

# WILDCATS

# KITCHEN



## 2020-2021 STUDENTS COOKBOOK

BY DARRELL DESALES

# DEDICATION

## To Wildcat Kitchen's Cooking Class 2021

Gratitude, my dear students, for constantly reminding me how precious our time and learning together. You have made this year another memorable one.

## To Parents

Gratitude, dear parents, for your endless support and care to our students in every step of the way in making this endeavor a success!

## To those who inspired and worked behind it

Gratitude, for making our second edition possible!

## To Everyone

Thank you for reading, using and sharing it! May this recipe book be an inspiration for you!

*"A recipe has no soul. You, as the cook, must bring soul to the recipe."*

– Thomas Keller



Shanghai Livingston American School Cooking Class of 2020 - 2021

# CONTENTS

## STARTERS

Pork Miso Soup	5	Takoyaki	23
Mapo Tofu	7	Doenjang Jjigae	25
Kyochon Chicken	9	Karaage	27
Jeyuk	11	Tteok-guk	29
Buffalo Chicken Wings	13	Kimchi Sujebi	31
Rotkohl	15	Okonomiyaki	33
Gamjajeon	17	Chinese Dumplings	35
Dongeurangttaeng	19	Udon	37
Tamagoyaki	21		

## MAINS

Butter Chicken	39
Potato and Mushroom Varenyky	41
Ghee Roast Chicken	43
Chow Mein	45
Rose Pasta w. Rice Cakes	47
Philippine Adobo	49
Kong Pao Chicken	51
Gungjung-tteok-bokki	53
Filipino Pork-Steak (Bistek)	55
Tortilla de Patata	57
Oyako-don (Chicken / Egg Bowl)	59
Nikujaga (Meat and Potatoes)	61
Yakisoba (Fried Noodles)	63
Char Siu (Hong Kong Style BBQ Pork)	65
Fried Hokkien Mee	67
Bibimbap	69
Beef Bowl (Gyudon)	71

## DESSERTS

Pumpkin Mochi w. Red Bean	73
Iced Gem Biscuits	75



# STARTERS



# PORK MISO SOUP



SERVES  
2



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
20 MINS

## INGREDIENTS

- PORK
- JAPANESE WHITE RADISH
- CARROT
- BURDOCK
- KONJAK
- GREEN ONION
- MISO
- TOFU
- SOY SAUCE
- DASHI (SOUP STOCK)
- KINOKO

## PROCEDURE

1. Wash all vegetables.
2. Peel off the skin of carrots, Japanese white radish, and burdock.
3. Cut burdock diagonally and put it in a bowl with water.
4. Cut carrots and Japanese white radish into a quarter piece.
5. Cut Kinoko's bottom.
6. Cut green onion diagonally.
7. Take our konjak and cut in medium size with spoon. (It depends on how big you want to make)
8. Cut meat.
9. Put oil and fry meat in the pan.
10. Put carrots, Japanese white radish, burdock, and kinoko in the pan together.
11. Put water and dashi to them and simmer.
12. Take out lye at just before seething.
13. Take our dashi and stop heat.
14. Put green onion
15. Add miso and melt it.
16. Add soy sauce little bit and taste. Put salt if it needs.
17. Cut tofu and out it.
18. Decorate and enjoy!



# MAPO TOFU



SERVES  
2



METHOD  
STIR FRY



DIFFICULTY  
BEGINNER



TIME  
15 MINS

## INGREDIENTS

- 400G TOFU
- 50G PORK MINCED
- 15G SOY SAUCE 15 G
- 30G SOY BEAN PASTE
- 20G LOBSTER SAUCE
- 2G SALT
- 2G CHICKEN ESSENCE OR CHICKEN POWDER
- 10G YELLOW RICE WINE
- 20G MINCED GARLIC
- 300G WATER
- WATER AND STARCH (SLURRY)  
A LITTLE BIT

## PROCEDURE

1. Cut Tofu be 2 square, and put them in salt water for 15 minutes
2. Put the oil and start cook the mince
3. When the color change, put bean sauce.
4. When smell the fragrance, put lobster sauce
5. When smell fragrance of lobster sauce, put Minced garlic.
6. Then put yellow rice wine and cook.
7. Put water in it and cook.
8. Put soy sauce.
9. Put Tofu and cook 3-5 minute.
10. Put Chicken essence or chicken powder.
11. Put water starches and cook again.
12. Take out.

# KYOCHON CHICKEN



SERVES  
3 - 4



METHOD  
BOIL | FRY



DIFFICULTY  
BEGINNER



TIME  
40 MINS



## CHICKEN

- CHICKEN WINGS AND CHICKEN STICKS
- SALT AND PEPPER
- 3 PINCHES OF SUGAR
- 3 PINCHES OF CURRY POWDER
- 1/2 CHICKEN STOCK
- 2 SPOON SOJU (ALCOHOL DRINK)
- 1/2 SPOON CURRY POWDER

## INGREDIENTS

## PICKLED RADISH

- 1/2 RADISH
- 1 CUP WATER
- 1/2 CUP SUGAR
- 1/2 CUP VINEGAR
- 1 TSP SALT

## HONEY SOY SAUCE

- 1/2 GREEN ONION  
(WHITE PART)
- 1/2 CRUSHED GARLIC
- 4 SPOON SOY-SAUCE
- 4 SPOON STARCH SYRUP
- 1 SPOON SUGAR
- 2 SPOON HONEY
- 1 SPOON MIRIM

## PROCEDURE: CHICKEN

1. Wash chicken wings and stick with a water.
2. Place it in a bowl and put pepper, chicken stock, soju, curry powder and rest
3. it for 30min
4. Prepare two types of frying powder
  - a. One is wet (frying powder + water)
  - b. Dry powder
5. Waiting for oil to boil, put the chicken at dry powder first and then put it the wet one
6. Fry it for like 7 min, rest it for little and fry it one more time
7. Take the chicken out and mix with the sauce

## PROCEDURE: RADISH

1. Cut radish as a cube (not to thin)
2. Put 1 cup water ,1/2 sugar, 1/2 vinegar, and 1 tsp sugar in a pot and boil it
3. Stir it a bit and put it in jar with radish
4. Put it in a refrigerator to cool it

## PROCEDURE: HONEY SOY SAUCE

1. Cut white part of the green onion strips
2. Mix the green onion, garlic, soy-sauce, starch syrup, sugar, honey, and mirim.
3. Boil the mixture in a pan for like 5 min (Stir it)



