdy. Perfect to make yummy wraps and rolls packed with meat and veggies—a staple Vietnamese appetizer, snack and side-dish. Often served with a peanut dipping sauce.



## Fish Sauce

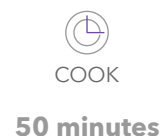
Made from anchovies fermented in a barrel with salt for up to 2 years, and slowly pressed to extract the liquid, fish sauce is an all-purpose umami booster in Thai and Vietnamese cuisines. It has an appetizing funky, savoury flavour. Often used in a marinades for meat and seafood. Combined with lime juice, sugar, garlic and chillies for the classic Vietnamese Nuoc Cham dipping sauce. Added to stir-fries and soups and even salads. Also enjoyed as a table condiment.



# Thai Cuisine



# Helen Agostino's Coconut-crusted Thai Red Curry Pork Rice Balls with Nam Jim Dipping Sauce



## Ingredients

### STEAMED RICE INGREDIENTS

- 1 cup Medium grain rice (rinsed until clear)
- 1 cup Water

### NAM JIM DIPPING SAUCE INGREDIENTS

- ¼ cup Squid Brand Fish Sauce
- ¼ cup Freshly squeezed lime juice
- 1 Green jalapeño chilli (deseeded, finely diced)
- 1 Long red chilli (deseeded, finely diced)
- 1 Small shallot (peeled, finely diced)
- 1 large clove Garlic (finely chopped)
- 1 tbsp Coriander (finely chopped)
- 1 tbsp Brown sugar
- ¼ cup Water

### PORK FILLING INGREDIENTS

- 250g Pork mince
- 2 tbsp **Valcom Red Curry Paste**
- 2 Small shallots (finely chopped)
- 1 clove Garlic (grated)
- 1 cm Galangal (peeled, grated)
- 1 cm Turmeric (peeled, grated)

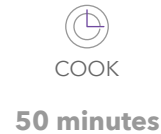
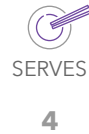
- 1 tsp Lemongrass paste
  - 1½ tsp Black pepper (freshly ground)
  - 2 Bird's eye chillies (finely chopped)
  - 5 Kaffir lime leaves (centre stem removed, leaves finely sliced)
  - 1 tbsp Squid Brand Fish Sauce
  - 1 tsp Caster sugar
  - 1 tbsp Sunflower oil
- ### RICE BALL COATING INGREDIENTS
- 1 cup Panko breadcrumbs (lightly toasted)
  - ½ cup Coconut (shredded, lightly toasted)
  - 2 Eggs (lightly beaten, plus water, to thin)
  - Oil spray

### SERVING INGREDIENTS

- Shredded baby wombok cabbage
- Cucumber slices
- Spring onion and red chilli "flowers"



# Helen Agostino's Coconut-crusted Thai Red Curry Pork Rice Balls with Nam Jim Dipping Sauce

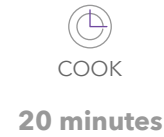
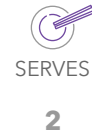


## Method

### TO COOK

- 1 Firstly, prepare the steamed rice by placing rinsed rice and water in a small saucepan. Let it soak for 10 minutes. Bring to a boil, then cover and steam over low heat for 20 minutes. Let it sit, covered, for another 10 minutes.
- 2 Whilst rice is soaking, prepare dipping sauce by mixing Squid Brand Fish Sauce, lime juice, diced green jalapeño chilli, diced red chilli, diced shallot, chopped garlic, chopped coriander, brown sugar, and water in a bowl. Set aside for at least 30 minutes.
- 3 To prepare pork filling, heat oil in a large frypan. Fry Valcom Red Curry Paste for 1-2 minutes.
- 4 Add shallots, garlic, galangal, turmeric, lemongrass, and black pepper. Fry for 2-3 minutes until slightly dried and aromatic.
- 5 Add pork mince and cook for 10-12 minutes until dry and slightly crispy.
- 6 Stir in Squid Brand Fish Sauce, sugar, kaffir lime leaves, and red chilli. Set aside to cool.
- 7 To assemble the red curry rice balls, line a teacup with plastic wrap, leaving edges overhanging. Spray lightly with oil.
- 8 Place 70g cooled rice into the cup and spread evenly, leaving space at the top.
- 9 Add 35-40g of cooled pork filling, press down gently. Cover with 30g rice, press firmly. Gather plastic wrap and twist to enclose the rice ball. Shape into a round and firm ball.
- 10 Combine toasted breadcrumbs and shredded coconut in a bowl.
- 11 Dip rice balls in beaten egg with water, then roll in breadcrumb mixture. Repeat dipping and rolling for a second time. Place on a greased plate.
- 12 Spray air fryer basket with oil. Place rice balls in the basket and spray with oil. Air fry at 180°C for 7 minutes, then check for browning. Cook for an additional 3 minutes if needed.
- 13 Serve the crispy rice balls immediately with shredded baby wombok cabbage, cucumber slices, spring onion, red chilli "flowers," and the Nam Jim Dipping Sauce. Enjoy!

# Michelle Lin's Thai Grilled Beef Salad (Nam Tok)



## Ingredients

- 270g Rump steak
- 2 tbsp Light soy sauce
- ½ tsp Ground white pepper
- 2 Small shallots (finely sliced)
- 1 tbsp Thai glutinous rice (uncooked)
- 2 tbsp Chilli flakes
- ½ Spring onion (finely sliced)
- 2 tbsp Squid Brand Fish Sauce
- 1½ tbsp Fresh lime juice
- ½ tsp Sugar (optional)
- Handful Coriander
- Handful Fresh mint
- ½ tbsp Oil
- ¼ Cucumber, sliced (optional, for serving)
- ⅛ Cabbage, sliced (optional, for serving)
- 1 cup Cooked sticky rice or jasmine rice (optional, for serving)

## Method

### TO COOK

- 1 In a small bowl, marinate the room temperature steak in soy sauce and white pepper. Ensure the steak is evenly coated. Set aside.
- 2 In a small frypan, dry toast the uncooked Thai glutinous rice for about 2 minutes, stirring continuously until golden. Be careful not to burn it. Transfer to a mortar and pestle, grind into a coarse powder, and set aside in a small bowl.
- 3 To make dressing, in a medium-sized bowl, combine the fish sauce, lime juice, sugar (optional), spring onion, shallots, and chilli flakes. Mix until the sugar dissolves.
- 4 Heat a medium-sized frypan with oil over high heat, add the steak. Cook for about 1-2 minutes on each side until both sides are charred.
- 5 Remove the steak from the pan and let it rest for 2-3 minutes. Slice into strips.
- 6 Add the sliced steak into the dressing bowl, then add the ground glutinous rice, mint, and coriander. Mix well and taste. Adjust lime juice, fish sauce, or sugar if needed.
- 7 Serve the salad with fresh cabbage slivers, cucumber slices, and optional sticky or jasmine rice. Enjoy!



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# Glenda McDonnell's Hot & Spicy Firecracker Tofu in a Crispy Basket



MEAT-FREE  
MARVEL



SERVES

4



COOK

20 minutes

## Ingredients

### MAIN INGREDIENTS

- 1 packet Firm tofu
- ½ cup Cornflour
- 1 packet Spring roll wrappers
- Rice noodles
- Peanut oil for pan-frying
- Spray oil

### FIRECRACKER SAUCE INGREDIENTS

- ½ cup Natural smooth peanut butter
- ⅓ cup Lee Kum Kee Premium Soy Sauce
- ¼ cup Obento Rice Wine Vinegar
- ⅓ cup Yeo's Pure Sesame Oil
- 2 tbsp Yeo's Sambal Oelek
- 2 tbsp Sugar
- 1 clove Garlic
- 1cm Fresh ginger

### GARNISH INGREDIENTS

- Black and white sesame seeds
- Spring onion (finely sliced)
- Radish slices
- Cucumber curls
- Alfalfa sprouts
- Garlic chives

## Method

### TO COOK

- 1 Drain and press the tofu between kitchen paper, cut it into 2cm cubes, and set it aside to dry out a bit.
- 2 Trim 1cm from each side of the spring roll pastry to even the edges. Lightly spray both sides of 4 sheets with oil.
- 3 Layer 4 sheets to form uneven edges and gently press them into an ovenproof bowl/ramekin. Repeat to make 4 baskets.
- 4 Bake at 180°C until crisp and golden. Remove from the bowl/ramekin and set aside (re-warm in the oven just before serving).
- 5 Process all the sauce ingredients in a blender until smooth. Set aside.
- 6 Toss the tofu cubes in cornflour. Heat the peanut oil in a heavy-based frypan, add the tofu and pan-fry until crunchy and golden. Drain on kitchen paper.
- 7 While the tofu is frying, prepare the rice noodles as directed.
- 8 Heat half of the sauce in a clean frypan, gently toss the cooked rice noodles through the sauce. Divide between the 4 baskets.
- 9 Heat the remaining sauce, add the tofu cubes, and stir to coat and warm through. Arrange on top of the rice noodles.
- 10 To serve, garnish with spring onion slices and black and white sesame seeds.
- 11 Place the baskets on serving plates and decorate with radish slices, cucumber curls, alfalfa sprouts, and garlic chives.

