LET’S EAT MALAYSIAN

By
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There are 260 recipes in this book
This version was created on August 15th 2016

SERVES = 3 PER RECIPE UNLESS OTHERWISE NOTED
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My name is Dorothy Loader and I was born in Malaysia. I spent almost 50 years living and working there before moving to Australia in 2009.

I have no formal training in cooking but I have grown up eating Malaysian cuisine and I am very familiar with cooking many of the local dishes.

After seeing what was available in the way of Malaysian cookery books in Australia, I decided that there was a distinct need to write a book that gave simple easy to follow recipes for the normal dishes that I learned to cook.

One of the problems with getting authentic flavours is that various ingredients, especially with regard to things like spices and stock powders, tend to vary from one country to another. One example of this is the Maggi chicken stock powder I used in Malaysia. The same brand is available here in Australia but it does not taste quite the same as the one I am used to.

What I have done is to experiment with various ingredients available here in Australia and come up with recipes that are as close as possible to the taste I would expect to get if I cooked using Malaysian ingredients.

My cooking style is very simple and you don’t need much in the way of cooking implements in order to create most of the dishes listed in this book. The photo below shows a simple wok, metal spoon, metal slotted spoon and a wooden spatula. Apart from these you will need a few other basic items like a good carving knife, a mortar and pestle, a pair of kitchen tongs and a couple of forks.

One very important item you have to have when cooking Malaysian style is a very good high heat burner. Getting the wok to a high enough temperature to cook properly is essential. I always recommend cooking with gas and not with electricity.

Most of the ingredients listed in the recipes in this book are available at the major supermarket chains in Australia. If you have a good Asian grocery store near you then this will help too but it is not essential for every dish. I have included a list of all the brand names of the sauces and spices that I use so you will know which ones to get to produce the right flavours.

I know there is a reluctance to use MSG in cooking these days but I make use of it in very small quantities. Without it, the correct flavours cannot be achieved. It is an optional ingredient so use it at your own discretion.

As I am Chinese Malaysian, I use pork in my dishes and my style of cooking is more Chinese than Malay. Pork, Chicken, Seafood and Vegetable dishes feature most in my cooking with little Mutton and Beef.

I hope you find this book easy to follow and that you enjoy the food that you prepare from the recipes here.

My Mum, Lucy Loader, taught me to cook and I dedicate this book to her memory.
A sharp knife or good cleaver is a cook’s best friend.

Preparation is the key to Asian cooking.
NOTES

Garlic: Try and buy garlic that has a purplish colour on the skin. This is generally better quality and has a much stronger flavour than garlic that is all white in colour.

Ginger: If you can’t get good fresh ginger then an excellent alternative is Gourmet Garden ginger in a plastic tube.

Prawns: Usually when prawns are used to flavour a vegetable dish they are peeled and cleaned then chopped and placed into a bowl. In every case where prawns are shelled, cleaned and cut up it is necessary to add a small amount of sugar and mix in. This should then be set aside while the rest of the dish is prepared and added as indicated in each recipe.

Cooking oil: In Malaysia palm oil is used a great deal but in a more health conscious Australia canola oil is used instead.

Timing: Ingredients in these dishes should be added in the order indicated. Although this is not critical for every ingredient there are cases, such as Shao xing wine, where certain ingredients MUST be added at the right time.

Three main rules:

Rule number one of Asian cooking is not to overcook vegetables. Just cooked and still a bit crisp is always best.

Rule number two is don’t use too much salt. Salt can always be added later but it can never be taken out once added to a dish.

Rule number three is always taste your dish as you cook it. Adjust according to the flavours you like. Recipes are only an example of how a dish may be cooked they need not be followed blindly.

Noodles: There are several different types of noodles used in Malaysian cooking.

The term ‘mee’ is generally used to describe egg noodles (typically the instant style of noodles).

Rice noodles are called ‘mee hoon.’ The English version is rice vermicelli.