# JEYUK



SERVES  
3-4



METHOD  
STIR FRY



DIFFICULTY  
BEGINNER



TIME  
20 MINS

## INGREDIENTS

- 300G PORK
- 8 CLOVES (50G) WHOLE GARLIC
- 3 (20G) CHEONGYANG/GREEN PEPPERS
- 2 STALKS (200G) GREEN ONION/LEEK
- 1/3 CUPS (60G) WATER
- 3 TBSP (30G) DARK SOY SAUCE
- 1.5 TBSP (15G) SUGAR
- 1 TBSP (5G) COARSE RED PEPPER POWDER
- 1 TBSP (5G) FINE RED PEPPER POWDER
- 1/2 TBSP (4G) SESAME OIL FLAVORING -  
SALT BLACK PEPPER GROUND SESAME SEEDS
- VEGETABLE WRAP (ICEBERG LETTUCE)
- SSAMJANG (SOY BEAN PASTE)

## PROCEDURE

1. Slice the green onion in half and cut into 5cm pieces. Roughly slice Cheongyang/green pepper diagonally.
2. Slice the garlic into thick pieces and cut the pork belly into bite-size.
3. Put the pork belly on a pan, sprinkle flavoring salt and pepper, roast over medium heat.
4. Once the pork belly is cooked, add garlic.
5. If too much oil has come out from pork belly in the pan, take out some oil.
6. When garlic is golden, add sugar and stir-fry.
7. Sprinkle soy sauce around the edge of the pan and scorch to give a smoky flavor.
8. Add the green onions, coarse red pepper powder, fine red pepper powder, and stir-fry.
9. Add water to make sure ingredients blend well.
10. Sprinkle black pepper and sesame oil and mix before the green onion softens.
11. Put in a plate and sprinkle ground sesame seeds to finish.



# BUFFALO CHICKEN WINGS



SERVES  
4-5



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30 MINS

## CHICKEN

- 6 CUPS HILL COUNTRY FARE VEGETABLE OIL, FOR FRYING
- 48 CHICKEN WINGS
- 2 TSP H E B IODIZED SALT
- 2 TSP H E B BLACK PEPPER
- 4 TBSP UNSALTED BUTTER
- 2 TBSP H E B WHITE WINE VINEGAR
- 10 TBSP HILL COUNTRY FARE LOUISIANA HOT SAUCE

## INGREDIENTS

### BLUE CHEESE DIP

- 1/2 CUP SOUR CREAM
- 1/4 CUP MAYONNAISE
- 1/2 CUP CRUMBLLED BLUE CHEESE
- 1 TBS OF WHOLE MILK
- 1 TBS OF HEAVY CREAM
- 1 TBS OF LEMON JUICE
- 1/2 TSP WORCESTERSHIRE SAUCE
- 2 CHOPPED SCALLIONS
- SALT AND PEPPER TO TASTE

## PROCEDURE: CHICKEN WINGS

1. Heat the oil in a heavy skillet or electric fryer to 375°F.
  2. Season chicken wings with salt and pepper.
  3. Fry 5-6 wings at a time in hot oil for 10 minutes or until golden brown.
  4. Drain fried wings on paper towels.
  5. Heat a large skillet over medium heat for 2 minutes.
  6. Add the butter, wine vinegar and hot sauce to the skillet and stir until butter is melted.
  7. Add the chicken wings and mix until wings are completely coated in sauce.
  8. Reduce the heat to low and cook wings for 10-15 minutes.
- Serve warm.

## PROCEDURE: BLUE CHEESE DIP

1. Add all the ingredients into a bowl and mix
2. Adjust the thickness by adding the diary product you choose (In this case is milk)



# ROTKOHL



SERVES  
3-4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
30-45 MINS

## INGREDIENTS

- 1KG RED CABBAGE
- 50G BUTTER
- 1 ONION
- 2 RED APPLES
- 1 TBSP SUGAR
- 1/4 LITRE WATER
- SALT
- BAY LEAF
- 2 CLOVES
- 2 TSP FLOUR
- 1 TBSP RED WINE

## PROCEDURE

1. Wash and clean the cabbage, split into a few pieces.
2. Grate or cut the cabbage.
3. Sauté diced onion, diced apples and sugar n melted butter, then add the cabbage, pour in vinegar and immediately cover for ten minutes.
4. Pour 1/4 litre of water in, add salt and spices.
5. Cover and steam for approx. 30-45 minutes until soft, if necessary, add some water.
6. Thicken with flour until desired consistency, and season with red wine.



# GAMJAJEON



SERVES  
3-4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
45 MINS

## INGREDIENTS

- 2-3 (400G) POTATOES
- FINE SALT
- 4 TBSP COOKING OIL
- 2 CUPS (360ML) WATER
- CHEONGYANG PEPPERS (FOR GARNISH)

## SAUCE

- 1 (10G) CHEONGYANG PEPPER
- 3 TBSP (30G) THICK SOY SAUCE
- 1 TBSP (8G) VINEGAR

## PROCEDURE: GAMJAJEON

1. Peel the potato skin and cut into a decent size.
2. Finely grind the cut potato and water in a mixer.
3. Drain the ground potato on a fine strainer and let them sit for 10 – 15 minutes for the starch to settle.
4. Once the starch gets separated from water and settles, pour out the water, and leave just the starch.
5. Mix the drained potato with the settled starch.
6. Add fine salt into the batter and mix.
7. Finely chop the Cheongyang peppers.
8. Add an ample amount of cooking oil to a large pan and pour one scoop of batter onto the heated pan. Cook over medium heat.
9. Place the chopped Cheongyang pepper on top of gamjajeon.
10. Flip the gamjajeon and cook both sides until golden.
11. Serve the cooked gamjajeon with the sauce.

## PROCEDURE: SAUCE

1. Finely chop Cheongyang pepper
2. Mix thick soy sauce, Cheongyang pepper, and vinegar to make the sauce.



# DONGEURANGTTAENG



SERVES  
3 - 4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
60 MINS

## INGREDIENTS

- 180G MINCED PORK
- 75G MINCED PORK FAT
- 10G MINCED GARLIC
- 15G SOY SAUCE
- 6G SUGAR
- 60G LEEK
- 30G CHEONGYANG RED PEPPERS
- A MODERATE AMOUNT OF CARROTS
- 3.5G SESAME OIL
- 1G SALT
- A MODERATE AMOUNT OF PEPPER
- 2 EGGS

## PROCEDURE

1. Halve green onion and Cheongyang peppers, and slice them
2. Dice carrots and garlic with a sharp knife or using food chopper
3. Add minced pork, minced garlic, soy sauce, sugar, green onion, Cheongyang pepper, and carrot in a large bowl.
4. Use chopsticks to stir mixture in one direction and mix evenly.
5. Add salt and continue to mix until mixture is glutinous
6. Once mixture is glutinous, add sesame oil and pepper
7. Whisk eggs in separate bowl
8. Put frying pan with oil and preheat the pan with medium heat  
Get spoonful of prepared dongeurangtttaeng mixture, use spoons/plastic glove to shape before coating in egg mixture
9. Place mixture in oil and press down once with spoon to create flatter shape
10. Flip mixture back and forth and fry in oil
11. Once it became golden brown, plate them.



