



Cooking Delights with
Gain City
Vol. 2

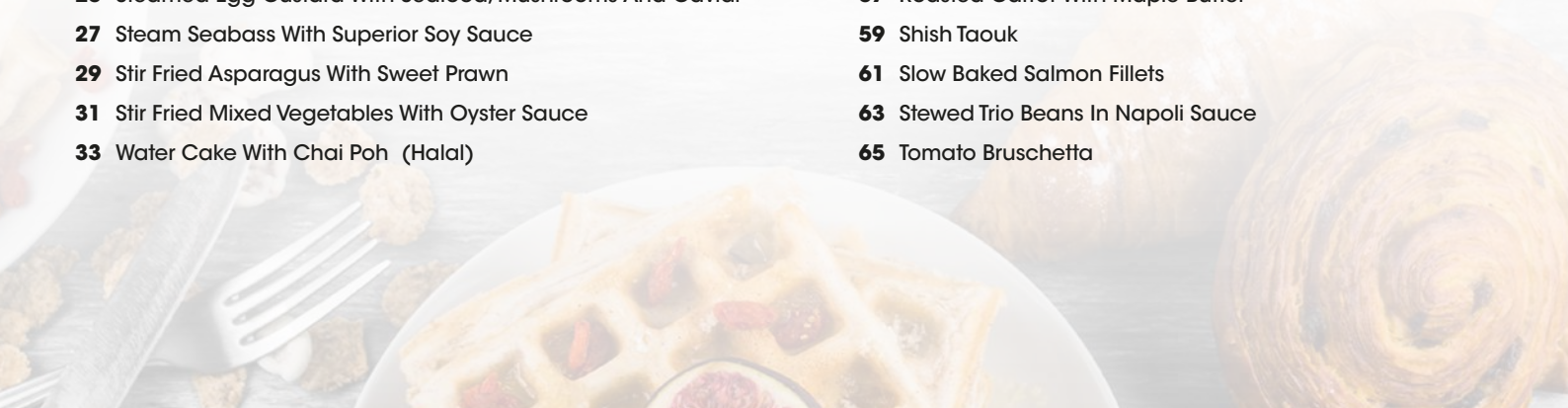


Chinese Delights

- 5** Air-fried Soy Glazed Chicken With Fragrant Rice
- 7** Auspicious Garlic Chicken
- 9** Bombay Char Siew Chicken
- 11** Braised Eggplant With Garlic
- 13** Creamy Mongolian Beef With Trio Capsicum
- 15** Crispy Brinjal With Homemade Chicken Floss
- 17** Duo Wild Fungi Mushroom Aroma Rice
- 19** Homemade Egg Tofu Topped With Assorted Seafood
- 21** Pumpkin Mushroom Rice With Dried Sakura Ebi
- 23** Sauteed Clam With Spicy Garlic Black Bean Sauce
- 25** Steamed Egg Custard With Seafood, Mushrooms And Caviar
- 27** Steam Seabass With Superior Soy Sauce
- 29** Stir Fried Asparagus With Sweet Prawn
- 31** Stir Fried Mixed Vegetables With Oyster Sauce
- 33** Water Cake With Chai Poh (Halal)

Western Delights

- 37** Baked Tomato & Spinach Fritata
- 39** Chicken Sherperd's Pie
- 41** Creamy Beef Stroganoff With Mushrooms
- 43** Creamy Crab Meat Alfredo Pasta
- 45** Four-Cheese Cauliflower Gratin
- 47** Fruity Almond Butter Pilaf Rice
- 49** Lemon Couscous Morrocan Baked Chicken
- 51** Mexican Beef Chili Con Carne
- 53** Middle East Chicken Stew
- 55** Oven Baked Hot Mustard Chicken
- 57** Roasted Carrot With Maple Butter
- 59** Shish Taouk
- 61** Slow Baked Salmon Fillets
- 63** Stewed Trio Beans In Napoli Sauce
- 65** Tomato Bruschetta





Finger Food

- 69** Battered Alaska Pollock Fish
- 71** Chinese 5 Spices Baked Chicken
- 73** Crispy Golden Shrimp Paste Chicken
- 75** Crunchy Spiced Squid
- 77** Garden Stuffed Zucchini Boat







CHINESE DELIGHTS

Cooking with the
Air Fryer/Microwave Oven/
Rice Cooker/Induction Cooker



AIR-FRIED SOY GLAZED CHICKEN WITH FRAGRANT RICE



Prep Time : 20 Minutes
Cook Time : 20 Minutes
Total Time : 40 Minutes

Cooking with the
Air Fryer



AIR-FRIED SOY GLAZED CHICKEN WITH FRAGRANT RICE



INGREDIENTS

Marinade :

- Brown Sugar
- Soy Sauce
- Garlic
- Young Ginger (Grated)
- Freshly Cracked Pepper
- Cooking Oil

Chicken :

- Boneless Chicken Thighs
- Cooking Oil
- Honey

Sides for 1 serving :

- Australia Broccoli
- Cooked Jasmine Rice

Garnishes :

- Spring Onion (Chopped)
- Toasted White Sesame Seed



AMOUNT

1/4 cup
3 tbl
2 cloves
1 tbl
1/2 tsp
1 tbl

8 pcs
1/2 tbl
2 tbl

3 florets
1 cup

2 sprigs
1 tsp



PROCEDURE FOR PREPARATION

1. Grate the garlic and ginger finely using a fine cheese or box grater. Place them in a small bowl, and mix them with brown sugar, soy sauce, cracked pepper, and cooking oil. Put the Chicken thighs into a ziplock bag, then pour the marinade over the Chicken thighs in the bag. Seal it and place it in the refrigerator.
2. Prepare the rice following the instructions on the rice package.
3. Boil the broccoli in salted water for 3-5 minutes until it's tender but still crisp. Drain it and set it aside.
4. Air fry the Chicken at 180°C for 15 minutes. Brush honey over the Chicken skewers and bake for an additional 5 minutes.
5. Serve the Chicken with rice and the seasoned boiled broccoli.
6. Garnish with spring onions and toasted sesame seeds, and it's ready to be served.



AUSPICIOUS GARLIC CHICKEN



Prep Time : 10 Minutes

Cook Time : 15 Minutes

Total Time : 25 Minutes

Cooking with the
Air Fryer/Induction Cooker



AUSPICIOUS GARLIC CHICKEN



INGREDIENTS

Chicken Marination :

- Salt 5 gm
- Chicken Powder 5 gm
- Light Soy Sauce 5 gm
- 5 Spices Powder 10 gm
- Fresh Eggs 1 no
- Mid Joint Wing 300 gm
- Garlic Cloves 10 pcs

Coating :

- Corn Flour 5 gm
- Tapioca Flour 5 gm

Sauce :

- Garlic (Minced) 5 gm
- Tangerine Sauce 20 gm

Garnish :

- Toasted Sesame Seed 2 gm



AMOUNT



PROCEDURE FOR PREPARATION

1. Marinate the Chicken in a mixing bowl and set it aside.
2. Combine cornflour and tapioca flour for coating the Chicken.
3. Air fry at 200°C for 14 minutes.
4. In a pan, stir-fry the garlic until it becomes fragrant. Then, add the tangerine sauce to the induction cooker and toss it with the cooked Chicken.
5. Finish by garnishing with sesame seeds.

BOMBAY CHAR SIEW CHICKEN



Prep Time : 20 Minutes
Cook Time : 20 Minutes
Total Time : 40 Minutes

Cooking with the
Air Fryer/Microwave Oven



BOMBAY CHAR SIEW CHICKEN



INGREDIENTS

- Chicken Leg Boneless
- Shallot (Brunoise)
- Garlic (Brunoise)
- Hoisin Sauce LKK
- Oyster Sauce LKK
- Light Soy Sauce
- Dark Soy Sauce
- Fine Sugar
- Chicken Powder
- Red Coloring Powder



AMOUNT

- 15 pcs
- 100 gm
- 50 gm
- 150 gm
- 100 gm
- 100 gm
- 100 gm
- 300 gm
- 25 gm
- 25 gm



PROCEDURE FOR PREPARATION

1. Combine the marinade in a bowl or a ziplock bag.
2. Place the Chicken in the marinade and let it marinate in the refrigerator for a minimum of 2 hours or overnight.
3. Retrieve the Chicken from the fridge and allow it to come to room temperature for 15-20 minutes. In the meantime, preheat the oven or air fryer to 200°C.
4. Arrange the Chicken on a baking tray and put it in the preheated oven.
5. Bake for approximately 20 minutes or until the Chicken is thoroughly cooked.
6. Let the Chicken rest for 10 minutes before slicing and serving.