‘Kuay teow’ are the flat rice noodles that look like tape worms.

Glass or cellophane noodles are the third type of noodle and are not widely used.

There are also dish names associated with noodles like ‘mee Siam’. In this case Siam refers to the fact that this is a Thai style noodle dish. ‘mee goring’ is again a dish name and in Malaysia it generally refers to an Indian style of cooking noodles.

Rice: There are many varieties of rice. In Australia the choice is far more limited than in Malaysia but generally the rice sold here is high quality.
In my cooking I tend to use good quality long grain rice like ‘Sun Long’.

Rice needs to be cooked until it is just done. Over cooking rice will ruin the texture so you need to practice at getting the right quantity of rice to water mix. Using a proper rice cooker is best.

**Chilli** : It is difficult to recommend how much chilli to put in any dish as everyone’s taste differs. The recipes here I would regard as fairly mild to my taste. To someone not accustomed to eating chilli they may seem medium to hot. Experiment with the amount of chilli you use to suit your own taste. The reason I recommend Babas chilli powder is that it has great flavour and is not too hot. Some other chilli powders sold in Australia have no flavour and are scalding hot. If you use fresh chilli instead of powder then test the chilli first by nibbling a very small piece. This will help you to determine how hot they are.

**Vegetable dishes** : Many vegetable dishes in Malaysian cooking include a small amount of meat. This is usually pork or prawn and it is used to add extra flavour.

For those people who do not eat meat for one reason or another, the meat can easily be excluded from the dish. Alternately for those who do eat meat, it is equally possible to add more meat and turn the vegetable dish into a combination meat and vegetable dish that can be served on its own with rice.

Some dishes where leaves and stems are cooked it is necessary to add the stems first to ensure they cook properly. If you add both stems and leaves at the same time the leaves will be overcooked by the time the stems are done.

**MSG** : Yeah I know, everyone in the west has gone crazy about not having MSG in their food. Well in Asia it has been used and is still used in many dishes. I cook with MSG but never more than a pinch or two. If you really don't want to use it then simply leave it out. The USA Food and Drug Administration classifies MSG as 'generally safe' but like any food, it can have adverse reactions in a limited number of people.

**Measurements** : Ingredient measurements given in my recipes are a guide only. I tend to cook by taste rather than blindly following set quantities. I don't use standard measuring spoons so a teaspoon of ingredients simply means what fits on one of my normal spoons, neither heaped or flat. The best advice I can give to any cook is to 'taste as you go'.

**Time** : You will note that I rarely give any actual timed instructions for my recipes. This is because you should learn to cook using your senses to tell you when a dish is done. Remember not to over-cook vegetables but to ensure meat like chicken is always completely cooked. This is something you will learn the more you cook.

**Heat** : With most dishes you start with a high heat and then after quickly stir frying for a few minutes you reduce the heat to medium. The main exceptions to this are deep frying where a high heat is maintained thorough out and long term cooking like curries where the heat is usually medium to start with and then turned to low and left to simmer.

**Curry** : There are all sorts of curry recipes but they all follow one basic rule. Unless you see a nice layer of oil come out and float on top then they are not finished.
Good food makes me happy.
INGREDIENT BRANDS

These are a few of the brands I like to use when making my meals.

Light soya sauce : Pearl River
Sweet soya sauce : ABC
Dark soya sauce : Pearl River
Shao xing wine : Pearl River
Oyster sauce : Makerua / Lee Kum Kee
Thai fish sauce : Squid
Worcestershire sauce : Liam Perin
Hoi Sin Sauce : Lee Kum Kee
Char Siew Sauce : Lee Kum Kee
Chicken stock powder : Maggi
Ikan bilis stock cube : Knorr (If not available use chicken stock)
Chilli powder : Babas
Curry powder : Babas
5 Spice powder : Look for 5 spice made in Hong Kong or Malaysia
Powdered coconut : Ayam
Mee hoon noodles : Wai Wai
Coconut cream : Chef
Tom Yum paste : Any Thai brand. (Avoid Tom Yum cubes.)

