

FAMILY RECIPES

INSPIRATIONS FROM THE KITCHEN

PRESENTED BY PAN-UNITED

2021



Home Cooking without a Culinary Degree

We celebrate the rich cultural diversity of the Pan-United family of employees with our humble sharing of family favourites.

We hope you will enjoy trying out these recipes in the comfort of your own kitchens.



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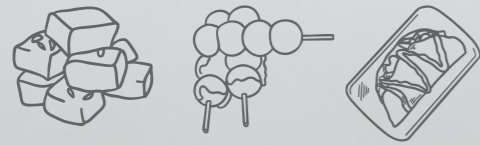
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SNACKS

Snacks to enjoy at any time of the day.





Ingredients *(Makes about 20 fritters)*

- 150 grams rice flour
- 50 grams all-purpose flour
- 2 teaspoons baking soda
- 3 tablespoon oil
- 1 large egg
- 200 millilitres water
- 22-25 medium prawns (whole with shell)
- 1 stalk spring onions, sliced finely (optional)
- oil for deep frying

Seasoning

- 1 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon pepper
- 1 teaspoon onion powder
- ½ teaspoon chicken stock powder

Method

Rinse the prawns. Snip off the whiskers and spiky parts. Bring a cup of water to boil and add ½ teaspoon salt. Blanch the prawns for 1½ minutes, drain and set aside.

Sieve and mix the rice flour, all-purpose flour and baking soda with the seasoning. Make a hole in the middle and gradually stir in the oil. Mix well. Break the egg, add the water and whisk into the batter until smooth with no visible lumps. Add the spring onions (optional).

Heat oil in a wok over high heat, together with a stainless steel spatula. Scoop some batter onto the hot spatula and place a couple of prawns on top. Submerge the batter into the hot oil. The half-cooked fritter should slide smoothly into the oil. You may use a chopstick or wooden spoon to gently push the prawn fritter off the spatula. Fry till golden brown on both sides and serve immediately.

TEOCHEW PRAWN FRITTERS

"I learned how to cook this traditional Teochew snack recently from my dear husband who got the recipe from his friend. We wanted to have something savoury and nice for tea, one long afternoon during the Circuit Breaker period. This snack is special to me because the first time I tried it was during my pregnancy seven years ago when my husband made some for me. So I always have happy memories when I eat these home-made prawn fritters!"

- Sharon Seah, Sales



HOKKIEN YAM CAKE

“This is a Hokkien recipe that I learnt many years ago from my mother. To get a good result, choose yams that are lighter or less dense so that the yam cake will turn out firmer and retain its shape. Heavier yams have more moisture that can make it soggy with less ‘bite’. My two teenage daughters enjoy cooking this dish with me for special occasions. It’s good bonding time with them.”

- Jeanne Hau, Human Resources & Admin



Ingredients (Serves 5 - 6)

600 grams yam or taro, peeled and diced into cubes, marinated with 2 teaspoon salt
150 grams dried shitake mushrooms, soaked for half hour and sliced thinly
100 grams garlic, minced
200 grams shallots, sliced
oil for frying

Seasoning

3 teaspoons salt
1 teaspoon pepper
1 teaspoon five-spice powder

Batter

250 grams rice flour
50 grams tapioca flour
700 millilitres water

Method

Sieve the rice flour and tapioca flour in a deep bowl. Make a well and pour in the water gradually. Stir and mix well until it becomes a smooth batter. Set aside.

Grease a steaming tray (about 24cm square x 5cm deep) with a thin layer of oil.

Pan fry the yam cubes until golden brown and place on absorbent kitchen paper.

Deep fry the shallots in a wok over medium high heat until light golden brown, stirring constantly to prevent burning. Set aside.

Dish out the fragrant shallot oil and leave about 4 tablespoons in the wok. Fry the minced garlic over medium heat until slightly golden brown. Add the mushrooms and stir fry until fragrant. Mix in the fried taro cubes and stir well. Add the seasoning.

Reduce the heat to medium low and pour in the batter. Stir constantly for about 5 – 10 minutes until the mixture thickens. Pour the mixture into the tray. Smoothen the top with a spatula and pat down flat.

Steam the yam cake over high heat for about one hour. To test whether the cake is cooked, insert a skewer to check. The cake will be done if the stick comes out clean.

Once cooked, remove from the steamer and cool. Refrigerate for at least 4 – 6 hours, so that it is easier to slice through. Garnish with the fried shallots, freshly sliced spring onions and red chilli.