BRAISED EGGPLANT WITH GARLIC



Prep Time : 10 Minutes
Cook Time : 15 Minutes
Total Time : 25 Minutes

Cooking with the
**Air Fryer/Microwave Oven/
Induction Cooker**



BRAISED EGGPLANT WITH GARLIC



INGREDIENTS

- Eggplant - Large (Cube)
- White Vinegar
- Cornstarch
- Ginger (Minced)
- Garlic (Minced)
- Fermented Black Bean Paste
- Tomato Ketchup (Sachet)
- Cooking Oil

Garlic Sauce :

- Light Soy Sauce
- White Vinegar
- Sugar
- Water
- Cornstarch

Garnish :

- Spring Onion (Chopped)



AMOUNT

- 2 nos
- 3 tbl
- 1/4 cup
- 2 tbl
- 2 tbl
- 2 tsp
- 2 pkt
- 2 tbl

- 2 tbl
- 3 tbl
- 4 tbl
- 8 tbl
- 1.5 tbl

- 2 tbl



PROCEDURE FOR PREPARATION

1. In a mixing bowl, blend together light soy sauce, white vinegar, sugar, water and cornstarch. Set this mixture aside.
2. Coat the eggplant with cornstarch and air fry or use an oven convection at 180°C for 10 minutes.
3. In a saucepan, heat cooking oil and stir-fry garlic and ginger until they become fragrant. Add the black bean paste and tomato ketchup. Once it simmers, add the cooked eggplant and mix thoroughly.
4. Incorporate the garlic sauce mixture and simmer for 5 minutes.
5. Finish by garnishing with spring onions.

CREAMY MONGOLIAN BEEF WITH TRIO CAPSICUM



Prep Time : 15 Minutes
Cook Time : 20 Minutes
Total Time : 35 Minutes

Cooking with the
Air Fryer/Induction Cooker





CREAMY MONGOLIAN BEEF WITH TRIO CAPSICUM



INGREDIENTS

- Beef Flank Steak (Sliced ¼ Inch)
- Cornstarch
- Vegetable Oil

Garnish :

- Green Capsicum (Julienne)
- Red Capsicum (Julienne)
- Yellow Capsicum (Julienne)
- Sliced Toasted Almonds

Sauce :

- Maggi Chilli Sauce
- Planta Butter
- MSG
- Chicken Powder
- Black Pepper
- Carnation Milk
- Red Colouring



AMOUNT

450 gm
1/4 cup
1 cup

3 stripes
3 stripes
3 stripes
2 tbl

300 gm
150 gm
10 gm
10 gm
5 gm
150 gm
pinch



PROCEDURE FOR PREPARATION

1. Place the beef in a large bowl and add cornstarch, ensuring the beef is thoroughly coated. Allow it to sit until the cornstarch is fully absorbed, which takes about 10 minutes.
2. Heat planta butter in a saucepan over medium heat. Add the sauce ingredients and stir well until the sauce comes to a boil and slightly thickens, which should take about 4 minutes. Remove the sauce from the saucepan and set it aside.
3. Preheat the air fryer to 180°C. Shake off any excess cornstarch from the beef slices and air fry them for 5 minutes. Afterward, remove the beef and let it drain on paper towels.
4. Heat a skillet over medium heat, add the beef slices and stir in the prepared sauce. Mix everything thoroughly and bring it to a boil, which should take about 2 minutes.
5. Garnish the dish with green, red and yellow capsicum, as well as sliced toasted almonds.



CRISPY BRINJAL WITH HOMEMADE CHICKEN FLOSS



Prep Time : 10 Minutes

Cook Time : 10 Minutes

Total Time : 20 Minutes

Cooking with the
**Air Fryer/Microwave Oven/
Induction Cooker**



CRISPY BRINJAL WITH HOMEMADE CHICKEN FLOSS



INGREDIENTS

- Brinjal
- Homemade Chicken Floss

Side Ingredients :

- Cili Padi (Shredded)
- Spring Onion (Shredded)

Flour Mix Ingredients :

- Flour
- Baking Powder
- Corn Flour
- Salt
- Oil
- Water

Seasoning :

- Chicken Stock Granules

Homemade Chicken Floss :

- Boneless Skinless Chicken Breast
- Scallions (Knotted)
- Ginger (Thin Slices)
- Soy Sauce
- Water
- Soy Sauce
- Fish Sauce
- Oyster Sauce
- Sugar
- Brown Sugar
- Ground White Pepper



AMOUNT

200 gm
150 gm

1 tsp
1 tsp

250 gm
35 gm
20 gm
5 gm
80 gm
400 gm

1/4 tsp

650 gm
3 pcs
1 inch
3 tbl
4 cups
3 tbl
2 tbl
1/2 tbl
4 tbl
1/2 tbl
1/2 tbl



PROCEDURE FOR PREPARATION

1. Place Chicken breast, scallions, ginger, soy sauce and water in a pot. Bring it to a boil, then reduce the heat to a simmer, cover the pot and cook for 30 minutes. Turn off the heat, remove the Chicken from the pot and set it aside to cool.
2. Once the Chicken has cooled enough to handle, shred the meat into thin strips using your hands or two forks.
3. In a mixing bowl, combine the shredded Chicken with soy sauce, fish sauce, oyster sauce, sugar, brown sugar and ground white pepper.
4. Heat oil in a pan over medium heat. Add the Chicken to the pan and stir-fry until it becomes dry, which takes about 15 minutes. Then, reduce the heat to low, continue stirring and tossing until it becomes completely dry and slightly toasted, which takes about 45 minutes. Set this aside.
5. Slice the brinjal into thick strips and coat them with the flour mix ingredients. Mix well and set them aside.
6. Air fry or bake them at 250°C for 10 minutes until they turn golden brown and crispy. Then, transfer them to a large bowl.
7. Add dried meat floss, side ingredients and seasoning. Mix everything well.

DUO WILD FUNGI MUSHROOM AROMA RICE



Prep Time : 10 Minutes
Cook Time : 20 Minutes
Total Time : 30 Minutes

Cooking with the
**Rice Cooker (Quick Cook)/
Induction Cooker**



DUO WILD FUNGI MUSHROOM AROMA RICE



INGREDIENTS

- Cooking Oil
- Garlic (Chopped)
- Jasmine Rice
- Water
- Fresh Shiitake Mushroom (Sliced)
- Fresh White Button Mushroom (Sliced)
- Fried Shallots
- Vegetarian Oyster Sauce
- Maggi Vegetable Stock
- Light Soy Sauce
- Sesame Oil
- Dark Soy Sauce

Garnish :

- Carrot (Small Diced) (Boiled)
- Corn Kernel (Boiled)
- Green Peas (Boiled)
- Spring Onion (Chopped)



AMOUNT

- 2 tbl
- 2 tbl
- 140 gm
- 170 gm
- 16 gm
- 16 gm
- 8 gm
- 5 gm
- 3 gm
- 20 gm
- 3 gm
- 3 gm



PROCEDURE FOR PREPARATION

1. In a medium pot over high heat, sauté garlic till fragrant for about 1 minute. Add in sliced mushrooms and cook it for another 7 minutes.
2. Add in rice, stir fry for 1 minute then add water, vegetarian oyster sauce, vegetable stock, light Soy sauce, sesame oil, dark Soy & fried shallot. Let it simmer for 1 minute.
3. Transfer rice mixture into rice cooker and set to quick cook for 20 minutes.
4. Once done, garnish with boiled carrot, corn kernel, green peas & spring onion.