# Brian Hung's Clam Pad Prik King



**FAST  
& FAB**



SERVES

**2**



COOK

**20 minutes**

## Ingredients

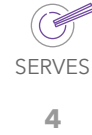
600g	Clams
100g	Long beans/green beans (cut into 3cm lengths)
2 tbsp	Valcom Red Curry Paste
20g	Palm sugar (chopped)
5	Kaffir lime leaves (split in half)
2 tbsp	Vegetable oil
2 tbsp	Water
1	Long red chilli (sliced)
	Jasmine rice (for 2)

## Method

### TO COOK

- 1** In a large wok, on low heat, add 2 tbsp of oil followed by 2 tbsp of Valcom Red Curry Paste.
- 2** Stir well for 1 minute, bring to medium heat and stir for another minute.
- 3** Increase to high heat and add in the clams. Stir well and let cook for 2 minutes.
- 4** Next, add in the green beans, kaffir lime leaves, palm sugar, chilli, and 2 tbsp of water. Stir well to incorporate everything with the sauce and let cook for 3 minutes or until the clams have opened.
- 5** Take out and serve with steamed rice. Enjoy!

# Cheryl Mishio's Thai Spiced Chicken Meatballs in Yellow Curry



## Ingredients

### MAIN INGREDIENTS

- 4 tbsp **Valcom Yellow Curry Paste**
- 1 cup Yellow capsicum (sliced)
- 10 Kaffir lime leaves
- 400ml Coconut milk

### MEATBALL INGREDIENTS

- 500g Ground chicken
- 2 tbsp Panko breadcrumbs
- 1 tbsp Ginger (ground)
- ½ cup Spring onion (finely sliced)
- 1 tbsp Garlic (minced)
- 2 tbsp Sweet chilli sauce
- 1 Bird's eye chilli (finely sliced)
- 2 tbsp Crispy shallots
- Few sprigs Fresh mint
- Fresh coriander
- Cooked noodles or steamed rice
- Fresh cucumber (sliced)

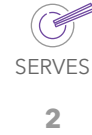
## Method

### TO COOK

- 1 To make the meatballs, combine ground chicken with panko breadcrumbs, minced ginger, spring onion, sweet chilli sauce, and minced garlic.
- 2 Form into 2.5cm sized balls, then pan-fry over medium heat until browned on all sides. Remove meatballs from the pan.
- 3 In the same pan, add Valcom Yellow Curry Paste, yellow capsicum, and kaffir lime leaves. Add coconut milk and simmer for 5 minutes.
- 4 Return the browned chicken meatballs to the pan. Simmer over low heat for an additional 15 minutes.
- 5 Serve Thai chicken meatballs in a bowl with steamed noodles (you can use sweet potato noodles) or rice.
- 6 Top with additional fresh coriander, finely sliced kaffir lime leaves, sliced chilli, a few sprigs of fresh mint, crispy shallots, and sliced cucumber.



# Miku G's Chiang Mai Sausage (Sai Ua)



## Ingredients

### BASE CURRY PASTE INGREDIENTS

- 6 Long red dried chillies
- 2 tsp Galangal (minced)
- 1 stalk Lemongrass (bottom half only, thinly sliced)
- ½ tsp Turmeric powder
- ¼ cup Shallots (chopped)
- 4 cloves Garlic (minced)
- Half Lime zest
- 1 tsp Fermented shrimp paste
- 1 tbsp **Squid Brand Fish Sauce**

### SAUSAGE INGREDIENTS

- 500g Pork mince
- 5 Lime leaves (centre stems removed, minced)
- 6 Coriander stems (finely chopped)
- 2 Spring onions (finely chopped)
- 2 tbsp Vegetable oil (for frying)

### GARNISH INGREDIENTS

- 1 Cucumber (sliced)
- ¼ Lettuce
- 1 Long red chilli (sliced)
- Coriander

## Method

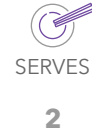
### TO COOK

- 1 Rehydrate the dried chillies in a cup of boiling water, then drain once soft.
- 2 Using a blender, blend all the base curry paste ingredients together until they reach a fine consistency.
- 3 In a large bowl, use your hands (wear latex or plastic gloves for this stage) to knead the pork and base curry paste together until well combined. Then add coriander, spring onion, and lime leaves, and knead again to combine all ingredients.
- 4 Make the sausages by scooping half a cup of the meat mixture, rolling it into a ball, and then rolling it into a sausage shape. Set aside on a tray and continue making evenly-sized sausages until the meat is finished. Refrigerate for at least 30 minutes.
- 5 In a large frying pan over medium heat, add the oil and gently add some sausages, cooking in batches to avoid overcrowding the pan.
- 6 Cook gently, occasionally turning the sausages until they are nicely caramelized on the outside and just cooked through (approximately 6-8 minutes).
- 7 Serve the sausages with cucumber, sliced red chilli, lettuce, and coriander. Enjoy!





# Mario Oliveros' Pad See Ew



## Ingredients

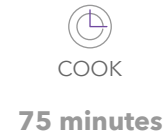
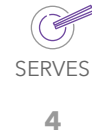
500g	Flat rice noodles
1 bunch	Chinese broccoli (gailan)
2	Large eggs
3 cloves	Garlic (minced)
1 tbsp	Oyster sauce
2 tbsp	ABC Sweet Soy Sauce
	Kecap Manis
20g	Palm sugar
1 pinch	White pepper
4 tbsp	Vegetable oil
1	Lime (cut into wedges)
¼ cup	Coriander leaves
1 tbsp	Fried shallots
	Salt (to taste)

## Method

### TO COOK

- 1 Cut the Chinese broccoli (gailan) into two ways: Slice the stems with an angle, and keep the green leafy part relatively large as they will wilt like spinach.
- 2 Separate the fresh flat rice noodles so they are not stuck together. If they are a bit older and stuck together, microwave them for a few seconds at a time to soften them up.
- 3 Heat a wok or pan on high heat and add the vegetable oil, getting it as hot as possible.
- 4 Once the oil is hot, add the garlic and stir-fry for about 10 seconds.
- 5 Add the sliced gailan stems and stir-fry for about 30 seconds.
- 6 As the gailan stems soften and develop color, add the separated rice noodles to the wok.
- 7 After 2-3 minutes of occasional stirring, add the oyster sauce, ABC Sweet Soy Sauce Kecap Manis, and palm sugar to the noodles. Stir well to ensure all the noodles are coated. If the noodles still appear pale, you can add more ABC Sweet Soy Sauce Kecap Manis.
- 8 Push the noodles to one side of the wok and add another spoon of oil. Crack the eggs into the wok and stir them a bit so the yolks break and spread. Stir the eggs for about 30 seconds to a minute until they reach a scrambled consistency.
- 9 Mix the eggs and noodles together until well combined.
- 10 Add the Chinese broccoli (gailan) leaves, salt, and white pepper to taste. Stir until the gailan leaves wilt.
- 11 Taste and adjust the seasoning according to your preference.
- 12 Transfer the noodles to serving bowls and garnish with coriander leaves, fried shallots, and a lime wedge. Enjoy!

# Joseph Pitt's Thai Massaman Beef Curry with Pineapples & Shallots



## Ingredients

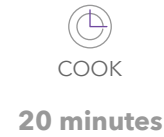
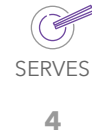
600g	High-quality porterhouse steak (cut into cubes)
½	Sweet pineapple (cut into cubes)
3 tbsp	Valcom Massaman Curry Paste
5	Shallots (halved)
400ml	Coconut milk
1 cup	Water
1 tbsp	Palm sugar
2 tsp	Salt
Dash	Vegetable oil
1 cup	Vegetable oil (for deep frying garnish)
2	Shallots (sliced, for garnish)

## Method

### TO COOK

- 1 Add a dash of oil in a large medium heated casserole pot. Brown the meat to seal the juices. Do this in two batches.
- 2 Pour half of the coconut milk into the pot and let it simmer for 3 minutes.
- 3 Add the curry paste into the pot, stir, and let it simmer for a couple of minutes.
- 4 Add the meat, shallots, pineapples, and water. Reduce the heat to low and cook for 1 hour (uncovered).
- 5 Meanwhile, make the garnish. Heat the oil in a separate pan. Deep fry the shallots until golden brown. Set it aside.
- 6 Add the remaining coconut milk, palm sugar and salt into the casserole pot. Top it with the deep fried shallots. Serve it with steamed rice.

# Mel A's Yellow Prawn Curry



## Ingredients

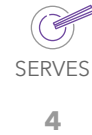
- 700g Green prawns, cleaned
- 4 tbsp Valcom Yellow Curry Paste
- 400ml Coconut milk
- 2 tbsp Oil
- 250g Cherry tomatoes, halved
- 1 tbsp Sugar
- 150g Snow peas
- 1 tbsp Lime juice
- 1 cup Shredded coconut (toasted)
- 2 tbsp Coriander leaves
- 1 Long red chilli (sliced)
- 1 Lime (quartered)
- Rice to serve

## Method

### TO COOK

- 1** In a deep large frypan, heat oil over medium heat. Add the yellow curry paste and fry for 2-3 minutes until fragrant.
- 2** Pour in the coconut milk and simmer on low heat for about 5 minutes.
- 3** Add the halved cherry tomatoes and half of the toasted shredded coconut to the pan. Continue to simmer for 2-3 minutes.
- 4** Add the cleaned prawns and snow peas to the pan. Cook until the prawns are just cooked through, approximately 2 minutes.
- 5** Stir in the lime juice and mix well.
- 6** Sprinkle the remaining toasted shredded coconut over the prawn curry.
- 7** Serve the prawn curry topped with coriander leaves, sliced red chilli, a lime wedge, and steamed rice. Enjoy!