# TAMAGOYAKI



SERVES  
2



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
15 MINS

## INGREDIENTS

- 4 EGGS
- 1/4 TSP SALT
- 1/4 TSP SOY SAUCE
- 1 TBSP MIRIN (OR 1/4 TSP SUGAR)
- 1 TSP OIL

## PROCEDURE

1. Mix eggs, salt, soy sauce and Mirin in a bowl.
2. Heat a pan at medium high temperature and add oil. (A rectangular Tamagoyaki pan is best, but a round pan can work as well.)
3. Pour a thin layer of egg mixture in the pan, tilting to cover the bottom of the pan.
4. After the thin egg has set a little, gently roll into a log.
5. Start to roll when the bottom of the egg has set and there is still liquid on top.  
If you let the egg cook too much, it will not stick as you roll the log.
6. Now you have a log at one end of the pan. Pour some more egg mixture to again cover the bottom of the pan, with the roll of egg at the end.
7. After the new layer has set, roll the log back onto the the cooked thin egg and roll to the other end of the pan.
8. Repeat adding egg to the pan and rolling back and forth until the egg is used up.
9. Remove from the pan and cool for 3-4 minutes.
10. Slice the ends of the log off and then slice the log into 1/2" pieces. You should see a nice spiral pattern in the cross section of the egg.



# TAKOYAKI



SERVES  
3-4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
45 MINS

## BATTER

- 200G FLOUR
- 2 EGGS
- 450ML WATER
- PINCH OF DASHI STOCK POWDER

## INGREDIENTS

## FILLING

- 100G FRESH BOILED OCTOPUS, CHOPPED
- 1 BUNCH SPRING ONION, CHOPPED
- RED PICKLED GINGER
- TEMPURA FLAKES

## SAUCE

- TAKOYAKI SAUCE
- JAPANESE MAYO
- AOSA POWDERED SEAWEED (OR ANON)
- KATSUOBUSHI
- BONITO FLAKES

## PROCEDURE

1. Create the batter. Grab a large bowl and put in 2 eggs, 200g of flour, 450ml of water and a little dashi stock, and mix them together. Set this aside.  
Place a takoyaki plate on the gas stove on medium heat and heat up a small amount of oil in each hole.
2. Cut your octopus into small pieces. Place a piece of octopus in each of the 3 semi-circular holes, and then fill each hole to the top using batter mix. You can over flow the batter out of the hole so that it'll be easier to flip later.
3. Now you can add the chopped spring onion, red pickled ginger and tempura flakes to each hole. The amount is up to you, but only a small amount of each will give enough flavor.
4. Once the takoyaki is about half cooked, about 1-2 minutes, you will need to flip them over. The best way to do this is to use a small wooden skewer to poke the outside of the batter and flip it over within the hole.
5. Usually, you can only flip each takoyaki about three quarters of the way round so allow it to cook a little more before flipping it again. By now, all the takoyaki should be round so keep rotating them in the holes to make sure that they cook evenly on all sides. This will take about 3-4 minutes until golden brown on the outside.
6. Place a few takoyaki on a plate and smother them with loads of takoyaki sauce and Japanese mayonnaise. Then sprinkle a bit of powdered seaweed and some bonito flakes on top and eat it.



# DOENJANG JJIGAE



SERVES  
3-4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
30 MINS

## INGREDIENTS

- KOREAN BEAN PASTE
- POTATO
- ZUCCHINI
- PEPPER
- PORK
- TOFU
- GARLIC
- ONION
- RED PEPPER

## PROCEDURE

1. Cut one cup of potato
2. Cut one cup of onion
3. Cut one cup of zucchini
4. Mince four cloves of garlic
5. Cut one red chili
6. Cut the tofu into cubes
7. Put them into the stone bowl or pot
8. Add water to almost full and cook for 7 minutes
9. Lastly add quarter cup of doenjang (fermented soy bean paste)
10. Boil and then serve
11. Add Green onion (optional)



# KARAAGE



SERVES  
2



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30-45 MINS

## INGREDIENTS

- 500G CHICKEN
- 2 TBSP SOY SAUCE
- 1 TBSP GINGER
- 2 TSP SUGAR
- PINCH SALT
- 4 TBSP POTATO STARCH
- FRIED COOKING OIL
- 1 TSP SAKE
- MAYONNAISE

## PROCEDURE

1. Cut chicken thighs. Cut into 7 to 8 pieces
2. Salt: 1/3 teaspoon, soy sauce: 1 tablespoon, grated ginger, liquor: 1 teaspoon in chicken thigh and mix by hand. Leave for 15 to 20 minutes.
3. Mix 4 tablespoons of potato starch with chicken by hand.
4. First, check the temperature of the oil in the pan with the remaining chicken residue.
5. Add 3 to 5 chickens at a time. Because if you put a lot at once, the temperature of the oil will drop sharply. Take out the fried chicken in 4 to 5 minutes. Fry without touching for the first 2 minutes. After 2 minutes, turn the fried chicken over.
6. When the color becomes a little golden, take it out.  
Fry the rest of the chicken with the remaining oil. Before frying, first remove the dust in the oil.
7. Fry the remaining chicken in the same way.



# TTEOK-GUK



SERVES  
2



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
15-30 MINS

## INGREDIENTS

- 1 CUP (80G) GREEN ONION
- SEAWEED FLAKE
- 1L WATER
- 3 EGGS
- HALF TBSP MINCED GARLIC (7.5G)
- 1.5 TBSP SOY SAUCE
- 75G BRISKET
- 1 TBSP SESAME OIL
- 1 TBSP COOKING OIL
- 5G SALT
- PINCH OF BLACK PEPPER
- 2 CUPS (200G) SLICED RICE CAKE

## PROCEDURE

1. Beat the eggs in a bowl, and pour them on the frying pan.
2. When they are well-cooked, bring them on the cutting board.
3. After rolling them up, slice them thinly.
4. Cut brisket into small pieces and stir-fry using sesame oil and cooking oil in low heat.
5. Soak the rice cake in water for 30 minutes in bowl.
6. Add some water to briskets to cover them, and add some salt and soy sauce 10g; taste for salty taste.
7. Add more water once the beef is seasoned.
8. Finely chop the green onion (doesn't matter the color).
9. When water with beef starts to boil, take the rice cake.
10. Add diced garlic and green onion. You can also add salt depending on your taste.
11. Finally, plate the food with sliced eggs.
12. Add a little bit of pepper.
13. Add seaweed flake.