Each recipe in this book serves 3 people. Alter your quantities according to the number of people you are cooking for.
Coffee Beef Ribs

Ingredients

1 kg Beef ribs
3 tbsp Cooking oil
Marinade
2 tbsp Rice flour
1/2 Onion minced
2 cloves Garlic minced
1/4 tsp Salt
1 tbsp Worcestershire sauce
2 cm Ginger minced
1 tbsp Sugar

Sauce
2 tbsp Dark soya sauce
1 tbsp Chilli sauce
1 tbsp Worcestershire sauce
1 tbsp Vinegar
4 tbsp Sugar
1/4 tsp Salt
2 pinches MSG (optional)
2 tsp Instant coffee
1/3 cup Water

Method

- Put the beef ribs into a large bowl and add the marinade ingredients (add the flour last and make sure each rib is lightly coated in it.)
- Using your hands mix the ingredients together well.
- Put the ribs aside for about 30 minutes and prepare the sauce mixture.
- In a small bowl add all the sauce ingredients except the water. Mix very well making sure the sugar dissolves.
- BBQ the ribs on a BBQ grill if possible (otherwise just use a hot plate of very hot frying pan.)
- If you can use an open grill this is best as the fat from the ribs will be cooked off and will help add a nice smoky flavour. Cook the ribs until they are about 3/4 cooked. Place them on a plate and prepare a frying pan with cooking oil.
- Add the sauce mixture to the pan
- Put the water in the sauce bowl and use it to swill out any remaining sauce into the pan
- Mix well over medium heat and then add the spare ribs
- Cover and cook for about 10 minutes
- Place the ribs in a serving dish and pour the sauce over the top
- Serve on boiled rice with your choice of vegetable dish.

Serves 3
Beef Curry

Ingredients

1 kg Beef cubed
1/2 tsp Fenugreek
2 cm Cinnamon stick
1 Star anise
1 spring Curry leaves
3 Cardamom pods
5 tbsp Coconut powder in 1 cup Water
1 cup Water
2 tbsp Ghee
3 tbsp Cooking oil
2 pinches MSG (optional)
1 tsp Sugar
Salt to taste
Paste part 1
1 Onion chopped
6 Candle nuts
1 tsp Ginger minced
3 cloves Garlic
Paste part 2
2 tsp Chilli powder
4 tsp Meat curry powder
1/2 tsp Turmeric
6 tbsp Water

Method

- Put the ingredients of Paste 1 into a blender and mix until it forms a paste and set aside
- Put the ingredients of paste 2 into a bowl and mix into a paste and set aside
- Put the coconut powder in a glass and mix with 1 cup of water and set aside
- Put the cooking oil into a large pot and heat on medium
- Add the cinnamon, star anise and cardamom and cook for about 3 minutes
- Add fenugreek
- Add part 1 paste and cook until fragrant
- Add past 2 paste and mix well, cook for about 5 minutes
- Add ghee then add the meat and mix into the paste, reduce heat to low
- Add salt
- Rinse the paste bowls out with 1 cup of water and add to the pan
- Cover and cook for 30 minutes
- Add coconut / water mix, sugar and MSG (optional)
- Cover again and cook for 40 minutes
- Serve on boiled rice with your choice of vegetables.