# Glenda McDonnell's Coconut & Sesame Cruled Scallops with Thai Mango Salsa & Coriander Pesto



4

45 minutes

## Ingredients

### COCONUT & SESAME CRUSTED SCALLOPS

- 12 Large fresh scallops (roe removed)
- 4 tbsp Obento Tempura Batter Mix
- 4-5 tbsp Water
- 1 cup Obento Panko Breadcrumbs
- 1 cup Shredded coconut
- ½ cup Sesame seeds

### THAI MANGO SALSA INGREDIENTS

- 2 Fresh mangoes (diced)
- 1 Red onion (diced)
- 1 Lebanese cucumber (diced)

### COCONUT AND GREEN CURRY DRESSING

- 2 tbsp Kewpie Japanese Mayonnaise
- 4 tbsp Coconut milk
- ½ tsp Valcom Green Curry Paste (or more to taste)
- 2 tsp Lime juice
- ½ tsp Squid Brand Fish Sauce (more to taste)
- ½ tsp Palm sugar

### CORIANDER PESTO INGREDIENTS

- ¾ cup Coriander
- ¼ cup Roasted peanuts
- 1 clove Garlic
- ½ Green chilli
- 40ml Peanut oil
- 1-2 tsp Lime juice
- Squid Brand Fish Sauce (to season)

## Method

### TO COOK

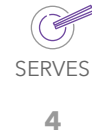
- 1 Combine the tempura batter and water, stirring until smooth.
- 2 In a separate dish, mix the shredded coconut, sesame seeds, and panko crumbs.
- 3 Pat the scallops dry, dip in tempura batter (coating well), then toss in the shredded coconut, sesame seed, and panko mixture. Gently press the coating on and place on a plate lined with baking paper. Chill until needed.
- 4 To prepare dressing, combine all dressing ingredients and mix well. Set aside.
- 5 For the pesto, place coriander, peanuts, garlic, and chilli in a blender and process until a paste forms. Slowly add the oil while running on low speed. Season with lime juice and fish sauce to taste. Set aside.
- 6 Prepare the Thai mango salsa by placing all salsa ingredients in a small bowl and toss to combine.
- 7 Preheat the air fryer to 190°C. Spray the rack with oil and arrange scallops with space between each one. Spray lightly with oil.
- 8 Cook scallops in the air fryer for 12-15 minutes (depending on scallop size) until golden and crunchy.
- 9 To serve, spoon Thai mango salsa onto serving plates, drizzle with coconut and green curry dressing. Serve any leftover dressing in a bowl for dipping. Top with 3 coconut and sesame crusted scallops and garnish with coriander leaves.
- 10 Divide the coriander pesto into 4 small bowls and serve on the side. Enjoy!

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# Daniela Ramirez's Crispy Airfryer Pork Belly & Vermicelli Salad



SERVES

COOK

4

75 minutes

## Ingredients

### MAIN INGREDIENTS

500g	Pork belly
Pinch	Salt
Pinch	Bicarbonate soda

### DIPPING SAUCE INGREDIENTS

½ cup	Obento Rice Wine Vinegar
¼ cup	Fish sauce
3 tsp	Sugar
1	Shallot (minced)
2 cloves	Garlic (crushed)
1	Red chilli (sliced)
½ bunch	Coriander leaves (chopped)

### SALAD INGREDIENTS

100g	Vermicelli noodles
½	Red capsicum (sliced)
50g	Purple cabbage (chopped)
1 bunch	Spinach
100g	Edamame
½ bunch	Coriander leaves (chopped)

### SALAD DRESSING INGREDIENTS

⅛ cup	Obento Rice Wine Vinegar
⅛ cup	Lee Kum Kee Superior Light Soy Sauce
2 tsp	Sugar
1 tsp	Yeo's Pure Sesame Oil

## Method

### TO COOK

- 1 Wash and salt pork belly overnight in the fridge to dry up the skin.
- 2 Rinse salt from pork belly.
- 3 Rub a pinch of bicarbonate soda and olive oil into the pork skin.
- 4 Cook pork with the air fryer for 40 minutes at 160°C.
- 5 While pork is cooking let's prepare the dipping sauce. Mix together the dipping sauce ingredients and set aside.
- 6 Mix ¼ cup of rice wine vinegar, fish sauce, sugar, shallot, garlic, chilli, garlic, and coriander. Set dipping sauce aside.
- 7 Once the pork has done cooked for 40 minutes, increase temperature to 200°C, and cook for another 35 minutes.
- 8 To prepare the salad, mix capsicum, spinach, cabbage, edemame, chilli and coriander leaves in a bowl.
- 9 Cook vermicelli noodles in boiling water for approximately 2-3 minutes, then rinse with cold water.
- 10 Combine the salad dressing ingredients, and mix together the noodles, salad and dressing.
- 11 By now, the pork should be crispy. Cut into pieces and enjoy with the dipping sauce and noodle salad.

# Miku G's Pad Krapow Gai



FAST  
& FAB



SERVES

4



COOK

20 minutes

## Ingredients

### MAIN INGREDIENTS

500g	Chicken mince
4	Bird's eye chillies (chopped)
6 cloves	Garlic (minced)
4	Eggs
4 tsp	Vegetable oil
½	Brown onion (diced)
½ cup	Green beans (cut to 3cm lengths)
1 bunch	Thai basil (stems removed)

### SAUCE INGREDIENTS

1 tbsp	Oyster sauce
2 tsp	Lee Kum Kee Premium Soy Sauce
2 tsp	ABC Sweet Soy Sauce
	Kecap Manis
½ tsp	Fish sauce
1 tsp	Sugar

## Method

### TO COOK

- 1 Mix the sauce ingredients in a small bowl until the sugar dissolves and set aside.
- 2 Blend three chillies and garlic to form a rough paste. Slice the remaining chilli for garnish to serve.
- 3 In a medium frying pan, add a teaspoon of oil and fry the eggs over medium heat to form a soft yolk and slightly crispy edge on the whites and set aside.
- 4 Add the remaining oil to a large frying pan over medium-high heat. Add the garlic and chilli paste and cook until fragrant, and the garlic begins to brown.
- 5 Add the chicken and move the garlic and chilli paste onto the chicken to prevent them from burning while the chicken cooks. Allow the chicken to cook without stirring until the bottom begins to brown, then break apart and stir the chicken, keeping some chunks. Continue cooking until the chicken is almost cooked through (approx 2 minutes).
- 6 Pour in the sauce and mix well, then add the green beans and onion. Cook for two minutes, until the sauce is well distributed and the vegetables are just cooked.
- 7 Turn off the heat and add the basil leaves. Gently stir to combine until the leaves are wilted.
- 8 Serve over rice and top with a fried egg, fresh Thai basil and chopped chilli as a garnish. Enjoy!



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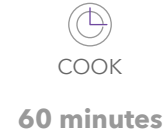
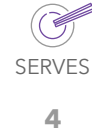
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# Jiabi Li's Tom Yum Goong Rice Noodle Soup



## Ingredients

### MAIN INGREDIENTS

- 500g Large banana prawns
- 150g Squid rings
- 1 pack Fresh Thai rice noodles
- 120ml Valcom Premium Coconut Milk
- ½ Onion (cut into pieces)
- 2 Tomatoes (cut into 8 piece per each)
- 5 Mushroom cups or brown mushroom (sliced thickly)
- 50g Enoki mushroom
- ½ Corn (cut into 2 cm long pieces)
- 3 Kaffir lime leaves
- 3 Bird's eye chillis (chopped)
- 2 tsp Fish sauce
- 3 tbsp **Valcom Tom Yum Paste**
- ½ Lime (juiced)

### BROTH INGREDIENTS

- ½ tbsp Vegetable oil
- 2 Shallots (cut into pieces)
- 1 stalk Lemongrass (lightly hit with back of the knife)
- 1 Carrot (cut into pieces)
- 700ml Chicken stock or water
- Prawns heads from the banana prawns

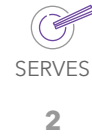
## Method

### TO COOK

- 1 Cut the prawns heads off, then peel the banana prawns shell and clean the dirt on the back of the prawns.
- 2 Heat the pot with a medium heat, then add vegetable oil and fry prawn heads for a couple minutes.
- 3 Add the shallots to fry for about 2 minutes, then add the lemongrass and carrot.
- 4 Pour in the chicken stock and cook for 15-20 minutes.
- 5 Drain out the broth ingredients, keeping the liquids only and continue to cook the soup on medium heat.
- 6 Add the tomato, mushroom cups, corns, kaffir lime leaves, onion, bird's eye chillies and tom yum paste, then cover with the lid and let it boil for 5-7 minutes.
- 7 Add the banana prawns and squid rings into the soup and cook for about 5 minutes or until the prawns turn red.
- 8 Then add the enoki mushrooms, coconut milk and fish sauce to taste.
- 9 Add in the lime juice. Garnish with sliced red chilli and coriander or chopped spring onion, and turn off the heat.
- 10 Cook Thai rice noodles following the package instructions.
- 11 Divide noodles into individual bowls and pour over Tom Yum Goong soup over when ready to serve.