# KIMCHI SUJEBI



SERVES  
3 - 4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
30 - 45 MINS

## KIMCHI SUJEBI

- 1.5L WATER
- 4 TBSP (20G) ANCHOVY POWDER
- 1 TBSP (15G) MINCED GARLIC
- 1/4 GEAĐ (500G) SOUR KIMCHI
- 1 TBSP (5G) RED PEPPER POWDER
- 3 TBSP (30G) SOUP SOY SAUCE
- 3 TBSP (30G) FERMENTED ANCHOVY SAUCE
- 1/2 (150G) SUMMER SQUASH
- 1/4 (50G) ONION
- 3 (20G) CHEONGYANG PEPPERS
- 1 CUP (80G) GREEN ONION

## INGREDIENTS

- DOUGH**
- 300G FLOUR
  - 180G WATER
  - 2G FINE SALT

## PROCEDURE: DOUGH

1. Sift the flour into a large bowl.
2. Mix in the salt.
3. Add a little bit of water at a time and mix with a spoon.
4. Once the dough starts to form, knead with hands.
5. Put the dough in a bag, seal airtight, and let rise for 10 minutes.

## PROCEDURE: KIMCHI SUJEBI

1. Add water and anchovy powder to a pot and bring it to boil.
2. When the broth starts to boil, add sour kimchi, minced garlic, red pepper powder, soup soy sauce, and fermented anchovy sauce.
3. Slice the summer squash, and chop Cheongyang pepper and green onion.
4. Taste the broth, reduce the heat, and add the sujebi dough by pulling with hands.
5. When it boils again, add the vegetables.
6. Once the sujebi is cooked, put the soup in a bowl and finish with pepper if desired.



# OKONOMIYAKI



SERVES  
3 - 4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30-45 MINS

## OKONOMIYAKI

- 1 CABBAGE
- 1 EGG
- 50G FLOUR
- 100ML WATER
- 130G SLICED PORK
- 1 TBSP SALAD OIL

## INGREDIENTS

## SAUCE

- 3 ½ TBSP WORCESTERSHIRE SAUCE -
- 4 TBSP KETCHUP
- 2 TBSP OYSTER SAUCE
- 1 ½ TBSP SUGAR
- KATSUOBUSHI - To TASTE
- GREEN SEA WEED POWDER - To TASTE

## PROCEDURE

1. Cut the cabbage into julienne.
2. Put the batter ingredients and cabbage in a bowl and mix until the batter is well combined.
3. Sprinkle the cooking oil in a frying pan heated on medium heat.
4. Add the mixture and spread flat, line up the thinly sliced pork, cover, and steam over medium heat.
5. Turn it over, cover it again, and steam it over medium heat for 3 minutes. When the sliced pork is cooked and the color of the cabbage pancake becomes golden brown, take it out.
6. When the cabbage is cooked place it on a plate. Spread okonomiyaki sauce on top, sprinkle sea weed powder and spread mayonnaise on top to look pretty.
7. Lastly, sprinkle dried bonito flakes on top. Serve while hot.



# CHINESE DUMPLINGS



SERVES  
3 - 4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
30 - 45 MINS

## INGREDIENTS

- MEAT (PORK OR BEEF)
- SESAME OIL
- EGG
- GREEN ONION
- GINGER
- CORIANDER LEAVES
- WATER CHESTNUTS
- GARLIC
- DOUGH SHEET OR DUMPLING WRAPPER
- WATER

## SEASONING

- SOY SAUCE
- CHINESE VINEGAR
- CHILI PASTE
- SESAME OIL
- SALT
- CHICKEN POWDER OR ANYTHING YOU PREFER

## PROCEDURE

1. Meat mixture - Mix the meat and vegetables that you want to eat. (usually, put 2/3 of meat and 1/3 of vegetables) To make the meat sauce stick together you must put eggs and oil into the meat mixture.
2. Dumpling- To make the dumplings, you just must put the meat mixture into the dumpling wrapper and make sure the meat sauce will not leak when you boil the dumpling.
3. Cooking/Boiling- After making the dumplings you will boil the water with high fire and put the dumpling one by one in the pot after the bubbles come out. Scoop out the dumplings when it starts floating in the surface.
4. Seasoning- Prepare a bowl with hot water (not from the pot). Depends on the diner you can put different seasoning into the bowl of hot water.



# UDON



SERVES  
2



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
15-30 MINS

## NOODLES

- 200G ALL-PURPOSE FLOUR
- 10G SALT
- 90G WATER

## INGREDIENTS

## SOUP

- 500CC DASHI, JAPANESE SOUP STOCK
  - 50G SOY SAUCE
  - 50G MIRIN, SWEET COOKING SAKE
- CALL THESE INGREDIENTS "A"
- 
- 60cc TENKASU, BITS OF FRIED BATTER LEFT AFTER COOKING TEMPURA

## PROCEDURE: NOODLES

1. Mix 10g salt and 90g water
2. Put 200g All-purpose flour and the salt water into a bowl, and mix it.
3. Put them together and knead it by pushing it with hand, and folding it
4. Put it in a warm place for 15 minutes.
5. Extend the dough with using a rolling pin
6. Boil water in a big pan.
7. Cut the dough. Each noodle is 4-5 mm wide.
8. Put noodle into boiling water. Boil them for 12-13 minutes.

