



# AYAM MASAK MERAH



Lower in calories

Serves 8

Prep time: 20 mins

Cook time: 35 mins

## INGREDIENTS

- 1.2kg chicken, cut into 12 pieces (remove skin and fats, rinse)
- 1 tsp turmeric powder
- A pinch of salt
- 3 tbsp canola oil
- 1 star anise
- 3 cloves
- 1 cinnamon
- 2 lemongrass stalks, bruised
- ½ cup of roasted almond blended with a little water
- 1 tbsp brown sugar

### For Spice Paste

- 2 red onions
- 5 shallots
- 3 cloves of garlic
- 2-inch piece ginger
- 20 dried chillies (soak with hot water, rinse, and remove seeds)

### For Tomato Puree

- 5 tomatoes (makes 150g of puree)

### For Garnish

- Coriander leaves

## METHOD

1. Marinate the chicken with turmeric powder and salt for 20 minutes.
2. Using a non-stick pan, add oil and pan roast the chicken for 5 minutes on each side and remove the chicken.
3. Using the same pan, add in cinnamon, cloves and star anise. Sauté until fragrant.
4. Pan fry the blended spice paste for 5 minutes. Add in the lemongrass stalks, cooked tomato puree, tomato juice and brown sugar, and let it simmer for another 2 minutes or until fragrant.
5. Add in the cooked chicken, lower the heat, and add in almond paste. Simmer until the gravy thickens.
6. Transfer to a bowl and garnish with coriander leaves.

### For Tomato Puree

1. Blanch the 5 fresh tomatoes in boiling water for a few minutes.
2. Transfer the tomatoes into a bowl of ice water. Remove and peel the skin.
3. Quarter the tomatoes and blend them.
4. Sieve to obtain the tomato pulp and set aside the tomato juice.
5. Heat the tomato pulp until it has been reduced to a thick paste, and it's ready to be used.



Recipe courtesy of Chef Mei Dean

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# SWEET & SOUR PRAWNS



Lower in calories

Serves 4

Prep time: 15 mins

Cook time: 8 mins

## INGREDIENTS

- 400g prawns, peeled and de-veined
- 1 tbsp apple cider vinegar
- 1 tbsp light soya sauce, lower in sodium
- 3 tbsp tomato sauce, lower in sodium
- 1 tbsp brown sugar
- 2 tbsp cornflour mixed with 2 tbsp water
- 4 tbsp canola oil
- 100ml water
- 2 cloves of garlic, finely chopped
- 1-inch piece ginger, sliced
- ½ green capsicum, diced
- ½ red capsicum, diced
- 2 red chillies, finely sliced
- A few spring onions, sliced lengthwise
- 2 slices of fresh pineapple, diced
- ½ cup coriander leaves, chopped

## METHOD

1. Mix the apple cider vinegar, tomato sauce, light soya sauce, brown sugar, cornflour mixture and water together.
2. Heat the oil over high heat in a non-stick pan, add the garlic, ginger, chili and stir fry for a while.
3. Add in the pineapple, capsicum, cook for 2 minutes and then add in the prawns.
4. After cooking the prawns for 2 minutes, add in the mixed sauce and stir for 4 minutes. Then add in the spring onions and coriander leaves, stir and turn off the heat.



Recipe courtesy of Chef Mel Degan

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# SAYUR

# LODEH



Lower in  
calories

Serves 6

Prep time: 15 mins

Cook time: 30 mins

## INGREDIENTS

- 2 carrots, cut in strips
- 1 Chinese turnip, cut in strips
- 6 long beans, cut diagonally
- ¼ cabbage, sliced
- 2 medium firm bean curd, cut half
- 3 kaffir lime leaves
- 1 lemongrass, bruised
- A pinch of turmeric powder
- 2 cups low-fat milk (500ml)
- 60g dried prawns (wash, soak, and dry blend coarsely)
- Water for preferred consistency
- 3 tbsp canola oil

### For Spice Paste

- 8 shallots
- 1 onion
- 1 red chilli
- 1 green chilli
- 7 dried chillies
- 1 ½ inch fresh turmeric
- 1-inch piece of galangal
- 1 lemongrass
- 4 cloves of garlic
- 1-inch piece belacan
- 1-inch piece ginger
- 1 tsp dried coriander seeds
- 1 tsp dried cumin

## METHOD

1. Place all the ingredients for the spice paste in a non-stick pan and pan roast for 5 minutes till fragrant.
2. Then blend into a paste with a bit of water.
3. In the pot, add oil and sauté the blended ingredients till fragrant.
4. Then add in the lemongrass, blended dried prawns and a pinch of turmeric powder and stir fry for 3 minutes.
5. Add in milk and water, stir well for a few minutes, then add all the remaining ingredients.
6. On medium heat, stir occasionally.
7. Let it simmer for 15 minutes, and add salt to taste.