# Beverly Ng's Epic Thai Beef Salad



15 minutes

## Ingredients

### MAIN INGREDIENTS

- ½ Purple onion or shallot (chopped)
- 2 cloves Garlic (minced)
- 1 pack Vermicelli noodles
- 200g Thin steak
- 1 Small carrot (thinly sliced)
- 1 Lebanese cucumber (thinly sliced)
- 1 sprig Spring onion (thinly sliced)
- 2 Fresh chillies (thinly sliced)
- Handful Sesame seeds
- Coriander, mint, and Thai basil leaves for decoration and extra flavor

### SAUCE INGREDIENTS

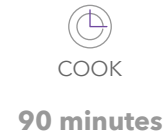
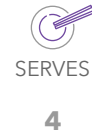
- 1 tbsp Lee Kum Kee Salt Reduced Soy Sauce
- 1½ tbsp Fish sauce
- 1 tsp Brown sugar or honey
- 1 Fresh red chilli (sliced)
- 2 cloves Garlic (minced)
- 10g Ginger (grated)
- 1 Whole lime (juiced)

## Method

### TO COOK

- 1 To make sauce, crush chilli and garlic mince together into a paste. Add grated ginger, lime juice, fish sauce, sugar, and Lee Kum Kee Salt Reduced Soy Sauce to make the salad dressing.
- 2 Boil water and soak vermicelli for 3-4 minutes, rinse with cold water, then set aside.
- 3 Heat cooking oil in a frying pan or grill. Sauté the purple onions and garlic until brown, then set aside.
- 4 Grill steaks on the pan for approximately 2-3 minutes on each side or until cooked medium to well done. Remove and set aside to rest.
- 5 Plate the sliced carrot, cucumber, and vermicelli in the center. Slice the beef and place on each side. Pour over some of the garlic and purple onion on the beef.
- 6 Sprinkle some spring onion, sesame seeds, and fresh chilli on the salad. Place mint, coriander, and Thai basil leaves for garnish.
- 7 Serve with the dressing made earlier. Enjoy this dish with a kick!

# Mel A's Chiang Mai Hung Lay



## Ingredients

### MAIN INGREDIENTS

1kg	Pork belly (cut into 4cm cubes)
1 tbsp	Vegetable oil
2	Shallots (sliced)
3 tbsp	Tamarind concentrate
2 tbsp	Palm sugar
1 tsp	Sweet soy sauce
1 tbsp	Ginger (finely julienned)
2 tsp	Fish sauce
3 tbsp	Garlic cloves
½ cup	Fresh coriander
1 cup	Water

### PASTE INGREDIENTS

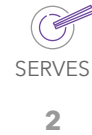
2 tbsp	Valcom Lemongrass
1 tbsp	Ginger (chopped)
2	Shallots (chopped)
8	Dried long chillies
1 tsp	Turmeric
1 tbsp	Garam masala
1 tsp	Shrimp paste
1 tsp	Salt

## Method

### TO COOK

- 1 In a bowl of boiling water, add in dried chillies and soak for 10-15 minutes. Once softened, reserve the chilli water, then roughly chop the chillies and add to a small food processor. Place in 3 tbsp of the chilli water along with the remaining paste ingredients. Blend the paste ingredients until a paste forms.
- 2 Using a heavy-based pot, heat oil to medium then add in the sliced shallots. Cook for 3 minutes until softened, they should not be coloured. Add in the curry paste and stir for a minute until the paste becomes fragrant.
- 3 Add the pork belly to the pot and cook for approximately 5 minutes until the pork begins to brown.
- 4 Pour in the tamarind, palm sugar, sweet soy sauce and 1 cup of water, cover the pot with a lid and continue simmering for 1 hour. If the curry starts looking dry, add a little more water to the pot, preventing it from sticking.
- 5 Pour in the fish sauce and add the garlic to the pot, continue cooking uncovered for a further 20 minutes until the pork is tender and the sauce begins to thicken.
- 6 Transfer the pork curry to a serving bowl and top with coriander to serve.

# Michael Hohnen's Pandan Wrapped Fish Parcels



## Ingredients

### MAIN INGREDIENTS

100g	White fish (cut into 2x2cm cubes)
1 knob	Ginger (grated)
1 cup	Coconut cream
1 tbsp	Fish sauce
1	Kaffir lime leaf (finely sliced)
	Toothpicks (soaked in water for 5 minutes)
10	Pandan leaves

### SALAD INGREDIENTS

	Pawpaw (sliced)
	Cucumber (sliced)
	Carrot (cut into matchsticks)
	Snake beans (steamed)
	Peanuts (toasted)
	Lime wedges

### SAUCE INGREDIENTS

1	Bird's eye chilli (whole)
	Ponzu dipping sauce

## Method

### TO COOK

- 1 Marinate the fish cubes in fish sauce, coconut cream, and ginger for at least 5 minutes.
- 2 Wrap the fish in washed pandan leaves and secure with a toothpick.
- 3 Preheat the air fryer to 180°C and air fry the wrapped fish for 8 minutes.
- 4 Add salad, dipping sauce, and accompaniments (we made pawpaw salad with peanuts, cucumber slices, carrot matchsticks, and steamed snake beans). Steamed rice and fresh lime wedges are suggested, but add what you love and make it colourful!



# Vietnamese Cuisine

# Cynthia How Tue's Air Fried Vietnamese Pork Skewers (Nem Nuong)



SERVES  
8 pcs

COOK  
10 minutes

## Ingredients

### PORK SKEWER INGREDIENTS

- 250g Fatty pork mince
- 2 cloves Garlic (minced)
- ¼ Shallot (minced)
- 1 tbsp Sugar
- 2 tsp Rice powder (roasted)
- 1 tsp Cornstarch
- 2 tsp Squid Brand Fish Sauce
- 1 tsp Lee Kum Kee Premium Soy Sauce
- 2-3 drops Red food colouring

### DIPPING SAUCE (NUOC CHAM) INGREDIENTS

- 1 clove Garlic clove (chopped)
- 1 Bird's eye chilli (chopped)
- 3 tsp **Squid Brand Fish Sauce**
- 1½ tbsp Sugar
- 1½ tbsp Lime juice
- 3 tbsp Water

### LETTUCE WRAP INGREDIENTS (OPTIONAL)

- Cos lettuce leaves
- Carrot (julienned)
- Cucumber
- Onion
- Mint leaves
- Chilli

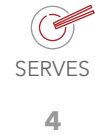
## Method

### TO COOK

- 1 In a large bowl, add all the ingredients for the skewers and thoroughly mix to blend everything.
- 2 Refrigerate for at least 30 minutes before cooking.
- 3 Prepare pork skewers by using equal amount of the meat mixture on each skewer stick. Once the skewers are prepared, spray lightly with an oil spray.
- 4 Cook the skewers in the air fryer at 180°C for 10 minutes.
- 5 For the dipping sauce, mix all the sauce ingredients in a small bowl until all the sugar has dissolved.
- 6 Enjoy the skewers with the dipping sauce and by making lettuce cups with salad of your choice!



# Miku G's Duck Noodle Soup (Mi Viet Tiem)



## Ingredients

### MAIN INGREDIENTS

- 2 **Luv-A-Duck duck breasts**
- 1 tsp Salt
- 2 Baby bok choy (leaves separated)
- 800g Fresh egg noodles
- 2 Long red chillies (sliced)
- 2 Spring onions (sliced)
- 1 cup Bean shoots
- ½ cup Coriander leaves
- 1 Lime (quartered)

### SOUP INGREDIENTS

- 2½L Chicken stock
- 2 Star anise
- 8 Dried long red chillies
- 1 stick Cinnamon
- 4 cloves Garlic cloves (sliced)
- 1 tbsp Ginger (sliced)
- 2½ tbsp Lee Kum Kee Premium Soy Sauce
- 60ml Fish sauce
- 1 tbsp Dark soy sauce
- 2 tbsp Palm sugar

## Method

### TO COOK

- 1** In a large saucepan, pour in chicken stock, star anise, dried chillies, cinnamon, garlic and ginger. Bring to the boil and then continue to simmer for 30 minutes.
- 2** Sprinkle the duck skin with salt, then place skin side down into a cold fry pan. Place onto the stove and turn the temperature to medium. Cook skin side down for 4 minutes until skin becomes crispy. Turn the duck over and continue cooking for another 7-8 minutes until cooked through. Remove the duck from the pan and allow to rest whilst completing the following steps.
- 3** Prepare the fresh egg noodles according to the packet instructions.
- 4** Add the soy sauce, fish sauce, dark soy and palm sugar to the stock, mix to combine and dissolve the sugar.
- 5** Place the bok choy into the soup broth and cook for 2-3 minutes.
- 6** Divide the egg noodles between 4 serving bowls and pour in the stock to cover the noodles. Slice the duck into 8 pieces and lay 4 pieces on top of the egg noodles per bowl.
- 7** Place 2-3 pieces of bok choy onto each bowl, along with sliced chillies, spring onions, bean shoots and coriander leaves. Enjoy!





**WHAT IT TAKES TO MAKE  
PEKING DUCK PANCAKES**



**100%**  
**AUSTRALIAN  
GROWN DUCK**

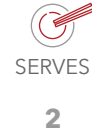


**JUST 10 MINUTES  
WITH LUV-A-DUCK  
PEKING DUCK PANCAKE KIT.**

**Delicious duck. No fuss.**



# Deborah Dean's Vietnamese Meatballs (Bun Cha)



## Ingredients

### MAIN INGREDIENTS

- ¼ cup Squid Brand Fish Sauce
- 2 Spring onions (white part finely diced)
- 5 cloves Garlic (finely diced)
- 1 tbsp Lee Kum Kee Premium Dark Soy Sauce
- 1 tbsp White sugar
- 1 tsp White pepper
- 500g Pork mince
- 500g Pork belly slices

### NUOC CHAM DRESSING

- ½ cup Squid Brand Fish Sauce
- 3 tbsp Obento Rice Wine Vinegar
- ¾ cup White sugar
- 1 cup Water
- 2 tbsp Fresh lime juice
- 1 clove Garlic (finely chopped)
- 1 Thai chilli pepper (deseeded and finely diced)

### OTHER INGREDIENTS

- 100g Vermicelli noodles
- Fresh ingredients to serve - lettuce, assorted herbs of choice, bean sprouts, spring onions, sliced chilli
- Cooking spray for grilling

## Method

### TO COOK

- 1 Mix all marinade ingredients together in a bowl.
- 2 Place pork mince in one bowl and pork belly slices in another bowl. Pour half of the marinade over mince and other half over pork belly. Mix through to coat pork belly and set aside.
- 3 Using your hands, mix marinade through mince thoroughly until it is smooth and comes cleanly away from bowl. Form little meatballs the size of 50 cent coin (AUD) Set aside.
- 4 Combine all nuoc cham dressing ingredients in a saucepan over medium heat, stirring until sugar dissolves. Transfer to a bowl and set aside.
- 5 Heat griddle pan and spray with cooking spray. Grill pork belly until charred and cooked. Transfer to serving platter.
- 6 Place vermicelli noodles in a large bowl and cover with boiling water.
- 6 Re-spray griddle with a little more oil. Place patties on grill, press a little to flatten slightly. Cook 4 minutes per side until nicely charred and cooked through. Transfer to serving platter.
- 7 Drain noodles and place in serving bowl with patties and pork belly slices. Pour a generous serving of dressing over pork and noodles. Add lettuce, assorted herbs, bean sprouts, shredded carrots, spring onions and sliced chilli.
- 8 Serve immediately. Eat with a little of everything covered in nuoc cham dressing for the perfect bite.