HOMEMADE EGG TOFU TOPPED WITH ASSORTED SEAFOOD



Prep Time : 15 Minutes
Cook Time : 10 Minutes
Total Time : 25 Minutes

Cooking with the
Steam Oven



HOMEMADE EGG TOFU TOPPED WITH ASSORTED SEAFOOD



INGREDIENTS

Homemade Egg Tofu :

- Unsweetened Soy Milk
- Fresh Eggs
- Salt
- Aromat Seasoning Powder

Topping :

- Tiger Prawn 21/25
- Minced Crab Bite

Garnish :

- Spring Onion
- Chinese Coriander
- Red Chilli (Julienne)



AMOUNT

600 gm
12 nos
4 gm
2 gm

12 pcs
200 gm

1 tbl
2 Sprig
1 tbl



PROCEDURE FOR PREPARATION

1. Place salt, egg, aromat seasoning, and unsweetened Soy milk in a bowl. Beat the mixture thoroughly until it's well-blended.
2. Sift the egg solution onto the ceramic plate and steam it over medium heat for approximately 5 minutes.
3. Add tiger prawn and crab bite on top, then steam for an additional 5 minutes.
4. To ensure the egg is cooked through, insert a skewer into the center of the egg tofu and check its doneness.

PUMPKIN MUSHROOM RICE WITH DRIED SAKURA EBI



Prep Time : 15 Minutes
Cook Time : 15 Minutes
Total Time : 30 Minutes

Cooking with the
Rice Cooker/Induction Cooker





PUMPKIN MUSHROOM RICE WITH DRIED SAKURA EBI



INGREDIENTS

- Pumpkin (Cubed)
- Rice
- Water
- Dried Chinese Mushroom (Sliced)
- Dried Sakura Ebi
- Chicken Fillet (Boiled & Shredded)
- Shallots (Sliced)
- Olive Oil

Seasonings :

- Dark Soy Sauce
- Light Soy Sauce
- Oyster Sauce
- White Pepper



AMOUNT

- 400 gm
- 3 cups
- 1/4 cup
- 8 pcs
- 2 tbl
- 3 strips
- 6 pcs
- 1 tbl

- 2 tbl
- 3 tbl
- 1 tbl
- 1 tbl



PROCEDURE FOR PREPARATION

1. Rinse the mushrooms, then submerge them in 2 cups of room-temperature water until they become soft. Keep the soaking water aside and gently squeeze out any excess moisture from the mushrooms.
2. Heat a pan and add olive oil. Sauté the shallots, mushrooms, and dried sakura ebi until they release a fragrant aroma, which takes about 4 minutes. Add the mixture with pumpkin, shredded chicken, and uncooked rice. Dry-fry them until all the ingredients are well coated with the seasonings, even if they're uncooked.
3. Transfer everything into your rice cooker and add 3 1/4 cups of water, using the mushroom soaking water you reserved earlier. Make sure the water level just covers the rice, and discard any excess water.
4. Proceed to cook the rice as usual. Once it's ready, gently stir it with a serving spoon and allow it to sit in the rice cooker for 10 minutes.



SAUTEED CLAM WITH SPICY GARLIC BLACK BEAN SAUCE



Prep Time : 15 Minutes
Cook Time : 10 Minutes
Total Time : 25 Minutes

Cooking with the
Induction Cooker



SAUTEED CLAM WITH SPICY GARLIC BLACK BEAN SAUCE



INGREDIENTS

- Cooked Venus Clam
- Spicy Black Bean Paste
- Oyster Sauce
- White Vinegar
- Sugar
- Garlic (Minced)
- Shallots
- Ginger (Sliced)
- Cooking Oil
- Red Chilli
- Water

15 gm Potato Starch + 30 gm Water (Make a Slurry)



AMOUNT

- 1 kg
- 1 tbl
- 40 gm
- 2 tbl
- 3 tsp
- 2 cloves
- 2 pcs
- 4 slices
- 2 tbl
- 1 pc
- 1 cup



PROCEDURE FOR PREPARATION

1. Heat a pan and add 2 tablespoons of oil. Stir-fry the shallots, garlic, and ginger over medium-high heat for approximately one minute.
2. Introduce the chili and spicy black bean sauce, followed by the clams. Then, add the white vinegar and stir-fry for about a minute.
3. Incorporate the water, oyster sauce, and sugar.
4. Add the slurry, continuing to stir while pouring it in until the sauce thickens. Ensure the sauce is evenly distributed, then turn off the heat.

STEAMED EGG CUSTARD WITH SEAFOOD, MUSHROOMS AND CAVIAR



Prep Time : 20 Minutes
Cook Time : 30 Minutes
Total Time : 50 Minutes

Cooking with the
Steam Oven



STEAMED EGG CUSTARD WITH SEAFOOD, MUSHROOMS AND CAVIAR



INGREDIENTS

- Prawn (16/20) (Peeled)
- Dried Scallop (Soaked)
- Ginkgo Nut (Peeled)
- Shimeji Mushroom
- Shiitake Mushroom (Sliced)
- Caviar
- Spring Onion (Chopped)

Custard Mixture :

- Fresh Eggs
- Dashi
- Mirin (Halal)
- Soy Sauce
- Salt



AMOUNT

- 2 pcs
- 1 pc
- 2 pcs
- 10 gm
- 5 gm
- 1 tsp
- 1 sprig

- 3 nos
- 7/8 cup
- 1 tsp
- 1 tsp
- 1/2 tsp



PROCEDURE FOR PREPARATION

1. Crack the eggs into a bowl and whisk them until they are uniformly blended. Add dashi, mirin, soy sauce, and salt, and mix everything together thoroughly.
2. Allow the mixture to rest until the bubbles dissipate, or you can use a wire mesh strainer to remove any foam from the top.
3. Strain the mixture through a fine-mesh sieve to eliminate any chunks of albumin or chalaza.
4. Place the prawns, scallops, ginkgo nuts, and mushrooms into heat-safe cups, ceramic cups, or ramekins.
5. Carefully pour the custard mixture evenly between the cups and cover them with either lids or aluminum foil.
6. Fill the bottom of a deep pot with approximately 1/2 inch of water, ensuring it's deep enough to hold the cups.
7. Lay a dish towel at the bottom of the pot, then place the cups on top of the towel. Cover the pot with a lid and steam until the custard reaches a temperature of 70°C.
8. Gently remove the cups from the pot and garnish them with your choice of toppings. The ingredients provided are caviar and spring onions.
9. This dish can be served either hot or cold to suit your preference.

STEAM SEABASS WITH SUPERIOR SOY SAUCE



Prep Time : 5 Minutes
Cook Time : 15 Minutes
Total Time : 20 Minutes

Cooking with the
**Steam Oven/
Induction Cooker**



STEAM SEABASS WITH SUPERIOR SOY SAUCE



INGREDIENTS

- Seabass Fillet
- Vegetable Oil

Sauce :

- Superior Light Soy Sauce
- Salt
- Sugar
- Water
- Maggi Sauce
- Fish Sauce
- Dark Soy Sauce
- Sesame Oil

Garnish :

- Red Chilli (Julienne)
- Spring Onion (Julienne)
- Coriander (Rough Chopped)
- Young Ginger (Julienne)



AMOUNT

10 ounces
2 tbl

1 1/2 tbl
1/8 tsp
1/8 tsp
4 tbl
1 tbl
1 1/2 tbl
1 tbl
1 tsp

2 tbl
2 tbl
2 tbl
2 tbl



PROCEDURE FOR PREPARATION

1. Cut the red chili, spring onion, coriander and ginger into 2-inch lengths, then thinly julienne them by cutting the pieces in half lengthwise. Set aside these aromatic ingredients.
2. Combine the sauce ingredients in a small bowl and stir until the sugar and salt are completely dissolved. Set the sauce aside.
3. Rinse the fish fillet and place it carefully on an oblong heat-proof plate that fits into the steam oven. Steam at 100°C for 10 minutes.
4. Once the fish is cooked, carefully drain any excess liquid from the plate. You can now sprinkle the garnish over the steamed fish, or you can do this after adding the sauce, as per your preference.
5. To prepare the sauce, heat a saucepan over medium-high heat and add the soy sauce mixture. Bring the mixture to a simmer, which should take about 30 seconds.
6. Pour this sauce over the fish. If you'd like to add the raw aromatic ingredients after pouring the sauce, you can do so at this point. Heat 2 tablespoons of oil and drizzle it over the raw aromatics.