Note: The yam cake can be kept refrigerated for up to 2 days and re-steamed or pan-fried.





Ingredients

(Makes 20 - 25 dumplings depending on size)

Ingredients A – To prepare in advance

- 60 pieces dried bamboo leaves and strings, washed and soaked overnight fully submerged in water
- 1.2 kilograms pork belly, diced into small cubes and marinated with Ingredients B, refrigerate at least 4 hours
- 1 kilogram glutinous rice, soaked at least 4 hours, then drained and mixed with Ingredients C
- 25 dried chestnuts, soaked at least 4 hours and skinned
- 25 dried shiitake mushrooms, soaked at least 2 hours
- 15-20 cloves garlic, chopped
- 150 grams dried shrimps, rinsed
- 15 salted egg yolks, steamed and halved
- 200 grams dried radish or chai por 菜脯, soaked at least 2 hours to remove salt then chopped

oil for frying

salt to taste

Ingredients B - Pork marinade

- 2½ teaspoons sugar
- 1 teaspoon white pepper, more if spiciness preferred
- 1½ teaspoons five-spice powder (五香粉), more if preferred
- 2 tablespoons light soy sauce
- 3-4 teaspoons dark soy sauce
- 1½ teaspoons oyster sauce

Ingredients C – Rice seasoning

- 2 teaspoons five-spice powder (五香粉), more if preferred
- 3 tablespoons light soy sauce
- 3-4 tablespoons dark soy sauce
- 1½ tablespoons oyster sauce

Method

Please follow the sequence below as it is the most efficient way to prepare the dumplings.

In a wok, add some oil to lightly fry the chestnuts with 1 teaspoon salt then set aside. Add more oil, fry the dried radish then set aside. Add more oil, fry the chopped garlic till light brown then set aside. Add more oil, fry the dried shrimp till light brown then set aside. Next, fry the mushrooms, add some light soy sauce and set aside. Add more oil, fry the marinated pork and set aside. Finally, add more oil and fry the seasoned rice.

Checklist the 10 ingredients to lay in front of you before you start to wrap the dumplings: Bamboo leaves, strings, rice, pork, garlic, radish, shrimps, mushrooms, salted yolks, chestnuts.

Fold one bamboo leaf into a cup. Fill $\frac{1}{3}$ with rice. Add the rest of the 7 ingredients then top with a layer of rice again. Press the rice down until firm, fold the leaf around and tie with the string.

Bring a large pot of water to boil and add 1 teaspoon of salt for taste. Submerge the dumplings (the water level must be higher than the dumplings), cover with a lid and cook for 2 hours. Hang the cooked dumplings on a hook to drain and cool the bak chang.

Tip on storing the dumplings: Since no borax has been added, the bak chang should be refrigerated overnight to maintain freshness. Or freeze and consume within 3 months.

TEOCHEW BAK CHANG (Rice Dumplings)

“Working in Singapore for many years, I missed my mum’s bak chang so much and couldn’t find the unique taste of it here. She lives a long way up north in Sungai Petani, Kedah, near the Thai border. Not many people nowadays know how to make the traditional bak chang. It is time-consuming and complicated.

I tried to master the skill from my mum, who learnt from her mother, and I did it!”

- Chang Maan Yee, Procurement





KELANTAN KETUPAT SOTONG

“Squid is plentiful in Kelantan, a state on the east coast of peninsular Malaysia, and this is a very popular local dish that is served especially during festive events. Fresh medium-sized squid is stuffed with glutinous rice and cooked in gula Melaka and coconut to produce a rich taste that is both sweet and savoury. The Kelantanese love sweet dishes.”

- Aniss Arreff, Operations



Ingredients

- 1 kilogram medium sized squid
- ½ kilogram glutinous rice
- 500 millilitres coconut milk
- 2-3 blocks gula Melaka
- ¼ cup water
- 3 pandan leaves
- toothpicks
- salt to taste



Method

Soak the glutinous rice with 200ml coconut milk mixed with ½ teaspoon salt for at least 1 hour.

Wash the squid thoroughly and remove the skin and head. Slice carefully and discard the eyes and the portion with the black ink sacs. Set aside the heads.

Stuff only up to half the body of the squid with the glutinous rice. Do not add more rice as the squid will shrink at least one-third when cooked and excess rice will be squeezed out. Re-insert the head so that the tentacles can be seen. Skewer the squid right across the top with a toothpick to secure the opening so that the rice is nicely contained when fully cooked.