# Nicole Hocking's Three Colour Dessert (Naab Vaam)



**MEAT-FREE  
MARVEL**



SERVES

4



COOK

30 minutes

## Ingredients

### COCONUT SYRUP INGREDIENTS

250g	Palm sugar
¼ cup	Water
165ml	Valcom Premium Coconut Milk
1½ tsp	Salt

### TAPIOCA PEARL INGREDIENTS

1½L	Water
200g	Tapioca pearls
	Red and yellow food colouring

### CENDOL INGREDIENTS

1 tsp	Pandan extract
150ml	Water
¼ tsp	Salt
4 drops	Lye water
12g	Mung bean starch
10g	Cornstarch
1 bowl	Iced water

### BASIL SEED INGREDIENTS

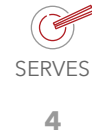
2 tbsp	Basil seeds
1 cup	Cold water

## Method

### TO COOK

- 1 To make coconut syrup, place the water and palm sugar in a pot and melt until fully dissolved, add in the coconut milk and salt and simmer for 10 minutes stirring occasionally. Cool in the fridge.
- 2 To make tapioca pearls, bring the water to a boil in a medium sized pot, add in the tapioca pearls and stir. Stir and boil for 5 minutes then turn off the heat, cover and leave for 15 minutes. The pearls will double in size and become translucent.
- 3 Strain and rinse the pearls with cold water, separate them into 2 batches, colour one batch red and the other batch yellow. Set aside.
- 4 To make cendol, combine the water, pandan extract, lye water and salt in a small saucepan and mix well, stir in the mung bean starch and cornstarch making sure there are no lumps.
- 5 Get bowl of iced water ready on the sink. Cook the cendol mixture on medium heat until the mixture becomes translucent and becomes thick stirring constantly. Remove the pot from the heat.
- 6 Working quickly using a large metal strainer with holes, spoon the cendol mixture onto the strainer and push down so the mixture oozes through the holes and drops into the iced water. Repeat until all of the mixture is used.
- 7 To prepare basil seeds, place basil seeds in a small bowl and cover with cold water. Leave to sit until fully hydrated.
- 8 In a glass add equal parts of the red and yellow tapioca pearls, add in cendol and top with the hydrated basil seeds. Add in the coconut syrup, taste and adjust to your liking. Add in ice if you prefer it colder.

# Scott Whyte's Caramelised Coconut Pork Belly Rice Bowl with Veggies



## Ingredients

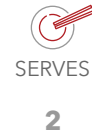
- |         |   |
|---------|---|
| 1kg     | Pork belly (cut into 2.5cm cubes)       |
| ½ tsp   | Salt                                    |
| ½ tsp   | Black pepper (cracked)                  |
| 1 tbsp  | Garlic (minced)                         |
| 1 tbsp  | Shallot or spring onion (thinly sliced) |
| 1½ tbsp | ABC Sweet Soy Sauce<br>Kecap Manis      |
| 2½ cups | Coconut water                           |
| 2½ cups | Water                                   |
| ¼ cup   | Squid Brand Fish Sauce                  |
| 1 tbsp  | Neutral cooking oil                     |
| 2 tbsp  | Raw sugar                               |

## Method

### TO COOK

- 1 Put salt, black pepper, garlic, shallots and ABC Sweet Soy Sauce Kecap Manis in a bowl and thoroughly combine with pork and let marinade for at least 15-30 minutes.
- 2 Place oil and sugar in a large pot on medium to create a lovely caramel (should take a few minutes) and place the marinated pork belly in and stir to coat the pieces in the caramel sauce.
- 3 Add the coconut water and water to the pot to cover the pork belly pieces (add more water if required).
- 4 Add in the fish sauce to the pot and simmer on low heat for 30 minutes or until pork belly is tender.
- 5 Taste and adjust seasoning adding more fish sauce for saltiness or ABC Sweet Soy Sauce Kecap Manis for sweetness to your preference.
- 6 Serve in one bowl by combining your choice of rice, and your own preferred mix of cooked vegetables and enjoy!

# Natalie Ng's Chicken & Vermicelli Salad



## Ingredients

¼ cup	Squid Brand Fish Sauce
¼ cup	Olive oil
2 tbsp	Lime juice
2 tbsp	Rice wine vinegar
1 tbsp	Caster sugar
1 clove	Garlic (finely chopped)
6 pcs	Chicken tenders
150g	Rice sticks (vermicelli)
1	Lebanese cucumber (seeds removed and diced)
1	Carrot (julienned)
½	Red capsicum (sliced)
1 cup	Coriander leaves
1 cup	Mint leaves

## Method

### TO COOK

- 1** To make the dressing, combine fish sauce, olive oil, lime juice, rice wine vinegar, caster sugar and garlic in a jar. Shake well.
- 2** To make the poached chicken, place chicken in a pot and cover with cold water and bring it just to the simmer, uncovered.
- 3** Once it is just simmering, place the lid on remove from heat. Let sit for 15 minutes. Remove from pot and let rest for a couple of minutes before slicing.
- 4** Cook vermicelli according to packet directions. Rinse in cold water and drain. Make a couple of snips with a pair of kitchen scissors (this will make it easier to toss).
- 5** Combine cucumber, carrot, capsicum, coriander, mint, chicken and vermicelli.
- 6** Toss salad with dressing. Enjoy.

# Miku G's Lemongrass Tofu



MEAT-FREE  
MARVEL



SERVES

2



COOK

20 minutes

## Ingredients

200g	Flat rice noodles
1 tbsp	Vegetable oil
3	Spring onions (cut into 3cm batons)
1	Shallots (diced)
3 cloves	Garlic (minced)
2 stalks	Lemongrass (finely chopped)
½ tsp	Dried red chilli flakes
500g	Fresh tofu (cut into 6mm lengths)
3 tbsp	Lee Kum Kee Premium Soy Sauce
1	Long red chilli (finely sliced)
1 bunch	Coriander
1	Lime

## Method

### TO COOK

- 1 Add oil to a frypan on medium heat and fry tofu strips until golden in colour, set aside.
- 2 Cook rice noodles to packet directions and set aside.
- 3 Using the same frypan as before, continue with medium heat, and sauté the diced shallot in a small amount of oil until translucent.
- 4 Add garlic, chopped lemongrass, spring onions and red chilli flakes, and stir while cooking until the lemongrass becomes fragrant.
- 5 Add the tofu and soy sauce and stir fry, mixing well allowing the tofu to absorb the flavour, for about 5 minutes.
- 6 Serve over rice noodles and garnish with chopped chilli, coriander and a wedge of lime.

# Cynthia How Tue's Crumbed Miso Eggplant Bánh Mì



**MEAT-FREE  
MARVEL**



SERVES

2



COOK

20 minutes

## Ingredients

### MAIN INGREDIENTS

2	Vietnamese baguette rolls
1	Small eggplant (cut into 1cm thick strips)
20g	Miso paste
35g	Obento Panko Breadcrumbs
1 clove	Garlic (grated)
Pinch	Ground white pepper
	Oil to shallow fry

### PICKLE INGREDIENTS

1	Small carrot (julienned)
½ cup	Obento Rice Wine Vinegar
¼ cup	Water
2 tbsp	Sugar
2 pinches	Salt

### GARNISHING INGREDIENTS

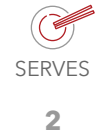
2-4	Shaved slices cucumber
2-4	Stems spring onion (cut to length of bread roll)
2-4 stems	Coriander
1-2	Bird's eye chilli (chopped)
	Kewpie Japanese Mayonnaise
	Few onion slices

## Method

### TO COOK

- 1 In a small jar/bowl, mix the ingredients for the pickle liquid then let the carrots soak in and refrigerate until ready to serve.
- 2 Marinate eggplants with grated garlic, miso paste and a pinch of ground white pepper. Then coat with the panko breadcrumbs.
- 3 In a medium pan on medium-high heat, pour around ½ cm deep of oil to shallow fry.
- 4 Once the oil is hot, carefully place the crumbed eggplant in the pan. Flip and fry each side until they are golden in colour, then take out and place on some kitchen towel to absorb any excess oil.
- 5 To assemble the bánh mì, cut the bread roll sideways, spread some mayonnaise. Add in the crumbed eggplant, shaved cucumber, pickled carrots, spring onion, coriander and top off with extra onion and chilli slices.