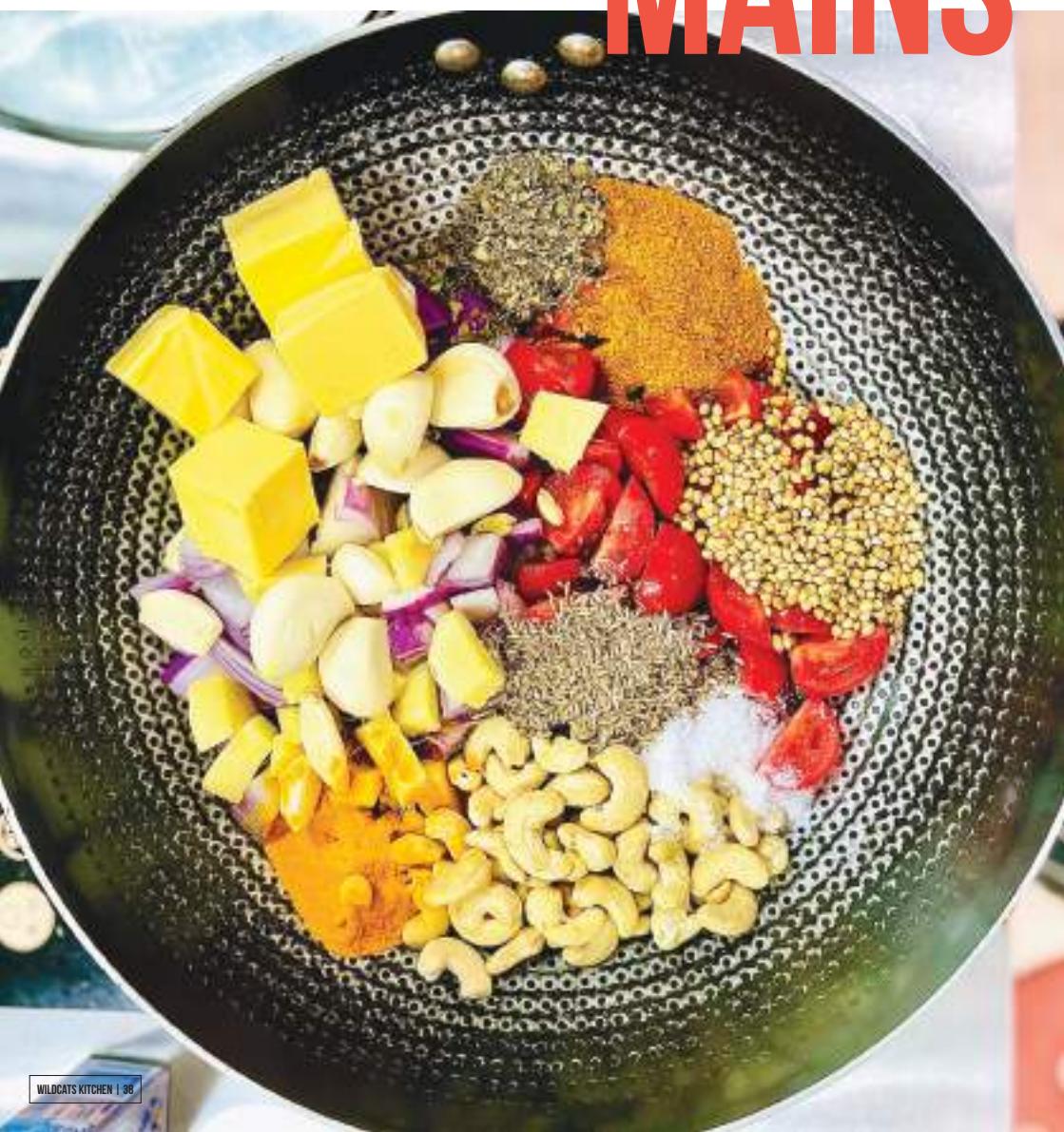
## PROCEDURE: SOUP

1. Put "A" together and mix them
2. Boil it a while

## PROCEDURE: FINISHING

1. Put Dried sea weed into the bowl (while putting the dough in a warm place)
2. Put the noodle into bowl
3. Put the boiled "A" into the bowl
4. Put the sea weed cinto the bowl
5. Put the Tenkasu on the top

# MAINS



# BUTTER CHICKEN



SERVES  
3 - 5



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## CUMIN RICE

- RICE (NORMAL)
- CUMIN
- GHEE

## INGREDIENTS

## BUTTER CHICKEN

- CARDAMOM
- CLOVES
- CUMIN
- BLACK PEPPER
- CINNAMON
- ONION
- GARLIC
- GINGER
- TOMATOES
- CASHEW NUTS
- TURMERIC POWDER
- CHILI POWDER
- WHOLE CORIANDER
- CHICKEN (CUT INTO CUBES)
- BUTTER
- SALT
- CREAM
- BROCCOLI
- BEANS
- PEPPER (RED & YELLOW)

## PREPARATION

1. Marinate chicken and refrigerate for 11-12 hrs.
2. Make garam masala (cardamom + cloves + cumin + ground black pepper +cinnamon)

## PROCEDURE: BUTTER CHICKEN

1. Boil the onion, garlic, ginger, tomatoes, cashew nuts, garam masala, turmeric powder, chili powder, butter, and whole coriander (about 30mins).
3. While boiling, fry vegetables in another pan after adding butter in the pan. Add salt.
4. Place vegetables aside and fry the marinated chicken with oil in the pan.
5. After the mixture of onion, garlic, ginger, tomatoes, cashew nuts, garam masala, turmeric powder, chili powder, butter, and whole coriander is boiled and cooled, let it cool for 3-5 mins, and blend them together to make a smoothen paste (add salt according to taste).
6. Cook the paste and stir for 5 minutes.
7. Add chicken and stir for 10 mins.
8. Add vegetables, butter, and cream, and stir for 5 mins.
9. Garnish and serve.

## PROCEDURE: CUMIN RICE

1. Cook rice with water (a little less than double the amount of rice).
2. Put ghee in a pan and add cumin to the ghee.

Take the rice and add it to the ingredients on the pan. Mix for some time and turn off the heat.