Mix well the rest of the coconut milk, water, gula Melaka, salt, pandan leaves. Add the squid, bring to boil then lower the heat and cook for about 20 minutes or until the glutinous rice is cooked. You should get a thick, almost syrupy gravy. If the gravy remains watery, remove the cooked squid then simmer the gravy to reduce to a syrup-like consistency. Serve immediately either whole or sliced with some gravy.

MAINS

The heaviest, heartiest and most complex or substantial dish in a meal.

The main ingredient is usually meat, fish or another protein source.





Ingredients (Serves 5-6)

- 1 kilogram chicken or 4 drumsticks
 - 2-3 tablespoons wood ears, soaked in water for half an hour and stalks trimmed off
 - 2 tablespoons wolfberries
 - ½ cup sesame oil
 - 1 bottle glutinous rice wine
 - 200 grams ginger, finely julienned
 - 3 eggs
 - 2 cups water
 - 1 teaspoon salt, or to taste
- oil for frying
coriander leaves for garnishing

Method

Fry the ginger over medium low heat till golden brown. Stir constantly to avoid burning the ginger. Low the heat, add half the quantity of sesame oil and continue frying for about 10 seconds to get the fragrance. Set aside.

Beat the eggs in a bowl. Heat 3-4 tablespoons oil. Pour the eggs into the wok, raise the heat to high and fry till the omelette is golden brown and crispy at the edges. Remove from the wok. Lower the heat to medium.

Pour the rest of the sesame oil into the wok, add the chicken and sear for about a minute till half cooked. Pour in the glutinous rice wine and then add the omelette to absorb the flavours of the ingredients in the wok.

Add just enough water to cover the chicken as too much water will dilute the soup. Add the wood ears and fried ginger. Bring to boil then reduce the heat to very low. Add salt to taste. Cover the wok and simmer for about half hour or until the chicken is tender. Top off with wolfberries and coriander leaves and serve hot. Best eaten with steaming hot rice.

Note: *This dish is perfect especially for people with a 'cold' system. It is often used as a confinement food for women in the first month after giving birth, to recover from pregnancy and 'balance' the body.*

HAKKA RICE WINE CHICKEN SOUP

"This is an original Hakka dish that was passed down to me by my mother. I was the greedy son who bothered to enter the kitchen to help her. I used to help her cook this dish when I was in primary school.

Now to get my eight-year old daughter interested so that she can cook this for me in future!"

- Lim Koon Min, Sustainability, Operations





PERANAKAN SAMBAL BELIMBING

“Sambal belimbing is a Peranakan celebration dish that is rich, sour, sweet and umami all at once. This is a recipe passed down through generations of nyonyas from Melaka. I am proud that my cousins and I still carry on the tradition of our mothers. A harvest of plump belimbing fruit from the garden was, and still is, good reason to cook this delicious appetiser to share with family and friends. Peranakans love to eat!”

- Linda Chee, Group Communications



Ingredients (Serves as an appetiser)

- | | |
|--|--|
| 1 kilogram belimbing | 1 red chilli, sliced finely for garnish |
| ½ kilogram prawns | 2 tablespoons sugar |
| 1 fresh coconut, grated | 1½ teaspoons salt |
| 3 lemongrass stalks, bruised | kaffir lime leaves, finely julienned for garnish |
| 10 kaffir lime leaves (whole) | |
| 750 millilitres water | Spice paste (rempah) |
| 2 cups oil | ½ kilogram shallots |
| 2 tablespoons tamarind paste, dissolved in a bit of water and sieved | 5 fresh red chillies |
| 50 grams palm sugar or gula Melaka | 15 dried red chillies |
| 1 teaspoon cornstarch | 3 slices belachan |
| | 2 candlenuts (optional) |
| | 1 teaspoon salt |

Method

Grind the spice ingredients into a smooth paste. Shell the prawns. Cut off the tops of the belimbing and slice into 3-4 segments. Sprinkle with 2 tablespoons salt and leave for 15 mins. Rinse off well and drain.

Squeeze the grated coconut to get the 1st milk. Set aside to use for the topping. Mix the coconut with water and squeeze to get the 2nd milk.

Heat up the oil, fry the spice paste over medium heat, add the lemon grass stalks. Fry until the oil surfaces, for about 10 minutes. Add a bit of water occasionally to prevent burning. Add the belimbing, the 2nd milk and tamarind water. Stir well. Bring to boil and add the whole kaffir lime leaves. Simmer until the belimbing is soft, for about 15 minutes. Add the prawns, gula Melaka, sugar and salt to taste. Switch off the heat.