# Scott Whyte's Vietnamese Noodle Bowl with Grilled Meatballs



## Ingredients

500g	Minced pork
1 tbsp	Garlic (minced)
1 tbsp	Shallots or spring onion (thinly sliced)
1½ tbsp	Squid Brand Fish Sauce
1 tbsp	Lee Kum Kee Panda Brand Oyster Sauce
1 tbsp	ABC Sweet Soy Sauce Kecap Manis
1 tbsp	Honey
1/2 tsp	Black pepper (cracked)

## Method

### TO COOK

- 1** In a bowl, combine the pork mince with garlic, shallots, fish sauce, oyster sauce, sweet soy sauce, honey and pepper. Mix well.
- 2** Marinate for at least 15 minutes or better overnight.
- 3** Roll meat into patties or meatballs and grill in a preheated 200°C oven for 18 minutes, turning the meat over halfway.
- 4** Serve in one bowl by combining your choice of noodle or rice, and your own preferred mix of vegetables and enjoy!

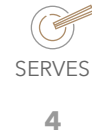


## Other Cuisines





# Adeline L's Melaka Chicken Rice Ball



## Ingredients

### CHICKEN INGREDIENTS

- 1 Medium-sized whole chicken (approx 1.25-1.5kg, cleaned and excess skin trimmed. Reserve excess skin to render chicken fat for rice)
- 2 Ginger slices
- 1 Green scallion stalk (cut into 5cm sections)
- 2½ tbsp Yeo's Pure Sesame Oil
- 4 tbsp Lee Kum Kee Premium Soy Sauce
- Ice bath (for cooked chicken)

### RICE INGREDIENTS

- 3 cloves Garlic (chopped)
- 3 slices Ginger (chopped)
- 2 cups Jasmine rice

### SERVING INGREDIENTS

- 1 Cucumber (sliced)
- 2 Cherry tomatoes (sliced)
- Scallions
- 1 sprig Coriander (for garnish)
- Housemade chilli sauce
- Reserved excess chicken skin to render chicken lard
- Chicken stock (from the stockpot)
- Salt (to taste)

## Method

### TO COOK

- 1 In a wok with medium heat, render chicken skin to obtain chicken lard. Reserve chicken lard in a bowl.
- 2 Place ginger and scallions in the chicken cavity. Fill the stockpot with water, just enough to cover the whole chicken. When the water is boiling, place the chicken in the stockpot. Cover the pot and leave to boil for 30 minutes (or until cooked). Use a food thermometer to check the breast of the chicken is cooked through (around 75°C-80°C).
- 3 When the chicken is cooked, dunk the whole chicken into an ice bath for approx 10 minutes.
- 4 While the chicken is resting in the ice bath, in a rice cooker, wash rice until the water runs clear. Mix in reserved chicken lard, chopped ginger, chopped garlic, salt, and enough chicken stock. Cook the rice.
- 5 After the rice is cooked, when the rice is warm (not too hot), using kitchen preparation gloves, shape the rice into a ball. Make 4 balls for a serve. Arrange on a serving plate.
- 6 Cut the chicken into bite-sized pieces and arrange them on the serving plate.
- 7 Drizzle soy sauce and sesame oil evenly on the cut chicken.
- 8 Place cucumber, tomatoes, and coriander for garnish. Serve with chicken soup, topped with sliced scallions.
- 9 Serve with housemade chilli sauce.

# Cynthia How Tue's Stir Fried Laksa Noodles



**FAST  
& FAB**



SERVES

**2**



COOK

**10 minutes**

## Ingredients

### MAIN INGREDIENTS

400g	Hokkien noodles
10	Fresh prawns (deveined)
60g	Valcom Laksa Paste
200ml	Valcom Premium Coconut Milk
50g	Tofu puffs
40g	Fish cake (sliced)
1	Garlic clove (minced)
2g	Ginger (minced)
1-2	Bird's eye chilli (sliced)
2 tsp	Vegetable oil
½-1 tbsp	Fish sauce (to taste and adjust)

### GARNISH INGREDIENTS

Onion (thinly sliced)  
Crispy fried shallot  
Basil leaves  
Bean sprouts  
Chilli (sliced)  
Lime

## Method

### TO COOK

- 1** Blanch the noodles in boiling water for about 1 minute, then drain and set aside for later.
- 2** Pour 2 tsp of vegetable oil in a large wok on medium heat. Add in the minced garlic, minced ginger, and sliced chilli. Stir fry for about 1 minute.
- 3** Add the Valcom Laksa Paste and stir fry for another minute.
- 4** Turn the heat to high, add in the prawns, tofu puffs, and sliced fish cake. Stir fry for about 2 minutes.
- 5** Next, add in the coconut milk, mix well, and let cook for another 2 minutes.
- 6** Then, add the blanched noodles and stir to combine well with the sauce. Taste and add extra fish sauce if needed before turning off the heat.
- 7** Plate and garnish with optional crispy fried shallots, fresh bean sprouts, thinly sliced onions, sliced chillies, basil leaves, and a squeeze of lime juice.

# Deborah Dean's Prawn Curry Laksa



**FAST  
& FAB**



SERVES

**2**



COOK

**20 minutes**

## Ingredients

### MAIN INGREDIENTS

- 2 tbsp Valcom Red Curry Paste
- 2 tbsp Curry powder
- 1 large can Coconut milk
- 3 cups Chicken stock
- 8 Green prawns (tails on, peeled and deveined)
- 2 tbsp Fish sauce
- 1 tsp White sugar
- 1 packet Egg noodles or vermicelli noodles of choice
- Frozen deep-fried bean curd (puffed tofu, cut to size)

### GARNISH INGREDIENTS

- Lime
- Coriander
- Bean sprouts
- Fried shallots
- Soft-boiled egg

## Method

### TO COOK

- 1 Heat oil on medium heat and stir fry curry paste until fragrant. Stir through curry powder.
- 2 Add coconut milk and chicken stock bring to a simmer, stirring to combine ingredients.
- 3 Add prawns and fried tofu. Continue simmering for a few minutes until prawns are cooked to your preference. Once prawns are cooked add fish sauce and sugar. Allow to simmer a further 30 seconds to 1 minute. Taste and adjust seasoning if required.
- 4 Prepare your choice of noodles as per packet instructions or to your preference. Place noodles in bowl and ladle laksa over noodles. Separate evenly between two bowls and serve with your choice of garnish.

# Blair Ippolito's Nasi Lemak with Massaman 'Beef'



MEAT-FREE  
MARVEL



SERVES

5



COOK

25 minutes

## Ingredients

### MAIN INGREDIENTS

- 1 cup Jasmine rice
- 400ml Valcom Premium Coconut Milk
- 1 Pandan leaf
- 1 cup Water
- 400g Mushroom 'meat'
- 2 tbsp **Valcom Massaman Curry Paste**
- 2 Eggs

### SAMBAL NASI LEMAK

- 1 tsp Tamarind paste
- ½ tsp Sugar
- 1 Cucumber
- 1 Carrot
- Spring onion (for garnish)
- Butterfly pea flowers (optional)
- Roasted peanuts

### OPTIONAL INGREDIENT

- Sambal

## Method

### TO COOK

- 1 Place rice, 200ml coconut milk, and water into a pot and bring to a boil uncovered.
- 2 Once boiled, reduce to a simmer and cook for 20 minutes. Add pandan leaf into the pot.
- 3 Add a drizzle of oil to a pan and sauté your mushroom 'meat', stirring until slightly browned.
- 4 Add the massaman curry paste and fry until oil appears.
- 5 Pour in the remaining coconut milk, tamarind paste, and sugar. Stir until the mixture thickens.
- 6 Steep a few butterfly pea flowers in a small bowl with boiling water until the blue color leaches out. Add this to your cooked rice.
- 7 Chop the carrot and cucumber into your desired shapes, and fry the eggs.
- 8 Serve the massaman curry with the coconut rice, and add the veggies and egg on top. Garnish with sambal and peanuts.
- 9 Enjoy your flavorful dish!



# Jiabi Li's Crispy Deep Fried Oyster



FAST  
& FAB



SERVES

2



COOK

20 minutes

## Ingredients

12	Oysters
1 tsp	Lemon juice
A pinch	Salt and pepper
2	Eggs
½ cup	Plain flour
3 tbsp	Kewpie Japanese Mayonnaise
1 tbsp	Dijon mustard
1 cup	<b>Obento Panko Breadcrumbs</b>
500ml	Vegetable oil for deep frying

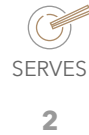
## Method

### TO COOK

- 1 Preheat enough vegetable oil for deep frying to 180°C.
- 2 Season the oysters with lemon juice, salt, and pepper.
- 3 Coat the oysters with flour, then dip them in beaten eggs, and coat them with Obento Panko Breadcrumbs. Repeat this process one more time (coat with eggs and then coat with breadcrumbs).
- 4 Once the vegetable oil has reached 180°C, carefully add the oysters into the oil and deep fry for about 3 minutes, until the oysters are golden and crispy on the outside.
- 5 To make the dipping sauce, mix the Kewpie Japanese Mayonnaise and Dijon mustard together in a bowl until well combined.
- 6 Serve the crispy fried oysters with the dipping sauce.
- 7 Enjoy your delicious oyster treat!