STIR FRIED ASPARAGUS WITH SWEET PRAWN



Prep Time : 10 Minutes
Cook Time : 10 Minutes
Total Time : 20 Minutes

Cooking with the
Induction Cooker



STIR FRIED ASPARAGUS WITH SWEET PRAWN



INGREDIENTS

• Thai Asparagus (2-Inch)	200 gm
• IQF Shrimp Tail On (31/40)	12 pcs
• Local Carrot (Sliced)	50 gm
• Yellow Capsicum	25 gm
• Red Capsicum	25 gm
• Cooking Oil	10 gm
• Oyster Sauce	5 gm
• Light Soy Sauce	5 gm
• Chicken Powder	3 gm
• Chicken Stock	2 gm
• Potato Starch	2 gm
• Garlic (Minced)	3 gm



AMOUNT



PROCEDURE FOR PREPARATION

1. Sauté garlic in cooking oil until it becomes fragrant. Then, add yellow and red capsicum, along with asparagus. Next, include sliced carrots and shrimp, and cook them for 2 minutes.
2. Season the mixture with oyster sauce, light soy sauce, and Chicken powder.
3. Pour in Chicken stock and potato starch, and simmer until the liquid reduces and thickens.



STIR FRIED MIXED VEGETABLES WITH OYSTER SAUCE



Prep Time : 10 Minutes

Cook Time : 5 Minutes

Total Time : 15 Minutes

Cooking with the
**Steam Oven/
Induction Cooker**



STIR FRIED MIXED VEGETABLES WITH OYSTER SAUCE



INGREDIENTS

- Gingerroot (Chopped)
- Garlic (Chopped)
- Australia Broccoli (Florets)
- Local Carrot (Sliced)
- Yellow Onion (Ring Sliced)
- Progresso Chicken Broth
- Salt
- Water
- Shiitake Mushroom (Sliced)
- Cornstarch
- Oyster Sauce



AMOUNT

- 2 tsp
- 1 clove
- 1 1/2 cups
- 1 cup
- 1 no
- 3/4 cups
- 1/4 tsp
- 1 tbl
- 1 cup
- 1 tbl
- 2 tbl



PROCEDURE FOR PREPARATION

1. Use a steam oven to steam the broccoli, carrots and mushrooms for 1 minute.
2. In a 12-inch skillet coated with cooking spray, heat it over medium-high heat. Add gingerroot and garlic and stir-fry until they become fragrant and turn light brown.
3. Incorporate the onion rings, broccoli, carrots and mushrooms, and stir-fry for 1 minute.
4. Add broth and salt, cover, and cook for an additional 1 minute until the carrots are tender but still crisp. Blend cornstarch with cold water and stir it into the vegetable mixture. Cook for approximately 1 more minute until it thickens.
5. Introduce the remaining ingredients and continue to cook and stir for another 1 minute.

WATER CAKE WITH CHAI POH (HALAL)



Prep Time : 15 Minutes
Cook Time : 20 Minutes
Resting Time : 15 Minutes
Total Time : 50 Minutes

Cooking with the
**Steam Oven/
Induction Cooker**



WATER CAKE WITH CHAIPOH (HALAL)



INGREDIENTS

- Rice Flour
- Tapioca Flour
- Salt
- Water
- Boiling Water
- Cooking Oil

Topping :

- Sweet Chai Poh
- Cooking Oil
- Shallots (Chopped)
- Garlic (Chopped)
- Dark Soy Sauce
- Sugar
- Ground White Pepper

Serve / Garnish :

- Sambal Chilli
- Spring Onion
- Toasted White Sesame Seed



AMOUNT

150 gm
25 gm
1/4 tsp
200 ml
600 ml
2 tsp

150 gm
2 tbl
3 pcs
2 cloves
1 tbl
2 tbl
1/2 tsp

1 tsp
1 tsp
1/2 tsp



PROCEDURE FOR PREPARATION

Preparing the Topping:

1. To prepare the chai poh topping, rinse it thoroughly in water several times to remove the saltiness. Drain and squeeze out any excess water, then finely chop it. Heat cooking oil in a wok or skillet, stir-fry shallots and garlic for 30 seconds. Add the chopped preserved radish, along with the seasonings, and stir-fry until it becomes fragrant.

Making the Water Cake Batter:

1. In a large bowl, combine the flour and salt. Add room temperature water and stir until well blended. If the mixture appears thick, you can add boiling water to achieve the desired consistency and mix thoroughly.

Steaming:

1. You can use individual condiment bowls or mini muffin tins for this step. Brush them lightly with oil.
2. Use a measuring cup with a spout to pour the batter. Make sure to stir the batter before pouring it to ensure an even consistency.
3. Steam the mixture for 15 minutes, and when serving, garnish it with sambal chili, spring onions, and sesame seeds.





WESTERN DELIGHTS

Cooking with the
Air Fryer/Microwave Oven/
Rice Cooker/Induction Cooker



BAKED TOMATO & SPINACH FRITATA



Prep Time : 5 Minutes
Cook Time : 10 Minutes
Total Time : 15 Minutes

Cooking with the
Microwave Oven



BAKED TOMATO & SPINACH FRITATA



INGREDIENTS

- Fresh Eggs
- Grated Parmesan Cheese
- Salt / Pepper Mix
- Cherry Tomato (Half)
- Cooking Cream
- Australia Baby Spinach
- Garlic (Minced)
- Olive oil



AMOUNT

- 4 nos
- 40 gm
- 3 gm
- 60 gm
- 50 gm
- 30 gm
- 3 gm
- 1 tbl



PROCEDURE FOR PREPARATION

1. Sauté the garlic in olive oil until it becomes fragrant. Then, add the baby spinach and cook it for about 1 minute. Set this mixture aside for later.
2. In a medium-sized mixing bowl, whisk the 4 eggs thoroughly. Next, gently fold in the cooked baby spinach, tomatoes, cooking cream and season it with a pinch of salt and pepper for added flavor.
3. Transfer this tomato and spinach mixture into an oval baking dish.
4. To finish, generously sprinkle Parmesan cheese on top, and then bake it at 190°C for approximately 12 minutes until it's perfectly cooked.

CHICKEN SHERPERD'S PIE



Prep Time : 45 Minutes

Cook Time : 15 Minutes

Total Time : 1 Hour

Cooking with the
**Air Fryer/Steam Oven/
Induction Cooker**



CHICKEN SHERPERD'S PIE



INGREDIENTS

For the Potatoes :

- Russet Potatoes
- Milk / Cream Mix
- Unsalted Butter
- Kosher Salt
- Ground Black Pepper
- Egg Yolk

For the Meat Filling :

- Canola Oil
- Yellow Onion (Chopped)
- Carrots (Brunoise)
- Garlic (Minced)
- Minced Chicken
- Kosher Salt
- Ground Black Pepper
- All purpose flour
- Tomato Paste
- L&P Worcestershire
- Chicken Broth
- Fresh Rosemary (Chopped)
- Fresh Thyme (Chopped)
- Frozen Corn Kernels
- Green Peas (Can)



AMOUNT

680 gm
1/4 cup
1/4 cup
3/4 tsp
1/4 tsp
1 no

2 tbl
1 cup
1/2 cup
2 cloves
680 gm
1 tsp
1/2 tsp
2 tbl
2 tsp
1 tsp
1 cup
2 tsp
1 tsp
1/2 cup
1/2 cup



PROCEDURE FOR PREPARATION

1. Peel the potatoes and cut them into 1/2-inch dice. Place them in a medium saucepan and cover them with cold water. Place the saucepan over high heat, cover it, and bring it to a boil. Let the potatoes cook until they are tender, which should take about 15 minutes.
2. While the potatoes are cooking, you can prepare the creamy mixture. In a microwave-safe container, combine the milk, cream, and butter. Heat this mixture in the microwave until it's warmed, which should take about 35 seconds. Once the potatoes are cooked, drain them and return them to the saucepan. Mash the potatoes, and then add the warmed milk and cream mixture, butter, salt, and pepper. Keep mashing until the potatoes become smooth and creamy. Finally, stir in the egg yolk until everything is well combined.
3. Next, preheat the Air Fryer or Steam Oven to 180°C.
4. In a separate pan, heat some oil over medium-high heat. Add the diced onion, carrots, and garlic, and stir them to combine. Then, add the minced chicken, along with some salt and pepper. Cook the chicken until it's fully cooked through.
5. Sprinkle the cooked chicken with flour and toss it to coat. Add the tomato paste, chicken broth, Worcestershire sauce, rosemary, and thyme. Stir everything together until it's well combined. Allow the mixture to come to a boil, then reduce the heat to low, cover the pan, and let it simmer until the sauce thickens slightly.
6. To assemble the dish, add the corn and peas to the lamb mixture and spread this evenly into a baking dish. Then, top it with the creamy mashed potatoes using a rubber spatula to create an even layer. Finally, bake the dish for 25 minutes until it's cooked to perfection.