Serves 3
Pepper Beef

Ingredients

350g Beef sliced
3 cloves Garlic chopped finely
3 tsp Cooking oil

Marinade
1 tsp Black ground pepper
2 Red chillies chopped finely
1/4 tsp Bi-carbonate of soda
1 tsp Corn flour
1 tsp Soya sauce
1 tsp Shao xing wine

Method

• Place the beef in a bowl with the marinade ingredients and mix well. Leave overnight in the fridge if possible or at least 3 hours if not.
• Heat the cooking oil in a fry pan on high heat
• Add garlic and fry until fragrant
• Add the beef and stir fry for 4-5 minutes
• Serve on boiled rice

Serves 3
Tangy Beef

Ingredients

350g Beef sliced
2/3 tsp Sugar
1/2 cube Beef stock
2 tsp Coconut powder
1/3 cup Water
1 tsp Kecap manis (or dark soya sauce)
1 tsp Garlic minced
1 Onion cut into rings
1 Red chilli sliced
10 Basil leaves roughly chopped
2 Kaffir lime leaves roughly chopped
2 tbsp Cooking oil

Marinade
1.5 tsp Chilli powder
2 tsp Fish sauce
3 tsp Vinegar
1/8 tsp Salt
2 cm Lemon grass minced
2 tsp Dark soya sauce

Method

- Mix the coconut powder and water and set aside until needed
- Cut the beef into slices and marinate it in the marinade mixture for at least 4 hours
- Heat a fry pan on high and add the oil
- Add garlic and fry until fragrant
- Add stock cube and break up in the pan
- Add onion and fry until it starts to soften
- Add the marinated beef
- Add the sugar
- Add the chilli powder and mix in well
- Add kecap manis
- Add coconut powder / water mix
- Add the kaffir lime leaves and turn heat to medium
- Add salt
- Add the basil leaves and stir through
- Serve on boiled rice with your choice of vegetable dish

Serves 3
There’s nothing like the smell of satay over hot coals.

Snacking is a national hobby in Malaysia.
Beef Rendang

Ingredients

900g Beef cubed
1/2 tin Coconut cream
1/2 tsp Salt
1 tsp Sugar
1 tsp Tamarind minced
1 cup Water
3 tbsp Cooking oil

Paste
2 stalks Lemon grass
1/4 tsp Galangal
1 tsp Turmeric
1/4 tsp Ginger
2 tsp Chilli powder
1 Onion chopped
1 tbsp Maggi rendang powder
5 Kaffir lime leaves chopped finely

Method

We have been trying to perfect this recipe for a while and have finally got a version that tastes a lot like real Malaysian rendang.

- Put all the paste ingredients into a blender and blend until you get a good paste
- Put the cooking oil into a large pot on high heat, add the meat and cook until it starts to brown
- Add the paste and mix together well
- Add the rest of the ingredients turn the heat down to low, cover and cook until the oil begins to rise to the top. If the rendang starts looking too dry just add a little more water.
- Serve with boiled rice and your choice of vegetable dish

Serves 3
Beef with Red Curry Paste

**Ingredients**

400g Beef sliced  
1 Onion sliced  
1 Star anise broken up  
2cm Cinnamon stick broken up  
3 tsp Coconut powder  
1/2 tsp Turmeric powder  
1 1/2 tsp Red curry paste (Mae Ploy)  
2 Kaffir lime leaves sliced  
1/4 tsp Sugar  
1/8 tsp Bi-carb of soda  
2 tbsp Cooking oil  
1/3 cup Water  
2 pinched MSG (optional)

**Method**

- Thinly slice the beef and then rub in the bicarb of soda  
- Add cooking oil to a fry pan on medium high heat  
- Add cinnamon and star anise  
- Add onion  
- Add beef and stir around  
- Add turmeric  
- Add curry paste and mix through  
- Add kaffir lime  
- Add water  
- Add coconut and stir through  
- Cover and reduce heat to medium. Cook for about 5 minutes  
- Add sugar  
- Add MSG (optional)  
- Serve on boiled rice with your choice of vegetable dish

Serves 3
Szechuan Beef

Ingredients

1/2 tsp Light soya sauce
250 g Beef sliced into strips
2cm Ginger minced
1 1/2 tsp Sugar
1/8 tsp Bi carbonate of soda
1 Onion sliced
2 tbsp Cooking oil
1/8 tsp Szechuan pepper
2 pinches MSG (optional)