# VARENKY

SERVES  
2METHOD  
BOILDIFFICULTY  
BEGINNERTIME  
15-20 MINS

## DOUGH

- 4 CUPS FLOUR - 4 C
- 1/3 CUPS SUNFLOWER OIL
- 2 EGGS
- 2/3 CUP WATER (WARM)
- 1/2 TSP SALT

## FILLING

- 150G FRESH MUSHROOMS
- 2 1/2 POTATOES (BIG)
- DICED ONION - DOES NOT SPECIFY (NEVER TOO MUCH)
- 50ML CREAM
- SALT - TO TASTE
- SUNFLOWER OIL

## INGREDIENTS

## TOPPING

- 1/3 ONION DICED
- SUNFLOWER OIL
- SOUR CREAM (OPTIONAL BUT RECOMMENDED)
- DILL (GARNISH)

## PROCEDURE:

1. Peel and boil potatoes in slightly salted water.
2. Make dough. Make a 'volcano' out of the flour. Mix water and oil in a separate cup, then put into the flour. Mix slightly from center. Beat two eggs together, then add to the water and oil. Continue mixing slowly until dough is formed. All flour must be incorporated.
3. Cover the dough and put it aside for about 20-30 minutes.
4. Check if the potatoes are ready. When ready, take them out, drain, and mash. Put the purée aside to cool.
5. Make the filling. Wash and cut mushrooms and onion. Add some oil to the frying pan, fry onion until translucent. Add mushrooms and cook until mushrooms are done. Salt the mushrooms. Mix potato purée with the mushrooms and onions. Then, add cream. Add some more salt if needed. Let the filling cool.
6. Dice about 1/3 of an onion and fry in a big amount of oil (not too much, just more than usual). Fry until the onion is golden brown. Set aside.
7. Cut dough in parts. Roll the dough until it is about 1-2 mm thick. Cut dough into circles of same diameter. This can be done by using a glass or a cup. Continue doing this process with other parts of the dough.
8. Add about 1 tsp of filling inside the dough circles. Then, fold and press the ends of the circle until a dumpling is formed. Make sure that no holes are left.
9. Cook in slightly-salted boiling water. The varenyky will be done in about 4-5 minutes.
10. Take them out and cover in the fried onions with oil.
11. Serve hot with an optional topping of sour cream and garnish with fresh dill.



# GHEE ROAST CHICKEN



SERVES  
3 - 4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## INGREDIENTS

- 400G OF CHICKEN
- 4 KASHMIRI MIRCHI
- 4-5 ELAICHI
- 2 TSP DHANIA/CORIANDER SEEDS
- 1 TSP JEERA
- 15-20 METHI DANA/FENUGREEK SEEDS
- 1 TSP BLACK PEPPER
- 4-5 PIECES OF LASUN/GARLIC
- YOGURT
- SALT
- CURRY LEAVES

## PROCEDURE:

1. In the big fry pan add 1 tbsp ghee and add 4 Kashmiri mirchi, 4-5 cloves, 4-5 elaichi, 2 teaspoon dhania seeds, 1 teaspoon jeera, 15-20 methi dana 1 teaspoon black pepper whole and roast them together.
2. 1-2 spoon tamarind mixed with water , 4-5 pieces of garlic. and mix in blender to powder.
3. Then in the same oil of roast add chicken to pan fry.  
Then remove chicken and cool the pan.
4. Keep the gas off and In the cooled pan add masala that you made plus 1-2 spoon yoghurt, salt, curry leaves.
5. Mix nicely and then switch on the gas and add a little ghee and when it sputters add the roasted chicken. Cook for 15 minutes. When nicely brown and ghee is on the sides then it's done.



# CHOW MEIN

## INGREDIENTS



SERVES  
2-4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30-45 MINS

- 2 BONELESS SKINLESS CHICKEN BREASTS , CUT INTO BITE-SIZE PIECES
- 1 TABLESPOON OIL (CANOLA OR VEGETABLE)
- 1 1/2 CUPS SHREDDED CABBAGES (\*SEE NOTE)
- 2 CUPS CARROTS , SHREDDED OR JULIENNE SLICED (\*SEE NOTE)
- 2 RIBS CELERY , CHOPPED
- 4 GREEN ONIONS , SLICED WITH WHITES AND GREEN SEPARATED
- 2 CLOVES GARLIC , MINCED
- 1 POUND REFRIGERATED YAKI-SOBA NOODLES DISCARD SEASONING PACKET\*\*
- 1 CUP FRESH BEAN SPROUTS (OPTIONAL)

## SAUCE

- 1/4 CUP LOW-SODIUM SOY SAUCE
- 1/2 TSP SESAME OIL
- 1 TBSP OYSTER SAUCE (\*\*SEE NOTE)
- 2 TSP FRESHLY GRATED GINGER
- 1 TBSP LIGHT BROWN SUGAR
- 1 TSP CORNSTARCH

## PROCEDURE:

1. Prepare noodles according to package instructions.
2. In a small bowl whisk the sauce ingredients together: soy sauce, sesame oil, oyster sauce, ginger, sugar, and cornstarch
3. Heat a large pan or wok on high heat. Add oil. Add chicken, season with salt and pepper and stir fry just until cooked through.
4. Add cabbage, carrots, celery, and the whites of the chopped green onion and stir fry for just for 1-2 minutes or until cabbage has wilted.
5. Add the garlic and cook for 30 seconds.
6. Add the pasta and sauce and cook for 1-2 minutes until the sauce has thickened. Add remaining green onion and fresh bean sprouts, if desired. Serve immediately.



# ROSE PASTA W. RICE CAKES



SERVES  
3 - 4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## INGREDIENTS

- 500G RICE CAKE
- 500G FILLET FISH CAKE
- HALF AN ONION
- 100G WHITE MUSHROOM
- 400ML SPAGHETTI SAUCE
- 15G BUTTER
- 900ML MILK.
- MASHED GARLIC
- SALT
- BLACK PEPPER
- 1 TBSP CHILI PASTE

## PROCEDURE:

1. Cut the onion into thin strips and the mushroom into thin slices. Cut the fillet into edible size
2. Put a stick of butter in a pan and melt it over low heat
3. Melt the butter and stir fry with 1 tablespoon garlic and butter
4. Put the chopped onions in and fry them together, add the onion and sprinkle with salt and pepper
5. Stir fry the mushrooms, too
6. Milk and rose pasta sauce dressing
7. Then put in a spoonful of chili sauce
8. After the seasoning is slightly boiled
9. Put in the fried rice cake and fish cake
10. Then cook it for about five minutes



# CHICKEN AND PORK ADOBO



SERVES  
3 - 4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30 - 45 MINS

## INGREDIENTS

- SALT, FOR MARINADE
- 1/2KG PORK BELLY CUT INTO CUBES
- 1/2KG CHICKEN PIECES
- COOKING OIL
- 1 WHOLE GARLIC, CRUSHED
- 2PCS. ONION CHOPPED
- 1/2 CUP WHITE VINEGAR
- 1/2 CUP SOY SAUCE
- 1-2 TBSP BROWN SUGAR
- 5PCS. BAY LEAVES
- 1 TSP WHOLE BLACK PEPPERCORNS
- 1 TSP CRACKED BLACK PEPPER
- 2 CUPS SPRITE OR 7UP
- 2 TBSP OYSTER SAUCE