CREAMY BEEF STROGANOFF WITH MUSHROOMS



Prep Time : 15 Minutes

Cook Time : 15 Minutes

Total Time : 30 Minutes

Cooking with the
Induction Cooker



CREAMY BEEF STROGANOFF WITH MUSHROOMS



INGREDIENTS

• Sirloin Steak (Sliced)	450 gm
• Olive Oil	2 tbl
• Unsalted Butter	2 tbl
• Yellow Onion (Diced)	1/2 medium onion
• Brown Mushroom (Thick sliced)	225 gm
• Garlic Cloves (Minced)	1 pc
• All Purpose Flour	1 tbl
• Beef Broth	1 cup
• Heavy Whipping Cream	3/4 cup
• Sour Cream	1/4 cup
• Worcestershire Sauce	1 tbl
• Dijon Mustard	1/2 tsp
• Salt	1/2 tsp
• Black Pepper	1/4 tsp



AMOUNT



PROCEDURE FOR PREPARATION

1. Heat a large deep pan with oil over medium-high heat. Place the thinly sliced beef strips in a single layer, allowing them to cook for 1 minute per side without stirring. This will result in a rich brown color on both sides of the beef. Transfer the cooked beef to a plate and cover it to keep it warm.
2. In the same pan, add butter, chopped onions, and sliced mushrooms. Sauté them for approximately 8 minutes until the onions and mushrooms soften and take on a light brown hue.
3. Introduce minced garlic and sauté for an additional 1 minute until its delightful fragrance emerges. Add a tablespoon of flour and continue sautéing for another minute.
4. Pour in beef broth, making sure to scrape up any flavorful bits from the bottom of the pan. Then add cream and let the mixture simmer until it thickens.
5. Take a few tablespoons of the sauce and combine it with sour cream to temper it, preventing the sour cream from curdling. Add this mixture back to the pan and stir continuously.
6. Incorporate Worcestershire sauce, Dijon mustard, salt, and pepper into the sauce. Once the sauce reaches a creamy consistency, add the beef back into the pan and bring it to a simmer.

CREAMY CRAB MEAT ALFREDO PASTA



Prep Time : 10 Minutes
Cook Time : 10 Minutes
Total Time : 20 Minutes

Cooking with the
Induction Cooker



CREAMY CRAB MEAT ALFREDO PASTA



INGREDIENTS

- Fusilli Pasta
- Crab Meat (Diced)
- Cooking Cream
- Garlic (Minced)
- Grated Parmesan Cheese
- Unsalted Butter
- Fresh Tomato (Diced)
- Green Zucchini (Diced)
- Salt / Pepper Mix



AMOUNT

- 180 gm
- 60 gm
- 120 gm
- 30 gm
- 60 gm
- 20 gm
- 20 gm
- 20 gm
- 3 gm



PROCEDURE FOR PREPARATION

1. Blanch the fusilli pasta for 8 minutes. Once they're done, promptly cool them in ice water to halt the cooking process. Drain and set them aside.
2. In a skillet, sauté garlic in butter until it becomes fragrant. Then, add crab meat, tomatoes, and zucchini, and cook for 2 minutes.
3. Pour in the cooking cream, seasoned with a pinch of salt and pepper. When it begins to simmer, add the cooked fusilli pasta and toss everything together. Finish off this delectable dish by garnishing it with Parmesan cheese.

FOUR-CHEESE CAULIFLOWER GRATIN



Prep Time : 20 Minutes
Cook Time : 20 Minutes
Total Time : 40 Minutes

Cooking with the
**Air Fryer/Microwave Oven/
Induction Cooker**



FOUR-CHEESE CAULIFLOWER GRATIN



- Cauliflowers
- Mozzarella Ball (Torn Into Pieces)
- Orange Cheddar Cheese
- Crispy Onions

For the Sauce :

- Butter
- Plain Flour
- Whole Milk
- English Mustard
- Cream Cheese
- Truffle Oil
- Grated Parmesan



- 2 each
- 125 gm
- 200 gm
- 30 gm

- 25 gm
- 25 gm
- 300 ml
- 30 gm
- 100 gm
- 1 tsp
- 100 gm



1. Melt the butter in a shallow saucepan. As soon as it starts to sizzle, incorporate the flour to create a paste. Allow it to cook for about a minute, then gradually whisk in the milk until you achieve a smooth and thick sauce. Next, stir in the mustard, cream cheese, truffle oil, and Parmesan. Continue cooking over low heat until the sauce thickens to your liking.
2. Preheat your Microwave Oven or Airfryer to 140°C. Prepare the cauliflower by trimming off the leaves and slicing it into roughly 1cm-thick steaks. Assemble the dish in a manner similar to lasagna. Start by spooning a quarter of the cheese sauce into a large baking dish and spreading it out. Then, layer in half of the cauliflower. Repeat this process until you've covered it all with a generous layer of sauce. Finally, top it off with mozzarella, cheddar, and crispy onions.
3. Bake the dish for approximately 20 minutes or until the cheese turns a delightful golden hue, and the cauliflower is tender yet still has some bite to it. Once done, allow it to cool for about 10 minutes before serving.

FRUITY ALMOND BUTTER PILAF RICE



Prep Time : 10 Minutes

Cook Time : 25 Minutes

Total Time : 35 Minutes

Cooking with the
Rice Cooker/Induction Cooker



FRUITY ALMOND BUTTER PILAF RICE



INGREDIENTS

- Basmati Rice (Washed)
- Unsalted Butter
- Yellow Onions (Chopped)
- Ground Cumin
- Ground Turmeric
- Ground Cinnamon
- Garlic Cloves
- Water
- Salt
- Ground Black Pepper
- Dried Apricots
- Currants
- Toasted Sliced Almonds



AMOUNT

- 1 1/2 cups
- 3 tbl
- 1 small onion
- 1/2 tsp
- 1/2 tsp
- 1/4 tsp
- 2 cloves
- 2 1/4 cups
- 1 1/4 tsp
- 1/4 tsp
- 2 tbl + 2 tsp
- 2 tbl + 2 tsp
- 1/4 cup



PROCEDURE FOR PREPARATION

1. In a pot, melt the butter over medium-low heat. Add the chopped onion and stir regularly for about 4 minutes until it becomes soft but doesn't brown.
2. Add the cumin, turmeric, cinnamon, and minced garlic. Cook and stir constantly until the aroma is released. Then, add the rice to the pot and continue stirring for approximately 3 minutes. Pour in the water, and season with salt and pepper. Bring the mixture to a boil.
3. Transfer the contents to a rice cooker and set it to the quick cook mode. Once the rice is done, remove the lid and sprinkle the dried fruit over the rice without mixing it in. Cover the rice cooker and let it sit for 10 minutes. Just before serving, add the toasted almonds and fluff the rice with a fork.



LEMON COUSCOUS MORROCAN BAKED CHICKEN



Prep Time : 15 Minutes

Cook Time : 25 Minutes

Total Time : 40 Minutes

Cooking with the
**Air Fryer/Microwave Oven/
Induction Cooker**



LEMON COUSCOUS MORROCAN BAKED CHICKEN



INGREDIENTS

Marinade :

- Chicken Leg Boneless
- Cumin Powder
- Coriander Powder
- Turmeric Powder
- Cinnamon Powder
- Chilli Powder
- Olive Oil
- Salt
- Black Pepper Crushed

Lemon Couscous :

- Olive Oil
- Garlic (Minced)
- Chicken Broth
- Lemon Zest
- Lemon Juice
- Salt
- English Parsley (Chopped)
- Couscous



AMOUNT

- 2 kg
- 20 gm
- 20 gm
- 10 gm
- 10 gm
- 5 gm
- 80 gm
- 15 gm
- 10 gm



PROCEDURE FOR PREPARATION

1. In a large mixing bowl, marinate the chicken, wrap it with cling film, and refrigerate it overnight.
2. Preheat the Air Fryer or microwave oven to 180°C. Bake the chicken in the preheated oven or Air Fryer for 10 minutes, then flip the chicken over and continue cooking for an additional 10 minutes.
3. Heat some olive oil in a medium saucepan over medium-low heat.
4. Add the garlic and sauté until it becomes fragrant, which should take about 20 seconds.
5. Remove the saucepan from the heat, pour in the chicken broth, lemon zest, lemon juice, and season with salt. Place it over medium-high heat and bring it to a boil.
6. Pour in the couscous, give it a good stir, then remove it from the heat and promptly cover it with a lid. Allow it to sit for 5 minutes to cool down.
7. Add the parsley and fluff the couscous with a fork. If desired, finish with a bit more olive oil or broth to add moisture, and serve it warm.