Method

- Put the beef in a bowl and add some salt (a shake or two will do)
- Add the ginger
- Add the bi-carb, mix and allow to marinate briefly while you do the next steps
- Put cooking oil into a fry pan on medium high heat
- Add onion and fry until it starts to soften
- Add the beef
- Add Szechuan pepper
- Add soya sauce
- Add sugar
- Add MSG (optional)
- Serve with rice and your choice of vegetable dish

Serves 3
Fennel Beef

Ingredients

400g Beef cubed
Hand full Raw peanuts
1 tbsp Cooking oil
2 clove Garlic chopped finely
1 small Onion sliced
2 tbsp Water
1 tsp Tamarind paste
3 drops Sesame oil
1 tsp Sugar
Salt to taste

Marinade
1/8 tsp Szechuan pepper
1 tsp Spare rib marinade
1 tsp Fish sauce
1 Fennel leaf chopped
1 tsp Sugar
1 tsp Corn flour
1/8 tsp Bi-carb of soda
Pinch MSG (optional)

Method

- Add the marinade ingredients to the beef in a bowl. Mix well and allow to marinate for about 10 minutes.
- Use a mortar and pestle to roughly crush the raw peanuts
- Put cooking oil in a fry pan on high heat and fry the peanuts for a couple of minutes
- Remove the peanuts and set aside until needed
- Add the beef / marinade mix to the pan and fry until the meat browns
- Set the beef aside with the peanuts until required
- Put a little more cooking oil into the pan
- Add garlic and fry until fragrant
- Add the onion and fry until it starts to soften
- Add tamarind
- Add salt
- Add sugar
- Add sesame oil
- Return the beef and peanuts to the pan and mix well
- Add water and stir briefly
- Serve with boiled rice and your choice of vegetable dish

Serves 4
In Malaysia there seems to be somewhere to eat out on almost every street.

Food is cheap and plentiful.
Serunding Lembu

Ingredients

- 400g Beef sliced
- 1/2 tsp Aniseed powder
- 1 tsp Cumin powder
- 1/2 tsp Turmeric powder
- 1/4 tsp Galangal powder
- 1.5 Onions
- 2 sticks Lemon grass
- 2 cm Ginger
- 1 cup Shredded coconut
- 2 tsp Tamarind paste
- 1/2 tsp Bi-carb
- 2 tsp Red chilli chopped
- 1.5 tsp Sugar
- 2 pinches MSG (optional)
- 3 tbsp Coconut powder mixed with
- 1 cup Water
- 3 tbsp Cooking oil
- Good shake of Black pepper
- Salt to taste

Method

- Blend the lemon grass, 1 onion, and ginger into a paste
- Put the bi-carb into the sliced beef and mix, allow to sit until needed
- Dry fry the shredded coconut in a small pan
- When the coconut is brown and fragrant remove and set aside
- Put a larger pot on medium heat and add the cooking oil
- Add the aniseed powder, cumin powder, turmeric powder and the galangal powder
- Add the lemon grass, 1 onion, and ginger paste
- Add the chilli
- Add salt
- Add sugar
- Add the beef and stir well
- Add the coconut powder / water mix
- Reduce heat slightly, cover and cook until oil starts to appear on top (at least 10 minutes)
- Add the shredded coconut and mix well
- Add tamarind
- Add black pepper
- Add MSG (optional)
- Add the remaining (sliced) onion

Serves 4
**Beef Tomchi**

**Ingredients**

- 300g Steak diced
- 1/4 tsp Bi-Carb of Soda
- 1 tsp Corn flour
- Pinch of Salt
- 1 Beef stock cube (OXO)
- 50g Tomato paste
- 1/2 tsp Chilli powder (Babas)
- 1 tsp Sugar
- 1/2 cup Water
- 4 tbsp Cooking oil