Add the cornstarch to the 1st milk and mix well. Stir continuously over low heat until it thickens. Before serving the sambal, top with the coconut cream. Garnish with chilli and kaffir lime strips.

Note: This dish can be refrigerated and kept overnight for 3-4 days. Serve in smaller quantities with rice or even toss with pasta!

CHONG QING GRILLED FISH

"I love fish and I am addicted to mala. This is a dish that I improvised from a famous Sichuan mala dish I learned years ago. The whole fish is smothered with sauces and spices then grilled. You can vary the vegetables and use spices that you like and add more soy bean paste if you prefer a less fiery taste."

- Chen Hong, Command Centre, Operations



Ingredients (Serves 4-5)

1-1½	kilogram sea bass or grouper	1	medium onion, sliced thinly
1	cup yellow rice wine or mi jiu	3	tablespoons mala paste (Haidilao mala is preferred)
1	large thumb ginger, sliced thinly	2	tablespoons soy bean paste
2	teaspoons 13-spice powder	400	grams lotus root, sliced thinly and soaked
2	teaspoons cumin powder	300	grams potatoes, sliced thinly and soaked
4	tablespoons oil	150	grams baiye tofu, shredded
4	red chillies, sliced	300	grams water
4	cloves garlic, chopped		salt and light soy sauce to taste
1	stalk leek, white part sliced thinly		coriander leaves for garnishing

Method

Clean and butterfly the fish, slicing from the belly to almost the spine to lay it flat as a whole piece. Cut 3 deep diagonal slits in the middle of the fish to ensure even cooking. Rub with salt, yellow rice wine and insert half the ginger slices into the slits. Marinate for 10 minutes then remove the ginger. Rub all surfaces with the 13-spice and cumin powders and brush with oil.

Place the fish on a rack in the middle of the oven, grill at 220°C for 20 minutes. Turn and continue grilling for another 10 minutes.

Heat oil in a pan and stir fry the garlic, chillies, leek, onion and rest of ginger until fragrant. Add the mala and soy bean pastes and mix well.

Drain the lotus root and potatoes. In another pan, put in the lotus root, potatoes, water and Baiye tofu. Add salt and light soy sauce to taste. Cook for about 10 minutes until the sauce thickens.

Layer the cooked vegetables and tofu evenly on a flat glass dish. Remove the fish from the oven while hot and lay on top of the tray. Pour the sauce over the fish, garnish with coriander leaves. Serve immediately.



SOUTH INDIAN CHICKEN CURRY

"I created this sumptuous version of South Indian chicken curry by incorporating several kinds of spices. My family absolutely loves it. Cook and keep the curry overnight and eat it next day with basmati rice or freshly baked, crunchy French loaf. Just fantastic!"

- Visa, wife of Vijay D, go Truck!



Ingredients

- 1 kilogram kampong chicken, cut into 10 parts
- 1 tablespoon turmeric powder
- 1 thumb ginger
- 5 cloves garlic
- 2 tablespoons oil
- 2 cinnamon sticks
- 3 star anise
- 1 teaspoon cardamom
- 1 teaspoon fennel seeds
- 1 big onion, diced
- 2 green chillies, whole
- 2 big tomatoes, sliced into eight pieces
- 2 tablespoons chicken curry powder, mixed into a paste with a little water
- 3 potatoes, each sliced into 3 or 4 pieces
- 1 stalk lemon grass
- 1 pandan leaf
- 2 cups water
- 3 stalks curry leaves
- salt to taste
- coriander leaves for garnishing

Method

Clean the chicken. Rub with turmeric powder and a tablespoon of salt to kill any bacteria. Rinse off. Drain well in a colander. Grind the ginger and garlic finely into a smooth paste.

Heat up the oil in a wok over medium hot heat. Fry the cinnamon sticks, star anise and cardamom for about 10 seconds. Add the fennel seeds then the onion and chillies. Once the onion is slightly brown, add the tomatoes and the ginger-garlic paste. Fry for about 1 minute until fragrant.

Toss in the chicken and mix well. Add the curry paste, potatoes, lemon grass and pandan leaf. Pour in the water, add the curry leaves, bring to boil and simmer over low heat with small bubbles for about half an hour until the chicken is tender and the potatoes cooked. Add salt to taste. Garnish with coriander leaves and serve hot.

Note: The curry is best prepared in advance and kept overnight to let the full flavours develop.