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# RENDANG

## AYAM

Serves 8

Prep time: 15 mins

Cook time: 50 mins

### INGREDIENTS

- 1.2kg chicken cut into 8 pieces (remove fats and skin, rinse)
- 200ml low-fat coconut milk
- 1 ½ tbsp palm sugar (gula melaka)
- 2 kaffir lime leaves, sliced
- 2 turmeric leaves, sliced
- 3 tbsp tamarind pulp (add a bit of water to make a paste)
- 1 stalk lemongrass, bruised
- 4 tbsp canola oil
- 1 ½ cup water
- Low-sodium salt to taste

#### For Spice Paste

- 20 shallots
- 4 cloves garlic
- 2-inch piece fresh turmeric
- 2-inch piece galangal
- 2-inch piece ginger
- 2 stalks lemongrass, sliced
- 20 pieces dried chillies (soaked in water)
- 1 tbsp fennel seeds
- 1 tbsp coriander seeds
- 1 tbsp cumin seeds
- 1 tbsp black pepper corn

*Note: Blend all the ingredients for spice paste and add some water if needed.*

### METHOD

1. Heat the oil in a non-stick pot or pan.
2. Add in the spice paste and sauté until aroma rises.
3. Add in the turmeric leaves, kaffir lime leaves, lemongrass, and stir for few minutes.
4. Add in the chicken, mix thoroughly with the paste and cook for 5 minutes.
5. Then add in water and coconut milk and cook for 10 minutes, stirring once in a while.
6. Add in the tamarind paste, palm sugar, salt to taste and let it simmer for another 20 minutes until gravy thickens while stirring occasionally.



Recipe courtesy of Chef Mei Dean

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Serves 2-3

  
30 min

# Roti Jala Without Coconut Milk and Chicken Curry Stew

## Ingredients

### Chicken Curry Stew

- 2 tablespoons olive oil
- Skinless chicken thigh
- 1 tablespoon chilli powder
- ½ teaspoon turmeric powder
- 1 teaspoon fennel powder

### Ingredients A

- 2 red onions, blended
- 4 ripe tomatoes, diced
- 3 tablespoons ginger & garlic paste (equal portions)
- 2 tablespoons chicken bryani masala powder

### Ingredients B

- 2 green cardamoms
- 1 star anise
- 3 cloves
- 1 small bay leaf
- ½ stick cinnamon

### Ingredients C

- 2 tablespoons low fat yoghurt
- 1 cup low sodium chicken stock
- Salt to taste

### Ingredients D

- Carrots
- Potatoes
- Tomatoes
- Green chillies

### Roti Jala

- 225gm all-purpose flour (20% wholemeal flour, sifted)
- 375ml low fat milk
- 125ml water
- 1 egg
- ½ teaspoon salt
- ¾ teaspoon turmeric powder
- ½ tablespoon HCS oil or margarine (to grease the pan)

## Method

### Roti Jala

1. Blend all ingredients till smooth.
2. Strain the blended batter.
3. Place the batter in a bottle canister with the roti jala cap on.
4. Lightly grease the pan over medium heat and gently squeeze batter to make "jala".
5. Fold "jala" and set aside to be served with chicken curry stew.

### Chicken Curry Stew

1. Marinate the chicken with chilli powder, turmeric powder, fennel powder and salt. Set aside.
2. Heat olive oil in a pot, cook marinated chicken till all sides are brown, then remove from pot.
3. Using the same pot, stir-fry ingredients (A).
4. Add in the chicken and mix well for 5-8 minutes. Then, add chicken stock and season with salt.
5. Simmer for 8 minutes, then add in ingredients (D).
6. Simmer for another 5 minutes till chicken and vegetables are cooked.
7. Add yoghurt, then continue to simmer for another 5 minutes.
8. Garnish and serve with roti jala.

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Serves 2-3

  
2hrs

# Beef Rendang Wraps with Pineapple and Cucumber Pajeri

## Ingredients

### Beef Rendang

- 1kg beef shanks, cut into large cubes and remove fats

### Ingredients A

- 1 teaspoon ground coriander seeds
- 1 teaspoon ground cumin seeds
- 1 teaspoon ground fennel seeds
- 1cm turmeric
- 2.5cm ginger
- 2.5cm galangal
- 4 cloves of garlic
- 300gm shallots

### Ingredients B

- 3 tablespoons dried chilli paste
- 2 tablespoons vegetable oil
- 2 stalks lemongrass, bruised
- 4 kaffir lime leaves
- 1 turmeric leaf
- 1 can low fat coconut milk
- 1 tablespoon coconut paste (kerisik)
- Salt to taste
- Sugar to taste