**Blend:**
- 1 cm Ginger
- 4 Red chillies de-seeded
- 1/2 Onion
- 2 cloves Garlic
- 1/8 tsp Fenugreek powder
- 1/8 tsp Cardamom powder

**Method**

- Put the diced beef into a bowl
- Add the bi-carb, corn flour and salt then rub in well. Set aside until needed.
- Put the ingredients to be blended into an electric blender and blend until they become a paste.
- Add cooking oil to a wok on medium-high heat
- Add the paste from the blender and stir briefly
- Add the beef stock cube and stir well
- Add the beef
- Add tomato paste
- Add chilli powder
- Add another pinch of salt
- Add sugar and stir well
- Rinse the blender bowl with 1/2 cup of water and add
- Cover and cook for 3-4 minutes
- Serve with rice and your choice of vegetable dish.

Serves 4
Beef Satay

Ingredients

600g Rump steak diced
Beef marinade
1/2 cup Brown sugar
1 tbsp Cumin powder
1 tsp Fennel powder
1 tsp Coriander powder
1 tsp Sweet chilli sauce
1/4 cup Water
Peanut Sauce
1 medium Onion chopped
2 tbsp Sunflower oil
1 clove Garlic grated
1 tsp Sambal oelek (chilli paste)
2 tbsp Belacan powder (dried shrimp powder)
3 tbsp Kecap Manis (sweet soya sauce)
2 tbsp Brown sugar
6 tbsp Crunchy peanut butter
3 tbsp Lime juice
1 cup Water.

Method

- Combine the ingredients in a blender and mix well.
- Put the meat in a plastic container.
- Pour the marinade over the meat and mix in well.
- Put a cover on and leave in the fridge over night.

Peanut Sauce

- Prepare this sauce the day you intend to cook the satay.
- Put a saucepan on medium heat and fry onion until soft and brown
- Add other ingredients and stir until the sauce has an even consistency. Add more water if the sauce is too thick.
- Take off the heat and place in a bowl ready for serving.

Cooking the meat

- To prepare this properly you need a charcoal burner. These are available from BBQ retailers and are priced from around $60 upward. Light the fire about half an hour before you want to cook the meat to allow the charcoal to become red and glowing.
- Remove the meat from the fridge and place on skewers.
- If you are using wooden skewers these should have been soaked in water first for at least an hour.
- When the flames in the charcoal burner have died down and the charcoal is glowing red place the skewers on the grill and turn every few minutes until they are well cooked through.
- Serve on boiled rice with sliced cucumber or your choice of vegetable dish. Pour the peanut sauce liberally over the meat. Serves 3
Peking Beef

Ingredients

1 Onion sliced thinly
1 in Ginger sliced finely
2 tsp Sesame seeds
1 tbsp Soya sauce
3 tbsp Chinese vinegar
1 tbsp Oyster sauce
1 tsp Dark soya sauce
1 tsp Corn flour
1/3 cup Water
1 1/2 tsp Sugar
2 pinches MSG (optional)
4 shakes Black pepper
200g Beef cubed
1 cup Cooking oil

Marinade
1 tsp Soya sauce
1/2 tsp Sugar
1/8 tsp Bi-card of soda
1 tsp Corn flour

Method

• Mix the beef and marinade ingredients in a bowl and set aside until needed.
• Put sesame seeds in a wok on medium heat and cook until browned - remove seeds and set aside until needed.
• Put cooking oil into the wok and then lightly fry the beef.
• When the beef has browned remove it and set aside until needed.
• Remove most of the oil leaving about 2-3 tablespoons in the wok.
• Turn heat up to medium-high.
• Add the ginger.
• Add onion.
• Add soya sauce.
• Add dark soya sauce.
• Add oyster sauce.
• Mix the corn flour and water in a bowl.
• Add corn flour and water mix.
• Stir well.
• Add sugar.
• Add MSG (Optional)
• Add black pepper.
• Add the browned beef.
• Add the sesame seeds and stir well.