Ingredients (Serves 4)

½ kilogram chicken
½ packet rice vermicelli, cooked and drained
12 medium to large prawns, peeled, set aside the heads and shells for the stock
2½ litres water
300 grams bean sprouts, roots plucked
3 eggs
200 millilitres coconut milk
2 teaspoons ground coriander
1 teaspoon ground cumin
2 tablespoons salt to taste
2 tablespoons sugar to taste
fresh limes
coriander leaves for garnishing

Spice paste

4 shallots
3 cloves garlic
5 small red chilies
2 stalks lemongrass
1 inch galangal
1 inch belachan
3 candlenuts
2 tablespoons vegetable oil
1 cup water
1 teaspoon salt

Method

Using a food processor or grinder, pulse or blend all the spice paste ingredients into a smooth paste.

In a large pot, fry the paste over medium heat for about 3-4 minutes, stirring to prevent burning. Add the coriander, cumin and 1 tablespoon salt and stir for another 5 minutes. Add more to taste. Set aside.

To make the prawn stock, boil 1 litre of water in a stock pot. Add ½ teaspoon salt, followed by the prawns. Scoop out the prawns when cooked, and set aside. Continue to boil the prawn heads and shells for another 30 minutes. Remove the heads and shells.

Meanwhile, boil water and blanch the beansprouts for 10 seconds or less. Remove to a metal colander. Run water from the tap to stop the cooking. Drain and set aside. Beat the eggs and fry a few sheets omelette-style. Cool and cut into thin strips. Set aside.

In another stock pot, bring to boil 1½ litres of water. Add 1 teaspoon salt and the chicken. Simmer over medium heat until the chicken is thoroughly cooked. Remove the chicken, cool then shred or cut into small pieces. Set the stock and chicken aside.

Add the cooked spice paste to the chicken stock. Mix well and then add the prawn stock. Bring to boil and then simmer over medium to high heat for at least 30 minutes. Top up the water if required. Lower the heat then stir in the coconut milk gradually. Add salt and sugar to taste. Cover the broth and keep it bubbling over a low heat.

To serve, apportion the vermicelli in individual bowls. Pile on the beansprouts, chicken and prawns. Bring the rich broth to a boil. Pour immediately. Garnish with the egg and coriander. Serve with a squeeze of lime to add a more tangy taste.

Note: If not using the spice paste right away, cool completely and store in an airtight container in the refrigerator for up to 1 week, or freezer for up to 6 months.

SARAWAK LAKSA

“Sarawak laksa originates from the Malaysian state of Sarawak, on the island of Borneo. My hometown is in Miri where my aunt taught me to cook this signature dish seven years ago. It is a comfort dish that is spicy, bright, warm and full of flavour. In 2015, Anthony Bourdain posted a picture of Sarawak laksa in his Instagram and declared it to be the Breakfast of the Gods!”

- Olivia Lasah, Human Resources & Admin



HAKKA PUMPKIN MIN HUN KUEY

“This is my grandmother’s Hakka recipe that I learned from my mother during my secondary school days. My mother-in-law taught me to sweeten it with the more nutritious pumpkin. Compared with what’s sold outside, the texture of our home-made min hun kueh is 弹有嚼劲. It’s hard to describe in English - not too soft, not too hard, but chewy like gummy bears.”
- **Maye Cheng**, Human Resources & Admin



Ingredients (Serves 4 - 5)

Dough

- 300 grams flour
- 1 egg
- 150 grams pumpkin, peeled, steamed and mashed
- 1 tablespoon oil
- 100 millilitres water, add more as required

In a large mixing bowl, use clean fingers to mix the oil, egg and pumpkin with the flour. Add water gradually and knead the dough into a ball. Dust with more flour, a bit at a time, if still sticky. Continue to knead until smooth, soft and dry. Shape into roughly 7 cm balls and cover to rest for 1 hour or more.

Mincemeat

- 1 medium sized mackerel fish (or 300 grams fish paste from the wet market)
- ½ kilogram minced pork

Separate the fish meat from bone and skin. Mince with the back of a large knife. Season the pork with oyster sauce, salt and pepper. Mix the fish and pork together well. Set aside.

Stock

- 150 grams dried anchovies or ikan bilis (medium to large), rinsed to remove salt and drained
- 5 cloves garlic, minced
- 5 litres water

Fry the garlic and ikan bilis until fragrant. Add to boiling water in a pot and simmer for 2 hours. Remove the ikan bilis with a mesh strainer. For convenience, you can use a cotton pouch to bag the ingredients and remove easily after boiling. Add salt to taste.