## PROCEDURE:

1. Prepare mise en place.
2. In a bowl, combine pork and chicken meat. Add salt and rub it evenly to the meat. Refrigerate to marinate for at least an hour before cooking. Turn at least once during marination.
3. Heat-up a medium pan then add oil. When the oil is hot already, add garlic and onion. Add pork belly as well then sauté for 1 min.
4. Now add soy sauce and vinegar. Do not stir. Now add sugar, bay leaves, black pepper and lastly, 7up or sprite. Again, do not stir. Cover and let simmer for about 10-15 minutes before adding the chicken.
5. After 15 minutes, add the chicken and mix well with sauce. Cover it again and cook for another 25 minutes.
6. After 25 minutes remove the cover and continue simmering, stirring occasionally until sauce is reduced.
7. Remove the meat and remove the extra sauce. Leave some oil but do not discard the extra sauce.
8. Heat the pan again. Add garlic and sauté until fragrant. Bring back the meat to the pan, stir and cook for about 5 minutes.
9. Add the oyster sauce and extra sauce. Continue cooking for another 5 minutes.
10. Remove from the pan and transfer to a serving bowl.
11. Serve with rice and boiled if desired.
12. Enjoy!



# KONG PAO CHICKEN



SERVES  
3 - 4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30 MINS

## INGREDIENTS

- 225G CHICKEN BREAST
- 50G PEANUTS
- 45G SCALLION
- 10G GINGER
- 10G GARLIC
- 8G DRIED PEPPER
- 1.5G PEPPER
- 60G SALAD OIL
- 2G SALT
- 2G COOKING WINE
- 6.5G SOY SAUCE
- 10G SUGAR
- 22G WATER STARCH
- 10G VINEGAR

## PROCEDURE:

1. Wash the chicken and pat it loose with the back of a knife. Cut the chicken into cubes. Mince the ginger and garlic.
2. Add a little yellow rice wine and a little salt to the diced chicken, grab it repeatedly with your hands and then put in the dry starch to grab it evenly.
3. Put sugar, vinegar, cooking wine, light soy sauce and salt in a container, add scallion, ginger and garlic, add the right amount of water, and make the sauce. Heat the wok and pour the oil into it. When the oil temperature is 7 percent hot,
4. add the marinated chicken and stir fry until the chicken turns white.  
Add pepper, dry pepper, fry with a small fire, the scallion, ginger and garlic
5. soaked in the sauce out, fry for 30 seconds, pour into the sauce, color will become oily, and finally put peanuts on the top.



# GUNGJUNG-TTEOK-BOKKI



SERVES  
3 - 4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
30 MINS

## MAIN

- 300G BAR RICE CAKE
- 80G BEEF
- 30G CARROTS
- 50G CABBAGE
- 50G ONIONS
- TWO ROOTS OF CHIVES
- TWO OR THREE SHIITAKE MUSHROOMS

## INGREDIENTS

## BEEF SEASONING

- 1 TSP OF SOY SAUCE
- 2/3 TSP OF SUGAR
- 1 TBSP OF CHOPPED GREEN ONION
- MINCED GARLIC TEASPOON
- A DASH OF PEPPER.

## SEASONING SAUCE

- 3 TBSP OF SOY SAUCE
- 1 TBSP OF RED PEPPER PASTE

## PROCEDURE:

1. Cut the rice cake into 5cm pieces (double the length of the rice cake) and blanch the rice cake (if it is hard) in boiling water, take it out when it rises, wash it in cold water.  
**The rice cake needs to be fully cooked to the core before it is soft when it is boiled with marinade!**
2. Season the Beef: (Beef seasoning) 1 tablespoon of soy sauce, 1/2 tablespoon of minced garlic, 2/3 tablespoon of sugar, 1 tablespoon of minced green onion.  
Cut carrots, onions, and cabbages and cut chives into the same size.
3. Pick a column of shiitake mushrooms, and cut them into the same size as carrots.
4. Stir-fry vegetables and meat slightly.
5. Make marinade with prepared ingredients:  
3 tablespoons soy sauce, 1 tablespoon minced green onion, 2 tablespoons minced garlic, 1 tablespoon red pepper powder, 1 tablespoon sesame salt, 1 tablespoon sugar, 1 tablespoon red pepper paste, 1 pinch of pepper, 1 tablespoon sesame oil.
6. Put 2 cups of anchovy stock in a pan, dissolve the sauce, and boil rice cake.
7. When the rice cake is boiled in half and it looks good on the rice cake, stir-fry stir-fried vegetables and meat lightly.



# FILIPINO PORK-STEAK (BISTEK)



SERVES  
3 - 4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## INGREDIENTS

- 2 TBSP CALAMANSI JUICE
- 1/2 KG SLICED PORK SHOULDER
- 1/4 TSP FRESHLY GROUND PEPPER
- 3 TBSP SOY SAUCE
- 4 CLOVES GARLIC, CRUSHED
- 1 LARGE RED ONION, CUT INTO RINGS
- 1 TBSP BROWN SUGAR
- 1 C WATER
- 2 TBSP OIL (FOR FRYING)

## PROCEDURE:

1. Sauté' onion in oil. Remove and set aside.
2. Fry garlic in the same pan. Add pork, soy sauce, black pepper, sugar, and water.
3. Cover and simmer until tender.
4. Stir in calamansi juice and simmer uncovered for another 10 minutes.
5. Check the taste and the tenderness of the pork.
6. Transfer into a serving plate and garnish with sautéed onion.
7. Serve with rice.



# TORTILLA DE PATATA



SERVES  
4 - 5



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## INGREDIENTS

- 5 EGGS
- 2 POTATOES
- 1 ONION
- 1/2 CUP OLIVE OIL + 3 TBSP
- SALT
- PEPPER

## PROCEDURE:

1. Peel the potatoes and wash them.
2. Cut into four lengthwise and cut each quarter into thin slices.
3. In a deep nonstick pan, heat  $\frac{1}{2}$  cup (120ml) of olive oil lightly over medium heat.
4. Pour the potatoes and cook for 5 minutes, stirring gently.
5. Add the onion.
6. Maintain medium heat and cook for 15 minutes, stirring regularly.
7. Remove from heat, pour into a colander and drain well. Set aside.
8. Crack the eggs and beat them with a fork.
9. Mix the potatoes and onion to the beaten eggs and let stand for 10 minutes.
10. Gently heat three tablespoons of olive oil in the pan and pour the mixture.
11. Cook until the mixture begins to boil.
12. Flip the tortilla by covering the pan with a large plate. Press firmly on the plate and turn it over.
13. Gently slide the tortilla back in the pan to cook the other side for 4-5 minutes.