MEXICAN BEEF CHILI CON CARNE



Prep Time : 10 Minutes
Cook Time : 20 Minutes
Total Time : 30 Minutes

Cooking with the
Induction Cooker



MEXICAN BEEF CHILI CON CARNE



INGREDIENTS

- Olive Oil
- Yellow Onion (Diced)
- Garlic Cloves (Minced)
- Minced Beef
- Kidney Beans (Can)
- Tomatoes (Can)
- Ground Sweet Paprika
- Tomato Paste
- Jalapenos (Diced)
- Red Capsicum (Diced)

Homestyle Potato Chips :

- Potatoes (Peeled, Sliced Paper-thin)
- Salt
- Cooking Oil



AMOUNT

- 1 tbl
- 1 no
- 4 cloves
- 500 gm
- 420 gm
- 800 gm
- 2 tbl
- 1 tbl
- 1/4 cup
- 1 no
- 4 medium
- 3 tbl
- 1 ltr



PROCEDURE FOR PREPARATION

1. Submerge the potato slices in a generous bowl of cold water as you cut them.
2. After slicing, drain the potato slices and give them a thorough rinse under cold running water. Refill the bowl with fresh water, introduce salt, and return the potato slices to the bowl. Allow the potatoes to soak in the salted water for a minimum of 30 minutes.
3. Drain the potato slices once more and rinse them under running water. Pat them dry gently.
4. Heat up the oil and commence frying.
5. Warm up the oil and start sautéing the onion, garlic, and capsicum.
6. Introduce the minced meat and cook for a few minutes.
7. Add the beans, tomatoes, sweet paprika, tomato paste, and jalapenos. Allow the mixture to gently simmer for approximately 15-20 minutes.

MIDDLE EAST CHICKEN STEW



Prep Time : 5 Minutes
Cook Time : 25 Minutes
Total Time : 30 Minutes

Cooking with the
Induction Cooker



MIDDLE EAST CHICKEN STEW



INGREDIENTS

- Olive Oil
- Yellow Onion
- Garlic Cloves
- Salt
- Ground Black Pepper
- Sweet Paprika
- Chilli Flakes
- Ground Coriander
- Tomato Paste
- Chickem Broth
- Crushed Tomato (Can)
- Green Lentils (Can)
- Mid Joint Wing
- Bay Leaves
- Dill (Chopped)



AMOUNT

- 1 tbl
- 1 no
- 6 pcs
- 1 tsp
- 1 tsp
- 1 tsp
- 1/2 tsp
- 1/2 tsp
- 5 tbl
- 1 cup
- 2 cups
- 2 cans
- 500 gm
- 2 pcs
- 2 tbl



PROCEDURE FOR PREPARATION

1. In a large pot, heat the oil, then add the garlic and onion, cooking for 2 minutes. Stir in the salt, pepper, coriander, paprika, chili flakes, and tomato paste, and cook for an additional 1 minute.
2. Pour in the broth and crushed tomatoes, then add the green lentils, chicken, and bay leaves, bringing the mixture to a boil. Cover the pot and let it simmer for 15 minutes.



OVEN BAKED HOT MUSTARD CHICKEN



Prep Time : 10 Minutes
Cook Time : 20 Minutes
Total Time : 30 Minutes

Cooking with the
Air Fryer/Electric Oven



OVEN BAKED HOT MUSTARD CHICKEN



INGREDIENTS

Chicken Marination :

- Chicken Leg Boneless
- American Mustard
- German Hot Mustard
- Honey
- Garlic (Minced)
- Fine Salt Table
- Crushed Black Pepper

Dipping Sauce :

- Unsalted Butter (Minced)
- Lemon Juice
- Garlic Cloves (Minced)
- Dijon Mustard
- Cayenne Pepper
- Ground Sweet Paprika
- Chopped Parsley
- Chopped Chives
- Thyme (Minced)
- Crushed Red Pepper Flakes
- Salt & Black Pepper Mix

Garnish :

- Red Coral
- Green Coral
- Celery Sticks (4-Inch)



AMOUNT

- 2 kg
- 300 gm
- 30 gm
- 20 gm
- 100 gm
- 10 gm
- 5 gm

- 6 tbl
- 1/2 no
- 4 cloves
- 1 tbl
- 1 tsp
- 1/4 tsp
- 2 tbl
- 1 tbl
- 2 tsp
- 1/4 tsp
- 1 tbl

- 2 pcs
- 2 pcs
- 6 sticks



PROCEDURE FOR PREPARATION

1. Prepare the marinade by mixing the ingredients in a bowl or sealing them in a ziplock bag.
2. Place the chicken into the marinade and allow it to marinate for at least 2 hours in the refrigerator, or you can marinate it overnight for enhanced flavor.
3. When you're ready to cook, take the chicken out of the refrigerator and allow it to sit at room temperature for approximately 15-20 minutes. Concurrently, preheat your oven or air fryer to 200°C.
4. Arrange the marinated chicken pieces on a baking tray and put them in the preheated oven.
5. Bake the chicken for approximately 20 minutes or until it is fully cooked.
6. In a small bowl, prepare the sauce by combining melted butter, lemon juice, minced garlic, mustard, cayenne pepper, and paprika. Whisk the sauce until all the ingredients are well blended.
7. To the sauce, add chopped parsley, chives, red pepper flakes, thyme, and season with salt and pepper to taste. Mix everything together thoroughly.



ROASTED CARROT WITH MAPLE BUTTER



Prep Time : 10 Minutes

Cook Time : 25 Minutes

Total Time : 35 Minutes

Cooking with the
Air Fryer/Microwave Oven



ROASTED CARROT WITH MAPLE BUTTER



INGREDIENTS

- Unsalted Butter (Diced)
- Local Carrots (Cube)
- Maple Syrup
- Garlic Powder
- Ground Cinnamon
- Fresh Thyme
- Salt / Pepper Mix

Garnish

- Chopped Parsley



AMOUNT

- 1/4 cup
- 700 gm
- 2 tbl
- 1 tsp
- 1/4 tsp
- 1 tsp
- 2 gm

2 gm



PROCEDURE FOR PREPARATION

1. Place butter in a small skillet or pot and heat it over medium heat. As the skillet warms up, the butter will start to melt.
2. Let the butter bubble and cook until it transitions from a bright yellow hue to a rich golden brown shade. During this process, brown bits will form at the bottom of the skillet or pot. Remove the butter from the heat.
3. Combine maple syrup, garlic powder, cinnamon, thyme, salt and pepper with the browned butter.
4. Drizzle this flavorful butter mixture over the carrots and ensure they are thoroughly coated.
5. Transfer the coated carrots to a baking sheet lined with parchment paper. Roast the carrots at 180°C for 20-25 minutes until they become tender.
6. Before serving, garnish with additional fresh thyme and chopped parsley.