Condiments

- 100 grams anchovies or ikan bilis (small)
- 12-15 medium-sized fishballs
- 3-4 dried shitake mushrooms, soaked till soft and sliced
- bunch of mani cai leaves (马尼菜) or sayor manis (sauropus andrognus)
- shallots, finely sliced and fried till golden brown

Method

In a wok, fry the small ikan bilis over medium high heat until light golden brown. Stir constantly to prevent burning. Set aside.

Using a smaller cooking pot, prepare the serving portions for each person one at a time. Bring one serving of soup to boil, drop in spoonfuls of mincemeat, fishballs and mushroom. Pinch and tear the pieces of dough into the soup. Cook for another five minutes or until the noodles float. Add the mani cai and cook for a while then switch off the heat. Pour into an individual serving bowl and top with the fried ikan bilis and shallots. Repeat for the rest of the servings.



Ingredients (Serves 4)

- 1 kilogram beef bones with marrow
- 500 grams beef shin
- 500 grams beef brisket
- 500 grams shabu shabu beef slices
- 1 yellow or red onion, whole
- 100 grams blue ginger
- 4 star anise
- 3 sticks cinnamon
- 800 grams thick rice noodles

Seasoning and Garnish

- 2 tablespoon fish sauce, to taste
- 3 limes
- 200 grams sweet Thai basil
- 200 grams beansprouts, roots plucked
- 200 grams mint leaves
- 200 grams coriander leaves

Dipping sauce

- 2 parts sambal belachan
- 1 part chinchalok
- fresh lime juice

Method

Beef noodle soup

Scald the beef bones with boiling hot water. Leave to soak for 5 minutes. Drain off the water. With a pair of tongs, toast the onion and blue ginger over an open fire on the stove to achieve a burnt aroma.

Bring 6 soup bowls of water to boil. Keep boiling and add the beef bones, shin, brisket, star anise, cinnamon, toasted onion and blue ginger. Bring all to boil in medium-high heat for 1 hour. Reduce to low heat, cover the pot and simmer for another 1 hour. Skim off the oil from the surface from time to time. Monitor the water level and top up if required. Add fish sauce to taste. Set the broth aside.

Blanch the bean sprouts al-dente for 10 seconds or less in boiling water. Drain and run water from the tap to stop the cooking. Drain and set aside. Using the same boiling water, cook the rice noodles for 2 minutes.

When ready to serve, bring the broth to boil. Immerse the beef slices in the broth and cook for 20 seconds, batch by batch.

To serve, pour boiling hot broth over a bowl of noodles, beef slices, shin and brisket.

Dry beef noodles

In a small saucepan, heat up 100 millilitres of beef soup. In a separate bowl, dissolve 2 tablespoons potato flour in a bit of water. Stir slowly into the beef soup to thicken it. Add oyster sauce or 1 Knorr beef cube to enhance the flavour. Add 1 teaspoon sweet dark soy sauce for colour.

Serve the beef noodles accompanied by the garnishes and dipping sauce.

HAINANESE BEEF PHO

"I learnt this Vietnamese noodle dish more than 20 years ago in a cooking class conducted by a Canadian chef in Singapore, and gave it a Hainanese twist as this is my dialect. The stock and the gravy for the dry version are typically Hainanese. It is easy to cook, flavourful and full of protein. All you need are the best natural ingredients - beef, beef and more beef - and little seasoning."

- Winnie Low, Human Resources



SOUTH INDIAN CHICKEN BIRYANI

"Biryani is an all-time favourite! Ooh, the rice cooked to perfection in the stock and curry gravy, absorbs the flavours of the meat and spices. No words can describe the taste. My version is a fusion that has been fine-tuned and taken me years to master. Although the spices and ingredients are the same, the taste is very much dependent on the texture of the cooked rice.

It must be soft and firm, but not too firm. The process is slightly long. But trust me, it's worth a try."