# Alanna Rados' Crispy Baked Tofu with Asian Salad



SERVES  
2

COOK  
45 minutes

## Ingredients

### TOFU INGREDIENTS

- 400g Firm tofu
- 1 tbsp Yeo's Pure Sesame Oil
- 1 tbsp Obento Sushi & Sashimi Soy Sauce
- 2 tsp Honey
- 1 tsp Chilli powder
- 1 tsp Garlic powder

### SALAD INGREDIENTS

- ½ Iceberg lettuce (shredded)
- 2 Carrots (grated)
- 2 Spring onions (diced)
- 1 Capsicum (sliced)
- ½ bunch Coriander (chopped)

### DRESSING INGREDIENTS

- 1 tbsp Yeo's Pure Sesame Oil
- ½ tbsp Soy Sauce
- 4 tsp Honey
- 1 tsp Garlic (crushed)
- 1 tsp Ginger (crushed)
- ½ tsp Chilli flakes
- ½ tbsp Chilli oil or vegetable oil
- ½ tsp Smoked paprika
- ¾ tbsp Obento Rice Wine Vinegar

### GARNISH INGREDIENTS

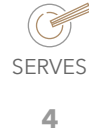
- 1 tbsp Sesame seeds (toasted)

## Method

### TO COOK

- 1 Preheat the oven to 180°C fan forced.
- 2 Line 1 large baking tray with baking paper for the tofu and 1 small tray with baking paper for the sesame seeds.
- 3 Shred the tofu using the largest holes on a cheese grater.
- 4 In a large bowl, mix all the tofu seasoning together. Adjust the amount of chilli powder according to your desired spice level.
- 5 Add the shredded tofu to the bowl with the seasoning and toss until well coated. Spread out the tofu on the large baking tray in a thin layer.
- 6 Bake the tofu for 30 minutes, mixing every 15 minutes.
- 7 Bake until the tofu is crispy and browned.
- 8 Place the sesame seeds on the small baking tray and bake in the oven for 5-10 minutes or until browned. Keep an eye on them as they can bake quickly. Once browned, remove from the oven.
- 9 While the tofu is baking, assemble the salad ingredients in a large bowl and toss together. Transfer the tossed salad onto your serving dish.
- 10 In a jar, combine all the dressing ingredients. Shake the jar to thoroughly mix the dressing. Set aside.
- 11 Once the tofu is done baking, place the warm tofu on top of the salad. Drizzle the salad dressing over the tofu and salad.
- 12 Sprinkle the baked sesame seeds over the top as a garnish.
- 13 Serve the salad warm or cooled and enjoy your delicious creation!

# Kristy Wright's Lao Style Crispy Rice Salad



ONE BOWL  
WONDER

SERVES  
4

COOK  
40 minutes

## Ingredients

### CRISPY RICE BALLS INGREDIENTS

- 4 cups Cooked jasmine rice
- 2 tbsp Valcom Red Curry Paste
- 2 cloves Garlic (minced)
- 3 Kaffir lime leaves (thinly sliced)
- 4 tsp Sugar
- 4 tsp Fish sauce
- 1 cup Shredded coconut
- 1 Egg
- 1 tbsp Cornflour
- 2 Spring onion stalks (chopped)
- Oil for deep frying

### NUOC CHAM DRESSING INGREDIENTS

- 2 tbsp Fish sauce
- 1/3 cup Hot water
- 2 1/2 tbsp Sugar
- 1/2 Small lemon (juiced)
- 1/2 tbsp Rice vinegar
- 1 Garlic clove (finely chopped)
- 1 Red bird's eye chilli (finely chopped)

### SALAD TOPPING INGREDIENTS

- 2 cups Mixed loose lettuce leaves
- Handful Fresh mint
- Handful Thai basil
- Handful Coriander
- 1/2 cup Whole roasted peanuts
- 2 Spring onions (sliced)
- 2 Bird's eye chilli peppers
- 1/2 Lemon (sliced)
- Handful Shredded coconut

## Method

### TO COOK

- 1 To make the crispy rice balls, mix the curry paste, coconut, garlic, thinly sliced kaffir lime leaves, sugar, fish sauce, and egg in a large bowl.
- 2 Incorporate the precooked rice into the mixture.
- 3 Take a few tbsp of the mixture, shape it into ball shapes, then slightly flatten into disk shapes about the size of a small palm. Repeat for the remaining mixture.
- 4 Heat oil over medium heat on the stove. Once hot, carefully add the rice balls (in batches) to the oil and cook for about 6 minutes or until crunchy and golden.
- 5 Remove from oil, drain, and cool on a rack.
- 6 To make the Nuoc Cham dressing, combine the sugar and boiling water, mix to dissolve.
- 7 Add the remaining dressing ingredients and mix well. Adjust to achieve a balanced combination of salty, sour, and sweet flavors.
- 8 To prepare the salad, once the rice balls have cooled enough to handle, crumble them into a bowl.
- 9 Top the crumbled rice balls with lettuce leaves, chopped spring onion, herbs (coriander, mint, Thai basil), peanuts, sliced chilli, lemon slices, and a sprinkle of shredded coconut.
- 10 Serve the salad drizzled with the prepared Nuoc Cham Dressing. Enjoy!

# Alison Burdon's Gado Gado with Indonesian Peanut Sauce



MEAT-FREE  
MARVEL



SERVES

2



COOK

30 minutes

## Ingredients

### MAIN INGREDIENTS

1 tbsp	Lime juice
1	Cucumber
1	Carrot
2 cups	Shredded wombok
2 cups	Bean shoots
½	Red onion
50g	Green beans
½ bunch	Coriander
200g	Pre-cooked tofu
4	Eggs (hard boiled)
¼ cup	Roasted peanuts

### PEANUT SAUCE INGREDIENTS

1 tbsp	Vegetable oil
2 cloves	Garlic (finely chopped)
1 tbsp	Squid Brand Fish Sauce
1 cup	Valcom Premium Coconut Milk
½ cup	Water
6 tbsp	Crunchy peanut butter
4 tbsp	Lee Kum Kee Gluten Free Soy Sauce
4 tsp	Brown sugar
½ tsp	Chilli flakes OR one fresh red chilli (finely chopped)

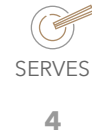
## Method

### TO COOK

- 1 To make the Indonesian peanut sauce, heat oil in a fry pan over medium heat. Add the garlic and cook for 1 minute. Add the fish sauce, coconut milk, water, peanut butter, soy sauce, sugar and chilli. Stir well to combine and bring to the boil.
- 2 Reduce heat to a simmer, simmer uncovered for 8-10 minutes until the sauce achieves a creamy consistency, stirring regularly. Add the lime juice and stir to combine. Pour into a ramekin and set aside.
- 3 Slice the onion. Halve the green beans. Slice the cucumber on an angle. Julienne the carrots. Pluck the leaves from the coriander. Halve the hard boiled eggs. Cut the tofu into batons.
- 4 Arrange all vegetables on the serving plate, along with the tofu and egg. Scatter with coriander and roasted peanuts. Serve with a generous amount of Indonesian peanut sauce.



# Shanai Elsom's Quick & Easy Nasi Goreng



## Ingredients

- 1 tbsp Sesame oil
- 4 Eggs
- 2 tbsp Fresh ginger (grated)
- 3-4 cloves Garlic (minced)
- 3 Spring onions (chopped)
- 500g Chicken mince
- 4 cups Cooked rice
- 2 tbsp Soy sauce
- ¼ cup **ABC Sweet Soy Sauce**
- ¼ cup **Kecap Manis**
- 3 cups Bean sprouts
- 2 Long red chillies
- Coriander (to serve)

## Method

### TO COOK

- 1 Heat half of the oil in a wok and add ginger, garlic, spring onions, and chicken mince. Cook for approx 5 minutes or until the chicken is cooked.
- 2 In the meantime, remaining sesame oil in a wok and crack 4 eggs, cook sunny side up.
- 3 To the chicken add rice, soy sauce and kecap manis, stirring through to cook for 4-5 minutes.
- 4 Divide the rice mixture into 4 bowls and top with a fried egg, bean sprouts, chilli, and coriander.



# Maddison Veares' Pisang Goreng (Fried Banana)



MEAT-FREE  
MARVEL



SERVES

2



COOK

30 minutes

## Ingredients

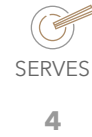
- 3-4 Medium ripe bananas
- 1 cup Obento Tempura Batter Mix
- 180ml Cold water or cold soda water
- ¼ cup White sugar
- ¼ cup Flour
- 1 tsp Cinnamon
- Pinch Salt
- Vegetable oil for frying
- Berries, icing sugar, and ice cream (to serve)

## Method

### TO COOK

- 1 Preheat oil to 190°C in a medium-sized pot.
- 2 Combine all dry ingredients in a bowl and mix. Add the water and stir gently until fully incorporated (be careful not to over mix).
- 3 Cut the bananas into the preferred size and coat them in the wet mixture.
- 4 Slowly add bananas to the oil and fry until golden brown. Move the bananas regularly to avoid sticking.
- 5 Set aside to cool, then serve with preferred accompaniments.
- 6 Traditional Balinese Pisang Goreng is often served with cheese. Add some to your serve to experience the authentic flavor.
- 7 Enjoy!