### Pineapple and Cucumber Pajeri

- 1 large ripe pineapple and 1 cucumber, seeds removed, cut into bite-sized chunks
- 1 teaspoon vegetable oil
- 1 cinnamon stick
- 3 cloves
- 2 star anise
- 1 clove garlic, sliced
- 2 red chillies, sliced
- A pinch of ground turmeric
- 2 tablespoons apple cider vinegar
- 1 teaspoon sugar
- 125ml water

### Tortilla Wrap

- 4 pieces wholemeal tortilla wrap
- 1 iceberg lettuce, julienned
- 2 tomatoes, seeds removed and sliced
- 2 slices low fat cheddar cheese

## Method

### Beef Rendang

1. Blend ingredients (A) until well combined.
2. Heat oil in a heavy bottom pot over medium high heat.
3. Add lemongrass, kaffir lime leaves and turmeric leaf in hot oil, and fry until fragrant.
4. Then add the blended ingredients (A) and dried chilli paste. Stir-fry until very fragrant for about 10-15 minutes.
5. Next, add beef and stir in low fat coconut milk.
6. Season with salt and sugar, then turn heat down to medium low and loosely cover with a lid.
7. Stir the rendang periodically and continue to simmer for 1-1 ½ hours until the meat is very tender.
8. Add coconut paste after simmering for 1 hour, just before the meat tenderises.

### Pineapple and Cucumber Pajeri

1. Heat oil in a saucepan or wok over medium low heat and sauté the cinnamon, clove and star anise for about a minute.
2. Add garlic and chilli, and sauté for another minute.
3. Add all other ingredients in, cook for 5 minutes and bring to a simmer.

### Tortilla Wrap

1. Spread beef rendang evenly on half of the tortilla wrap.
2. Then, top with Pineapple and Cucumber Pajeri, lettuce and tomatoes.
3. Place low fat cheese over it, and fold into a wrap.
4. Pan fry the tortilla wrap on a non-stick pan.
5. Cut into half, serve while hot.



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Serves 2-3

  
30 min

## Carrot Kueh Dadar

### Ingredients

#### Crepes

- 1 cup all-purpose flour (mixed with 20% wholemeal flour)
- 1 ½ cups low fat milk
- 2 eggs
- 1 teaspoon vegetable oil
- ¼ teaspoon salt
- 2 drops pandan essence

#### Carrot Filling

- 5 carrots
- 2 tablespoons low fat margarine
- 2 cups low fat milk
- 2 pandan leaves, bruised
- 1 tablespoon gula melaka

### Method

#### Crepes

1. Whisk flour, milk, eggs, oil, salt and pandan essence. Strain the mixture to get rid of lumps.
2. Heat a lightly greased non-stick pan and add in 2 tablespoons of batter. Lift and tilt the pan to spread batter evenly.
3. Once crepe turns slightly brown, remove from pan and repeat with remaining batter.

#### Carrot Filling

1. Grate carrots using a food processor or a hand grater.
2. Heat margarine in a thick-bottomed pan, then add grated carrots and sauté for five minutes.
3. Add milk, pandan leaves and gula melaka. Cook on low heat for about 1 hour, until the milk evaporates and the carrots are soft and gooey. Then set aside.
4. Place 3 heaped teaspoons of carrot filling on the crepe. Roll it up like a spring roll and serve immediately.



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Serves 2-3

  
30 min

## Sweet Potato Ondeh-ondeh

### Ingredients

- 200gm purple or orange sweet potatoes, cut roughly into a few pieces
- 60gm glutinous rice flour
- 40gm tapioca flour
- 50gm gula melaka, shaved
- 60gm grated coconut
- ½ teaspoon salt
- 1 pandan leaf, cut into strips
- 8 tablespoons of warm water

### Method

1. Steam sweet potatoes for 15 – 20 minutes until soft. Set aside and let cool. Mash and place it in a large bowl.
2. Place 60gm of grated coconut in a zip lock bag with ½ teaspoon of salt and pandan leaf and give it a good shake. Then, steam the coconut for about 3 - 5 minutes to prevent it from turning sour.
3. Mix the mashed sweet potatoes, glutinous rice flour and tapioca flour together and knead it well.
4. Add 8 tablespoons of warm water, a little at a time to smoothen the dough until it becomes smooth and no longer sticky. Cover the dough and set aside for about 15 minutes.
5. When the dough is ready, boil water in a pot. Make the balls by flattening 20-30gm of dough (depending on the size you want) on your palm. Stuff gula melaka into each ball. Gently pinch the edges of the balls to secure the filling and then roll the ball again to smoothen it.
6. Place the ondeh-ondeh balls into the pot of boiling water and give them a few stirs while it cooks. Once the balls float to the surface, remove them with a slotted spoon and shake off the excess water.
7. Roll the balls in the steamed grated coconut and serve.



Recipe by Chef Bob

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