- Sathammai, wife of Ramanathan VC, Operations



Ingredients

2½	cups basmati rice (or 500gm)	2	cardamoms, opened up
4½	cups water	2	dried bay leaves
½	kilogram chicken, chopped into large pieces	2	tablespoons chilli powder
2	large onions, chopped	¼	teaspoon turmeric powder
2	large tomatoes, chopped		coriander leaves for garnishing
4	green bird's eye chillies (chilli padi), chopped, adjust for preferred spiciness		
15-20	shallots (optional), minced	Freshly pound	
1	handful mint leaves, coarsely chopped	2	cloves
1	handful coriander leaves, coarsely chopped	2	cardamoms
1	tablespoon lemon juice	½	inch cinnamon stick
1	inch ginger + 5 cloves garlic, blended into a fine paste	Marinate	
3-4	tablespoons oil	¼	teaspoon turmeric powder
1	inch cinnamon stick, crushed to break open	1	teaspoon salt
2	cloves	1	teaspoon chilli powder
1	star anise	1	teaspoon lemon juice
		½	teaspoon each of the ginger and garlic paste

Method

Rub the chicken pieces well with the ¼ teaspoon turmeric powder and some salt. Rinse and drain well. Season with the marinate. Set aside for at least half an hour.

Rinse the basmati rice. Soak in the water for up to 15 – 20 minutes but not longer as the rice might get overcooked.

Heat the oil in a wok over medium heat. Lower the heat and add cinnamon, cloves, cardamom, star anise and bay leaves and fry for 10 to 15 seconds. Add the onions and fry over medium low heat till the onions turn golden brown. Add the shallots and green chili and fry till the shallots turn golden brown. Add the turmeric powder and saute for few seconds. Add the ginger and garlic paste and fry till fragrant.

Add the marinated chicken and fry well over medium high heat initially. Then lower the heat to medium low and fry until the chicken oil surfaces. Add the powdered spices and fry for a minute. Add half the coriander and mint leaves, then the tomatoes. Fry over medium high heat until the tomatoes turn mushy. Add 1 cup water and cook the chicken, covered. When half cooked, transfer to a rice cooker.

Drain the rice and add to the chicken mixture in the rice cooker. Add the 4½ cups water, salt, lemon juice and the remaining coriander and mint leaves. Stir well. The taste of the liquid should be more spicy, sour and saltish so that the flavours will be just right when the rice cooks and doubles in quantity. Switch on the rice cooker. Once cooked, fluff the rice with a fork and keep covered.

Tips

1. Adding salt while frying the onions will help to cook it faster without burning. Browning the onions over medium low heat enhances the taste and fragrance.
2. Always cook spices and spice powders over low heat to release the aroma and prevent burning.
3. Chicken with bone in is preferred as it is tastier. You can also add more chicken as desired.
4. The rice-to-water ratio is 1 cup rice to 1½ - 2 cups water. This ratio will vary with different brands of basmati rice. Once you get the desired results, stick to the same brand to get it right every time



Ingredients (Serves 4)

1	small yam, peeled and diced	¼	head cabbage
150	grams pork belly, diced into ½ cm cubes, mixed with 1 tablespoon light soy sauce and white pepper	4	shallots, minced
2	handfuls dried prawns, soaked 10 minutes and mashed lightly, set aside the soaking water	3	cloves garlic, minced
6	Shitake mushrooms, soaked 2 hours, set aside the soaking water	9	tablespoons light soy sauce
		5½	tablespoons oil
		2	cups rice
		7	cups hot chicken stock, kept simmering hot
			coriander leaves for garnishing

Method

Boil the mushrooms for 15-20 minutes then dice into cubes.

Fry half the shallots in 1½ tablespoons of oil in a deep pan or wok, then add half the dried prawns. Add the yam and stir fry for 5 minutes. Add ½ cup of dried prawn water, 1½ tablespoons light soy sauce and cover the wok to steam the yam. Add ¼ - ½ cup of the dried prawn water and another ½ tablespoon light soy sauce until the yam is cooked.

Heat 1 tablespoon oil and stir fry the mushrooms for 5 minutes. Add 1 tablespoon light soy sauce and continue to stir fry until the mushrooms absorb the soy sauce.

Heat 1 tablespoon oil and stir fry the shallots for 2 - 3 minutes. Add the pork belly and sear until the edges are lightly crispy. Add the minced garlic. Add 1 - 2 tablespoons light soy sauce for the umami flavour. Continue to stir fry until the pork is cooked. Set aside.

Using the same wok, fry the remaining dried prawns in 1 tablespoon oil for 3 minutes. Stir in the cabbage, mix well and add 1 cup stock or water and 2 tablespoons light soy sauce. Cover and simmer until the cabbage is soft. Add ¼ - ½ cup of stock if you need more liquid until the cabbage is cooked. Set aside.

Fry the remaining shallots in 1 tablespoon oil. Stir in the rice and mix well. Add 2½ cups hot chicken stock and 2 tablespoons light soy sauce. Cover the pot and lower the heat to medium low to cook the rice. Add another ½ cup stock. Cover and repeat the process, adding ¼ cup stock at each stir until the rice is completely cooked. Before the liquid dries up, use a spatula to stir up the rice from outside in. You can replace some of the stock with the mushroom water.