SHISH TAOUK



Prep Time : 15 Minutes
Cook Time : 15 Minutes
Total Time : 30 Minutes

Cooking with the
Air Fryer/Microwave Oven



SHISH TAOUK



INGREDIENTS

Chicken Marination :

• Chicken Breast (Cube)	200 gm
• Garlic (Minced)	15 gm
• Olive Oil	40 gm
• Lemon Juice	15 gm
• Greek Yoghurt	20 gm
• Fine Salt	3 gm
• White Pepper Powder	2 gm
• Cumin Powder	2 gm
• Red Onion (Diced)	500 gm

Dipping Sauce :

• Mayonnaise	1/2 cup
• Plain Yogurt	1 cup
• Garlic (Minced)	3 cloves
• Fine Salt	1/4 tsp



AMOUNT



PROCEDURE FOR PREPARATION

1. In a medium mixing bowl, combine oil, minced garlic, olive oil, lemon juice, yogurt, salt, white pepper, and cumin powder. Stir well to create a marinade. Add the chicken cubes to the marinade, ensuring they are coated on all sides. Cover the bowl and refrigerate the chicken overnight for marination.
2. To prepare the dipping sauce, mix mayonnaise, yogurt, minced garlic, and a pinch of salt in a separate bowl. Cover the sauce and place it in the refrigerator.
3. Preheat your oven or air fryer to 200°C (392°F).
4. Transfer the marinated chicken cubes to a shallow baking dish. Bake them in the preheated oven for approximately 15 minutes, or until they are cooked to perfection.

SLOW BAKED SALMON FILLETS



Prep Time : 30 Minutes
Cook Time : 15 Minutes
Total Time : 45 Minutes

Cooking with the
**Microwave Oven/
Induction Cooker**



SLOW BAKED SALMON FILLETS



Salmon :

- Salmon Fillet (Skin On)
- Kosher Salt
- Ground Black Pepper

Sundried Tomato Cream Sauce :

- Slivered Oil-Packed Sun-dried Tomatoes 1/2 cup
- Oil (From The Jar) 1 tbl
- Shallots (Chopped) 1/2 cup
- Cranberry Juice 2 tbl + 2 tsp
- White Vinegar 2 tbl + 2 tsp
- Low-Sodium Vegetable Broth 1/3 cup
- Heavy Cream 1/3 cup
- Fresh Parsley (Chopped) 2 tbl

Homemade Mashed Potatoes :

- Russet Potatoes 5 nos
- (Peeled, Cut Into Quarters)
- Fine Salt 1 tsp
- Unsalted Butter 1 tbl
- Ground White Pepper 1/2 tsp
- Hot Milk 1/4 cup



- 454 gm
- 1/2 tsp
- 1/2 tsp

PROCEDURE FOR PREPARATION



1. Place the potatoes in a large saucepan and add enough water to cover them. Sprinkle in 1/2 tsp of salt and bring the water to a boil. Reduce the heat to medium-low, loosely cover, and gently boil for 15 minutes. Drain the potatoes thoroughly.
2. Return the drained potatoes to the saucepan and gently shake them over low heat for 2 minutes to remove any excess moisture.
3. Mash the potatoes until they are smooth and free of lumps. Add butter, pepper, and salt. Continue mashing, gradually incorporating enough milk to achieve a creamy and smooth consistency.
4. Preheat your oven to 200°C and line a baking sheet with foil.
5. Place the salmon fillet on the prepared baking sheet, with the skin-side down. Sprinkle evenly with 1/4 tsp of salt and 1/4 tsp of pepper. Bake for approximately 8 to 10 minutes.
6. Heat the sun-dried tomato oil in a large skillet over medium heat. Add the sun-dried tomatoes and shallots, and sauté for 1 minute. Pour in the vinegar and broth, cooking until most of the liquid has evaporated.
7. Reduce the heat to medium, stir in the cream, and season with salt and pepper. Once the mixture reaches a simmer, serve it over the salmon, garnished with fresh parsley.

STEWED TRIO BEANS IN NAPOLI SAUCE



Prep Time : 20 Minutes
Cook Time : 20 Minutes
Total Time : 40 Minutes

Cooking with the
**Microwave Oven/
Induction Cooker**



STEWED TRIO BEANS IN NAPOLI SAUCE



INGREDIENTS

• White Bean	30 gm
• Chickpea	30 gm
• Red Kidney Bean	30 gm
• Yellow Onion (Small Diced)	20 gm
• Australia Carrot (Small Diced)	10 gm
• Celery (Small Diced)	10 gm
• Vegetarian Bacon Bits	5 gm
• Fresh Thyme	2 gm
• Napoli Sauce	80 gm
• Olive Oil	10 gm
Napoli Sauce :	
• Olive Oil	1/4 cup
• Yellow Onion	1/2 small
• Garlic Cloves	2 pcs
• Whole Peeled Tomatoes (Can)	28 oz
• Sugar	1/4 tsp
• Kosher Salt	1/4 tsp
• Basil Leaves	5 pcs
Garlic Butter Croutons :	
• Sandwich Bread	7 slices
• Olive Oil	3 tbl
• Unsalted Butter	3 tbl
• Dried Parsley	1 tsp
• Garlic Powder	1/2 tsp
• Salt	1/4 tsp



AMOUNT



PROCEDURE FOR PREPARATION

1. Preheat your oven to 170°C and lining a baking sheet with parchment paper. Set this aside for later.
2. Take your loaf of bread and delicately slice it into 3/4 inch cubes. Place these cubes into a large bowl.
3. In a separate bowl, blend together olive oil and melted butter. Gradually drizzle this buttery mixture over the bread cubes while gently stirring and tossing until every cube is evenly coated. Next, sprinkle the bread cubes with parsley, garlic powder, and salt, and toss them to ensure an even coating. Spread these seasoned cubes into a single layer on the prepared baking sheet.
4. Slide this baking sheet into the oven and allow the cubes to bake until they turn a delightful golden brown. Once done, remove them from the oven and let them cool completely.
5. Chop the yellow onion and finely mince the garlic cloves. In a pan, heat up some olive oil over medium heat, then add the chopped onion and minced garlic.
6. Sauté the onion and garlic until the onion turns translucent. Next, take your whole peeled tomatoes and blend them into a puree using a blender. About five spins should do the trick.
7. Pour the freshly pureed tomatoes into the pan with the sautéed onion and garlic. Stir this mixture over medium-low heat for approximately 15 minutes.
8. Add sugar, salt, and basil leaves to the sauce, then cook for an additional 5 minutes before setting it aside.
9. In a saucepan, heat up some olive oil over medium-high heat. Sauté the diced celery, carrot, and onion until they become translucent.
10. Incorporate thyme and beans into the mixture, and sauté until they become fragrant. Pour in the Napoli sauce and stir everything together.
11. Let it simmer for 20 minutes, and it's ready to be served. Feel free to garnish with vegetarian bacon bits for an extra touch of flavor.



TOMATO BRUSCHETTA



Prep Time : 15 Minutes

Cook Time : 10 Minutes

Total Time : 25 Minutes

Cooking with the
Microwave Oven



TOMATO BRUSCHETTA



INGREDIENTS

- Fresh Tomato (Diced)
- Mozzarella Cheese Ball (Diced)
- French Baguette (Sliced 3 cm)
- Yellow Onion (Diced)
- Garlic (Minced)
- Fresh Basil (Julienne)
- Olive oil
- Black Olives (Sliced)
- Salt / Crushed Black Pepper Mix

Baguette Spread :

- Garlic (Minced)
- Dried Oregano
- Olive Oil
- Salt / Crushed Black Pepper Mix



AMOUNT

- 60 gm
- 30 gm
- 4 pcs
- 5 gm
- 3 gm
- 5 gm
- 8 gm
- 1 pc
- 3 gm

- 2 gm
- 1 gm
- 40 gm
- 3 gm



PROCEDURE FOR PREPARATION

1. Start by preparing a flavorful mixture in a small mixing bowl. Combine garlic, dried oregano, olive oil, and a pinch of salt and pepper. Spread this delightful mixture generously on each slice of the French Baguette. Then, bake them in the oven at 180°C for approximately 10 minutes until they turn golden.
2. In a medium-sized mixing bowl, bring together diced tomatoes, cheese balls, finely chopped yellow onion, minced garlic, a drizzle of olive oil, sliced black olives, and a sprinkle of salt and pepper.
3. Once the baguette slices are baked and ready, place a generous portion of this delicious filling mixture on top of each one. For a finishing touch, garnish with fresh basil leaves.