# Helen Agostino's Coconut Lime Es Puter with Ovenbaked Pandan Ginger Wajik, Chilli Lime Pineapple & Crispy Coconut Flakes



## Ingredients

### COCONUT MILK ICE CREAM (ES PUTER) INGREDIENTS

- 400ml Valcom Premium Coconut Milk
- ½ tsp Salt
- 2 Pandan leaves (knotted)
- 80g Caster sugar
- 150ml Syrup from canned coconut meat
- 1 tbsp Cornflour (dissolved in 2 tbsp syrup from canned coconut meat)
- 1 tbsp Fresh lime juice
- 100g Canned young coconut meat (drained, chopped finely, plus extra, sliced for garnish)
- ½ Lime zest (for garnish)

### STICKY RICE CAKE (WAJIK) INGREDIENTS

- 400g Thai glutinous rice
- 400ml Valcom Premium Coconut Milk
- 250g Unsweetened coconut water
- 180g Light palm sugar
- 1 Pandan leaves (knotted)
- 2 tsp Fresh ginger (peeled, grated)
- 1 tsp Green pandan extract
- 1 tsp Salt
- ½ Lime zest

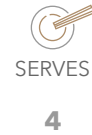
### CRISPY COCONUT INGREDIENTS

- 1 cup Coconut flakes
- 1 tbsp Agave syrup
- 1 tsp Vanilla extract
- ½ tsp Salt
- Sea salt flakes (to garnish)

### CHILLI LIME PINEAPPLE INGREDIENTS

- ½ Pineapple (skinned and 'eyes' removed)
- ½ tsp Gochugaru chilli flakes
- 1 tbsp Fresh lime juice
- ½ Lime zest
- ½ tsp Salt

# Helen Agostino's Coconut Lime Es Puter with Ovenbaked Pandan Ginger Wajik, Chilli Lime Pineapple & Crispy Coconut Flakes



## Method

### TO COOK

- 1 Start the day before by making the Coconut Ice Cream (Es Puter). Boil coconut milk with salt, sugar, and pandan leaves in a small saucepan. Stir regularly. Add cornflour slurry, stir, boil, cook for a further minute until lightly thickened. Turn off the heat. Leave to cool, approximately 30 minutes. Remove pandan leaves. Freeze in a covered container for 6-8 hours or overnight until frozen.
- 2 Also prep the night before by soaking the glutinous rice for the Sticky Rice Cake (Wajik) for 6-8 hours or overnight in plenty of fresh water.
- 3 The next morning, start by making the Wajik. Drain the rice well. Line a baking tin (approx 31cm x 21cm) with baking paper. Preheat the oven to 230°C fan forced.
- 4 Heat palm sugar, pandan leaf, and coconut water in a small saucepan, stirring to dissolve the sugar. Remove from heat, stir in ginger and pandan extract. Allow to cool for 15 minutes. Remove the pandan leaf. In a large bowl, mix together the cooled pandan mixture, the tin of coconut milk, the soaked drained rice, lime zest, and salt.
- 5 Pour into the lined baking tray, stir gently to evenly distribute the rice. The liquid should just cover the rice.
- 6 Bake for approximately 40 minutes until the liquid is absorbed and the top is speckled with golden brown spots. Remove from the oven. Rest for at least 30 minutes.
- 7 Meanwhile, make the crispy coconut. Line a baking tray with baking paper. Mix all ingredients together, except sea salt flakes. Bake for 15 minutes,
- 8 Stir at 5 minute intervals. Set aside to cool. Separate the pieces.
- 9 Now make the chilli lime pineapple. Slice the pineapple crossways into 1cm rounds, then into halves and cut out the tough core. Cut each half into triangles. Place in a bowl, add chilli, salt, and lime juice and zest, and stir to combine.
- 10 Now remove the cooled Wajik from its tray. Remove the baking paper, cut into pieces. Wajik means diamond in Indonesian, so diamond shape is the traditional shape.
- 11 When ready to serve, put some Wajik, pineapple pieces, and some crispy coconut on a serving plate. Decorate the plate with dried pineapple flowers and pandan leaves.
- 12 Then remove the ice cream from the freezer and blend in a high-speed blender until creamy but still thick. Stir in finely chopped coconut meat, scoop out spoonfuls, and place on the serving plate with the Wajik, pineapple pieces, and crispy coconut.
- 13 Serve immediately with sliced young coconut meat and lime zest on top of the Es Puter. Selamat makan!

# Roy Deveson's Sweet Street Mee Goreng



MEAT-FREE  
MARVEL



SERVES

2



COOK

20 minutes

## Ingredients

- 5 Spring onions (diagonally chopped into 2cm pieces)
- 1 Carrot (finely chopped)
- ½ Capsicum (finely chopped)
- 1 Medium zucchini (cut in half lengthwise and sliced into 5mm slices)
- 2 Large eggs
- 60g Peanuts
- 3 tsp **ABC Sweet Soy Sauce**  
**Kecap Manis**
- 3 tsp Lee Kum Kee Char Siu Sauce
- 1 tsp Lee Kum Kee Chiu Chow Chilli Oil
- 1.5L Water
- 2 cakes Instant noodles
- Peanut oil and sesame oil (for frying)
- Vietnamese mint sprigs (to garnish)

## Method

### TO COOK

- 1 Fry carrot, capsicum, and spring onions in peanut oil in a frypan or wok until slightly soft.
- 2 Stir in kecap manis, chilli oil, and char siu sauce. Then add zucchini and fry with a lid on for a further five minutes, stirring occasionally.
- 3 In a saucepan, bring 1.5L of water to a boil, with a pinch of salt added.
- 4 Move vegetables to one side of the pan. Add 2 tsp of sesame oil to the other side of the pan and break in eggs. Fry eggs with heat lowered until whites are firm and yolks are at the preferred stage.
- 5 Add two cakes of instant noodles to boiling water while eggs are frying. Boil for several minutes until soft. Drain and place in a bowl. Cover with cooked vegetables and then top with fried eggs.
- 6 Garnish with peanuts and Vietnamese mint.



# 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.



## Obento Panko Breadcrumbs

Panko breadcrumbs is a versatile ingredient that can be used in various dishes from entrée, main and even dessert. Obento Panko breadcrumbs unlike regular breadcrumbs are made from a particular crustless white bread. The consistency of panko breadcrumbs is a lot drier than regular breadcrumbs, creating a crispier, less greasy result when fried. It is a Japanese style breadcrumbs that have a light texture and give a crunchy bite.



## 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.



## ABC Sweet Soy Sauce Kecap Manis

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 made from quality yellow soy beans and naturally sweetened coconut sugar, it is suitable for stir-fries, soups, barbecue sauces, glazes, marinades or simply on its own as a dressing or dipping sauce.

## Kewpie Japanese Dressing Roasted Sesame Spicy Flavour

Introducing the exciting Kewpie Japanese Dressing Roasted Sesame Spicy Flavour, a delightful twist on the original. This irresistible blend combines creamy, nutty, and spicy flavours that will truly captivate your taste buds. Whether drizzled on salads, paired with meat dishes, tossed with noodles or pasta, or used as a delectable dipping sauce, this flavourful dressing takes your meals to new heights. Elevate your culinary creations with Kewpie Japanese Dressing Roasted Sesame Spicy Flavour and experience a sensational explosion of mouth-watering flavours. It's time to indulge in a truly remarkable taste experience!



Visit [kewpiemadebetter.com.au](http://kewpiemadebetter.com.au) for more information



## Obap Sweet Potato Noodles

Obap Sweet Potato Noodles is Dangmyeon, "glass noodles" in Korean, are made from sweet potatoes. When cooked they become translucent with a chewy texture. Perfect for stir-fry and soup. Japchae literally translates to "mixed & stirred" and there's not much more than that. Simply mix the gluten free, free from artificial colours and preservatives Obap Sweet Potato Noodles with vegetables and marinated beef, creating a stir-fry that you'll be sure to cook again and again.





## Valcom Thai Curry Noodles (Khao Soi) Paste

Originating in Northern Thailand, Khao Soi is known for its balance of flavours – creamy and slightly sweet from the coconut milk, spicy from the curry paste and tangy from the lime. Valcom Thai Curry Noodles Khao Soi Paste creates this fragrant coconut curry broth is perfect with chicken drumsticks and egg noodles – in fact, the only other essential ingredient is a splash of light soy sauce, plus some salt and sugar. Top it off with some diced shallots and coriander, and add a squeeze of lime juice to really enhance the flavours.



## Hakubaku Organic Ramen Noodles

Hakubaku Organic Ramen Noodles are made right here in Ballarat, from Australian organic wheat. They have a slightly chewy, pleasing texture and are suitable for hearty dishes – the best choice for recreating authentic Japanese recipes. Ramen is often added to hot broths with various toppings, such as sliced pork and seaweed, or can be used in stir-fries.

Visit [hakubaku.com.au](http://hakubaku.com.au) for more information.



## S&B Golden Curry Sauce Mix Mild

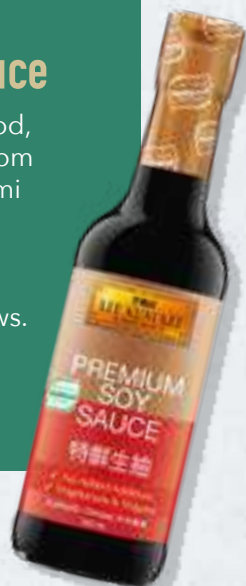
S&B Golden Curry Sauce Mix Mild is well-balanced, mellow and smooth. Made in Japan with S&B's signature curry powder, this product could quickly transform your mundane stew into an elevated Japanese curry in just 15 minutes. It is perfect to be enjoyed with rice, bread, noodles and buns or use it as a sauce for potatoes or meat dishes. S&B, Japanese cuisine made easy.

Visit [snbjapanesefood.com.au](http://snbjapanesefood.com.au) for more information.



## Lee Kum Kee Premium Soy Sauce

Naturally brewed using the traditional method, Lee Kum Kee Premium Soy Sauce is made from selected soybeans to create its mellow umami taste. The rich soy flavour, colour, and aroma will delicately enhance the taste of any dish. Perfect to marinate, use as a dipping sauce, and seasoning for stir-frying, soups, and stews.



## Ottogi Sesame Oil

Ottogi Sesame Oil is a popular cooking ingredient produced by the well-known South Korean food brand Ottogi. Sesame oil is a fundamental component in Korean cuisine and is used for its distinct nutty and aromatic flavour that enhances a wide range of dishes. Ottogi's Sesame Oil is made from roasted sesame seeds, which gives it its characteristic deep flavour.