After the rice is cooked, stir in the pork, mushrooms and then the cabbage. Add the yam last. Toss well but lightly. It is easier to use a wider spatula and stir from outside in.

Garnish with coriander leaves and serve warm.

HOKKIEN YAM RICE

"This Hokkien recipe is me trying to capture the essence of my mum's yam rice, which she cooked once with me many years ago. As a child, I did not like yam rice with all the vegetables mixed in. But as I grew older, I appreciated how special it is. I fine-tuned it 3 times based on memory and it has passed the jaded taste buds of my mum and dad! As it takes 2 hours to cook, it is really a meal cooked with love."

- May Ng, CEO



DESSERTS

Usually something sweet and fresh to nicely round off a meal.





Ingredients (makes about 15 packets)

- 7 bananas
- ½ cup all-purpose flour
- 1 tablespoon brown/orange sugar
- 1 tablespoon granulated sugar
- 1 teaspoon salt
- fresh grated white coconut or desiccated coconut (optional)
- banana leaves

Method

Wipe the banana leaves with a damp cloth and heat over the stove to cleanse. Cut into rectangles.

Mash the bananas in a large bowl. Sieve the flour into the bowl and add the sugar and salt. Mix well until it becomes a smooth batter.

Scoop 2 tablespoons of batter onto a banana leaf. Sprinkle the grated coconut over. Fold in by the long edges to overlap, then fold and tuck the short sides neatly under.

Place a steamer over a wok and bring the water to boil over high heat for at least 10 minutes. Arrange a layer of banana packets on a tray and steam for 15-20 minutes over boiling water in the covered wok, until the banana mixture is cooked. Let cool slightly and serve.

Note:

The lepat can be kept refrigerated for a couple of days.

MALAY LEPAT PISANG

"My grandmother makes superb lepat pisang so fortunately she has passed this dessert recipe down to my mother and me. We enjoy it very much at family gatherings where everyone brings a dish to share with one another. I am glad that we have kept this heritage recipe in our family especially when I now enjoy baking 'modern' cookies and cakes as well."

- Mahirah, daughter of Hamid Masri, Human Resources & Admin





ASIAN COCONUT COOLER

“Since young, my refrigerator has always had a ready stock of colourful jellies. The cheerful sight never fails to bring a smile to my siblings and me to this day. I also love fresh coconut water. One day, I saw both items in my fridge and an idea struck me. The result turned out to be a refreshing and thirst-quenching combi! Years later, I have replaced agar-agar with gelatin for convenience, and it is still my favourite cooler to serve when I have guests over.”

- Anne Than, Marketing



Ingredients

- 2 fresh young coconuts (husked Thai coconuts from the supermarket is best)
- 2 cups coconut water
- ½ cup tapioca sago pearls
- 2 packets gelatin powder, in two colours
- 4 tablespoons white sugar
- mint leaves for garnishing
- slices of lime



Method

Coconut

Use the water from the fresh coconuts to make 2 cups. Scrape or finely shred the young coconut flesh into strips to make 1 cupful. Refrigerate.

Jellies

Dissolve the gelatin in the prescribed amount. Bring to boil over low heat. Add 2 tablespoons sugar per packet. Stir until dissolved. Turn off the heat once it starts boiling. Pour the mixture into separate containers, cool and refrigerate to set. Dice into small cubes or shred into noodles. Set aside.

Tapioca sago

Boil 4 cups of water. Add the sago, lower the heat and simmer for 10 minutes or until the sago is completely translucent. Rinse in cold water, drain and set aside. If the sago sticks, add some water and stir to loosen.

Mixture

Pour the chilled coconut water into a bowl. Add the coconut strips, tapioca sago and jellies. Stir well and refrigerate. Serve in a bowl or in glasses with ice cubes and garnish with mint and lime.

FAMILY RECIPES

Inspirations from the Kitchen

What's a concrete company doing with a recipe book?

It's passion.

In our business, we just love to create concrete recipes for all sorts of urban challenges.

We have hundreds of concrete concoctions lined up in our gallery.

This first-time e-compilation of family recipes is about another passion of ours.

Food.

Well-loved home recipes, many passed through the generations, enjoyed by our Pan-United families.

Sharing our home cooking without a culinary degree.



Family Recipes | *Inspirations from the Kitchen*

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