FINGER

FOOD

Cooking with the
Air Fryer/Microwave Oven/
Induction Cooker



BATTERED ALASKA POLLOCK FISH



Prep Time : 20 Minutes

Cook Time : 15 Minutes

Total Time : 35 Minutes

Cooking with the
Air Fryer/Microwave Oven





BATTERED ALASKA POLLOCK FISH



INGREDIENTS

- Pollock Fillets (Skinned & Cut To Bite-Size) 2 fillets
- Fresh Eggs 2 nos
- Breadcrumbs 1 cup
- All-purpose Flour 1 cup
- Ground Coriander (Divided) 1 1/4 tsp
- Kosher Salt 1/4 tsp
- Ground Black Pepper 1/8 tsp
- Mayonnaise 1 1/2 cups
- Garlic Cloves (Minced) 2 cloves
- Frank's Hot Sauce 3 tbl
- Lemon Juice 1 tbl
- Sweet Paprika 1 tsp
- Canola Oil Spray



AMOUNT



PROCEDURE FOR PREPARATION

1. In a small mixing bowl, combine mayonnaise, garlic, hot sauce, lemon juice, and paprika. Set this mixture aside.
2. Dry the fish and season both sides with salt and pepper.
3. In a separate bowl, crack the eggs and whisk them. On one plate, place the flour and add 1 tsp of coriander. On a second plate, spread out the breadcrumbs.
4. Take each fillet and coat it thoroughly in the following sequence: flour, egg, and breadcrumbs. Place all the coated pieces on a separate plate.
5. Arrange a layer of the fish fillets in your airfryer, then spray them with canola oil. Airfry or oven convection bake them at 200°C for approximately 15 minutes or until they turn golden brown.
6. Serve the crispy fish fillets with the prepared mayonnaise mixture.



CHINESE 5 SPICES BAKED CHICKEN



Prep Time : 15 Minutes

Cook Time : 14 Minutes

Total Time : 29 Minutes

Cooking with the
Air Fryer



CHINESE 5 SPICES BAKED CHICKEN



INGREDIENTS

Chicken Marination :

- Boneless Chicken Leg (Cube)
- Green Capsicum (Cube)
- Red Capsicum (Cube)
- Shiitake Mushroom
- Chicken Powder
- Fine Salt
- Light Soy Sauce
- Oyster Sauce
- Dark Soya Sauce
- Cumin Powder
- Potato Starch
- Honey

Garnish :

- Toasted White & Black Sesame Seed
- Bamboo Skewer



AMOUNT

- 200 gm
- 50 gm
- 50 gm
- 20 gm
- 5 gm
- 10 gm
- 5 gm
- 5 gm
- 5 gm
- 5 gm
- 5 gm
- 25 gm



PROCEDURE FOR PREPARATION

1. In a medium-sized mixing bowl, marinate the chicken, mushrooms, and capsicum with the marinade. Allow it to sit for at least 2 hours.
2. Thread the chicken, mushrooms, and capsicum onto skewers.
3. Bake at 180°C for 7 minutes. Brush honey over the chicken skewers and bake for an additional 8 minutes.
4. Garnish with sesame seeds, and your dish is ready to be served.

CRISPY GOLDEN SHRIMP PASTE CHICKEN



Prep Time : 15 Minutes
Cook Time : 20 Minutes
Total Time : 35 Minutes

Cooking with the
Air Fryer/Microwave Oven



CRISPY GOLDEN SHRIMP PASTE CHICKEN



INGREDIENTS

- Mid Joint Wing
- Prawn Paste / Shrimp Sauce
- Sugar
- Sesame Oil
- White Vinegar
- Ground White Pepper
- Chicken Powder

For the Batter :

- Plain Flour
- Potato Starch / Corn Flour
- Water
- Egg
- Bicarbonate Soda
- Baking Powder



AMOUNT

- 1 kg
- 3 tbl
- 3 tsp
- 2 tbl
- 3 tbl
- 1 tsp
- 2 tsp

- 80 gm
- 80 gm
- 100 ml
- 1 no
- 1/4 tsp
- 1/4 tsp



PROCEDURE FOR PREPARATION

1. In a mixing bowl, combine prawn paste (shrimp sauce), sugar, sesame oil, white vinegar, and white pepper.
2. Add the chicken pieces and mix them until they are thoroughly coated with the marinade.
3. In a separate bowl, combine all the batter ingredients and stir with a spoon or whisk until the mixture is smooth and free of lumps.
4. Add this batter to the chicken in the marinade and stir until everything is well combined.
5. Cover the bowl with cling wrap and set it aside in the refrigerator for at least 8 hours, preferably overnight or for up to 2 days.
6. Air fry or oven bake at 180°C for 20 minutes.
7. It's ready to be served with freshly squeezed lime juice and sweet chili sauce on the side.

CRUNCHY SPICED SQUID



Prep Time : 10 Minutes
Cook Time : 15 Minutes
Total Time : 25 Minutes

Cooking with the
Air Fryer/Electric Oven



CRUNCHY SPICED SQUID



INGREDIENTS

- Squid (Tubes, Cleaned, 1/2 Inch Thick)
- Buttermilk
- All-purpose flour
- Corn Flour
- Fine Yellow Cornmeal
- Old Bay Seasoning
- Kosher Salt (Divided)
- Lemon Wedges
- Avocado Oil Spray
- Mayonaise
- Honey
- Dijon Mustard



AMOUNT

- 400 gm
- 1 cup
- 3/4 cup
- 3/4 cup
- 6 tbl
- 2 tsp
- 2 3/4 tsp
for serving
- 1/4 cup
- 1/4 cup
- 2 tbl



PROCEDURE FOR PREPARATION

1. Combine mayonnaise, honey, and mustard in a small bowl, stirring until well blended. Set this mixture aside.
2. Take the cleaned squid pieces and place them in a medium-sized bowl. Pour buttermilk over the squid and toss them to ensure an even coating. Cover and refrigerate to chill.
3. Preheat your Air Fryer or oven to 200°C.
4. In a shallow dish, stir together all-purpose flour, corn flour, cornmeal, Old Bay seasoning, and 2 tsp of salt.
5. In batches, remove squid pieces from the buttermilk and coat them in the flour mixture.
6. Bake the squid pieces for 5 minutes, then remove and flip them over. Spritz a little more avocado oil and bake for an additional 5 minutes.
7. Continue this process with the remaining squid pieces until they are all cooked.

GARDEN STUFFED ZUCCHINI BOAT



Prep Time : 40 Minutes + Cooling

Cook Time : 10 Minutes

Total Time : 50 Minutes

Cooking with the
Microwave Oven



GARDEN STUFFED ZUCCHINI BOAT



INGREDIENTS

- Zucchini (Medium)
- Ground Beef
- Yellow Onion (Chopped)
- Green Capsicum (Chopped)
- Garlic Cloves (Minced)
- Water (Divided)
- Crushed Tomatoes (Can)
- Roasted Sweet Red Peppers (Chopped)
- Fresh Mushrooms (Chopped)
- Ditalini (Uncooked)
- Dried Thyme
- Dried Oregano
- Salt
- Crushed Black Pepper
- Grated Parmesan Cheese
- Shredded Mozzarella Cheese (Divided)



AMOUNT

- 3 nos
- 340 gm
- 3/4 cup
- 1/2 cup
- 2 pcs
- 1 1/2 cups
- 3/4 cup
- 1/2 cup
- 1/3 cup
- 1/4 cup
- 1 tsp
- 1/4 tsp
- 1/4 tsp
- 1/4 tsp
- 1/4 cup
- 1 cup



PROCEDURE FOR PREPARATION

1. Preheat your oven to 230°C. Take the zucchini and cut them in half lengthwise. Then, place the cut sides down in a baking dish without the need for greasing. Let them bake for 10 minutes. Once they've cooled enough to handle, scoop out the seeds, ensuring you leave about a 1/4-inch thick shell.
2. In a spacious skillet, cook the beef, onion, green pepper, and garlic over medium heat for about 10 minutes. Stir in 1 cup of water, along with the tomatoes, red peppers, mushrooms, ditalini pasta, thyme, oregano, salt, and pepper. Cook this mixture until it thickens and the pasta reaches an al-dente consistency, which should take about 15 minutes. Finally, stir in the Parmesan cheese.
3. Now, spoon this flavorful mixture into the zucchini shells, ensuring they are well-filled. Place these stuffed zucchinis back into the baking dish. To top it off, sprinkle 1 cup of cheese over the stuffed zucchinis, and pour the remaining water into the bottom of the dish.
4. With everything assembled, bake, uncovered, for an additional 20 minutes. You'll know they're ready when the zucchini becomes tender, and the cheese on top is wonderfully melted and golden.



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