Serve with rice and your choice of vegetable dish. Serves 4
Tropical fruit is a good healthy snack between meals.
Red wine and rosemary beef

Ingredients

1 1/2 cups Red wine
6 small Potatoes peeled and halved
5 small Onions peeled and quartered
1/2 tsp Rosemary
450g Beef cut into cubes
1 stick Cinnamon broken up
3 cloves Garlic chopped
1 1/2 tsp Black pepper corns freshly ground
4 Cloves
1 tbsp Soya sauce
1/8 tsp Bicarb of Soda
3 sprigs Basil (fresh)
3 small Tomatoes halved
1 Chilli dried
1 tbsp Ginger minced
1 cup Water
1 tsp Corn flour
1/2 tsp Sugar
2 pinches MSG (optional)
Salt to taste
Enough cooking oil to deep fry the potatoes.

Method

- Remove any fat from the beef and cut it into very small pieces. Set it aside.
- Cut the beef into cubes and mix in the soya sauce and bicarb. Set aside also.
- Sprinkle some salt on the potatoes.
- Heat cooking oil in a pot and then deep fry the potatoes for about 5 minutes.
- Remove potatoes from the oil and set them aside.
- Put 1 tbsp of oil into a large deep pot and heat on medium high.
- Add the beef fat and fry until it is browned and shriveled
- Add cinnamon, cloves and black pepper and fry for about a minute.
- Add the garlic, rosemary and then add the meat.
- Stir briefly and add the carrot then add salt, tomatoes, red wine and stir.
- Add the dried chilli, ginger and stir well.
- Place a lid on top, lower to medium heat and cook for about 20 minutes.
- Add the onions and the basil leaves.
- Mix corn flour and water in a bowl and then slowly add the mixture to the pot.
- Add the potatoes then add sugar and stir well.
- Add a little more salt if needed.
- Add MSG (optional).

Serve with rice and your choice of vegetable dish. Serves 4
Ma-Po

Ingredients

2 blocks Firm Tofu
120g Beef
120g Pork
1 tsp Sugar
1/2 tsp Bi-carb of soda
1 tbsp Soya sauce
3 drops Sesame oil
5 Banana prawns cleaned and chopped
1 small Carrot sliced
1 Chinese dried mushrooms soaked and sliced
1 small Red onion quartered
2 small Dried chillies
3 clove Garlic chopped coarsely
2 cm Ginger coarsely chopped
1 Squid tube sliced
1 cup Wombok chopped
180g Bamboo shoots
3 tbsp Cooking oil
1 tbsp Shao xing wine
1 tsp Caramel soya sauce
4 shakes White pepper
1 tbsp Corn flour in
1.5 cups Water
1 tsp Salted soya bean paste
1 tsp Chicken stock
2 pinches MSG (optional)
Salt to taste

Method

- Mix the beef and pork with 1/2 tsp of sugar, soya sauce and bi-carb and leave to marinate.
- Mix 1/2 sugar with the chopped prawns and also set aside.
- Cut the tofu into 8 pieces per block and fry in a pan until golden brown then set aside.
- In a deep pot add 3 tbsp of cooking oil and put on medium high heat.
- Fry ginger and garlic until fragrant. Add dried chilli and chicken stock.
- Add mushroom and carrot. Add the Pork and Beef mix plus the soya bean paste.
- When the meat is about half cooked add the prawn and squid.
- Cook for a couple of minutes then add all the remaining ingredients EXCEPT the tofu and corn flour. Stir well for a few minutes then stir in the corn flour / water mixture.
- Lastly add the tofu and cook only long enough to heat it through.
- Serve on boiled rice.

Serves 4-6 - Hard to categorise this dish as it contains beef, pork and seafood.
SEAFOOD
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