# OYAKO-DON



SERVES  
3 - 4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30 MINS

## INGREDIENTS

- 1 ONION
- RICE
- 500G CHICKEN THIGH
- 6 EGGS
- 80ML SOY SAUCE
- 2 TBSP MIRIN OR SWEETENED SAKE
- 2.5 TSP SUGAR
- HONDASHI OR BONITO FISH BROTH
- WATER

## PROCEDURE:

1. Steam rice.
2. Boil chicken on high heat (make sure the water covers the chicken).
3. Cut the onion into wedges.
4. Boil the onion on high heat and then on medium heat in 600ml of hondashi broth.
5. Remove the fat and skin of the chicken, while waiting for the onion to cook.
6. Cut the chicken into bite-sized pieces.
7. Put the chicken in the same pot as the onions and bring it to a boil.
8. Add sugar, mirin, and soy sauce in this order.
9. Check the taste and continue cooking
10. Crack the eggs and mix it lightly.
11. Transfer the chicken and onion to another pan and add the eggs on a medium-heated pan. Mix it gently.
12. Put the rice in the bowl and add the egg and chicken.



# NIKUJAGA



SERVES  
3 - 4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## INGREDIENTS

- 300G CHUNKS OF BEEF
- 250G WHITE ONION
- 150G CARROT
- 500G POTATO
- 1 CUP WATER
- 3 TBSP SUGAR
- 3 TBSP COOKING ALCOHOL (SAKE)
- 2 1/2 TBSP SOY SAUCE
- 2 TBSP MIRIN (SWEET VINEGAR/COOKING WINE)
- 1 TBSP COOKING OIL
- 20G SNOW PEAS

## PROCEDURE:

1. Cut chunks of beef to 5-6cm length.
2. Cut the onion into 2cm wide squares. Cut carrots into bite-sized pieces and wash them with water. Take out the streaks from the snow peas.
3. Put oil, onions, carrots, and potatoes in a heated pan in the order and fry well. After few minutes, add beef and saute'
4. When the color of the meat changes, add water first, Remove the scum after boiling, cover with the lid and simmer for 5 minutes.
5. Add sugar, cooking alcohol, soy sauce, and mirin. Cover with the lid again and for another 15-20 minutes till the beef is tender and the vegetables are cooked.
6. Add snow peas and simmer for another 5 minutes. Turn off the fire and enjoy!



# YAKISOBA



SERVES  
2



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30 - 45 MINS

## INGREDIENTS

- 1/4 CABBAGE (SMALL)
- 1/4 CARROTS
- 1/4 ONION
- 200G SLICED PORK
- TWO SERVING OF NOODLE

## PROCEDURE:

1. Cut vegetables.
2. Fry vegetable and add pork.
3. Add pinch of salt and pepper, and stir.
4. Put noodles and put lid on.
5. Steam it for 1 min.
6. Stir again.
7. Add suitable amount of Worcester sauce.
8. Serve it on dish.
9. Put sliced dried bonito (katsuobushi), dried seaweed (aonori), and red pickled ginger.



# CHAR SIU



SERVES  
3 - 4



METHOD  
BAKED



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## INGREDIENTS

- 500G PORK SCOTCH FILLETS (YOU CAN USE DIFFERENT CUTS OF PORK TO MAKE CHAR SIU, AND YOU WILL FIND CHAR SIU PORK BELLY, CHAR SIU PORK TENDERLOIN. HOWEVER, THE MOST COMMON PART OF THE PORK IS THE PORK SHOULDER. YOU CAN USE PORK BELLY IF YOU LIKE THE FATTY TASTE AS IN THIS RECIPE, OR THE JUICY TENDERLOIN WITH MARBLED TEXTURE.)
- 5 - 6 BIG TBSP LEE KUM KEE CHAR SIU SAUCE
- 2 - 3 BIG TBSP FISH SAUCE
- SOME HONEY

## PROCEDURE:

1. Wash meat and pat dry with paper towel.
2. Marinate evenly with Lee Kum Kee Char Siu Sauce and Fish Sauce. Initially, the sauce is quite sticky and gluey to spread over fillets.
3. Use a fork to poke the pork for minutes in order to allow the flavours to seep in.  
Marinate for at least 10 minutes.
4. Pre-heat oven at 250-degree C.
5. Place marinated fillets on baking tray with aluminium foil on the bottom for easier cleaning. Keep marinade aside for basting.
6. Bake for 15 minutes; flipping fillets over basting with marinade and bake for another 15 minutes..
7. For better juicy effect, repeat the flipping and basting at least 2 times.
8. Take out and glaze with honey and change oven mode to grill 180 degree C, return to higher rack to grill for another 5 to 10 minutes or until it is charred but not burnt.
9. Remove from oven and let cool for a few minutes. Transfer to a cutting board and slice into thin pieces.



# FRIED HOKKIEN MEE



SERVES  
3 - 4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
45 - 60 MINS

## INGREDIENTS

- 250G EGG NOODLES
- 250G GUILIN RICE NOODLES
- 400G SHRIMP MEAT
- 350G SQUID CUTTLEFISH
- 250G PORK IN ONE PIECE (PEELED)
- 40G GREEN ONION + BEAN SPROUTS
- 750ML SOUP
- 3 EGGS
- 5G MINCED GARLIC
- 4 SOUR ORANGES AND LIME

## PROCEDURE:

1. Cut fat part of the pork into small pieces, boil the lard in a hot pot over low heat, and take up the golden lard residue (do not scorch, otherwise it will have bitter taste) for standby.
2. Put the shell in a hot oil pan and stir fry over high heat until the shell turns reddish brown like caramel.
3. Add 750ml water and simmer with shrimp shell for half an hour or an hour, then pick up the shrimp shell and throw it away. (do not throw away the shrimp shell peeled when cooking other shrimp dishes. Make sure to put it into a sealed bag for long-term storage. At this time, the more soup you cook, the better the shrimp shell will be. You can also put seafood stall owner in the market for some shrimp shells.)
4. Put the remaining whole pork into the shrimp soup and simmer for 45 minutes. After that, take it up and let it cool, and then cut it into shreds.
5. Cuttlefish cut into small circles, and shrimp quickly in shrimp soup scald into half cooked. Remember not to be too cooked, otherwise it will affect the taste like rubber when you fry noodles later. At this point, pour the shrimp soup into another casserole or something to cool and set aside. The frying pan is ready to be used for frying noodles.
6. Put 1 teaspoon cold oil into the hot pot, saute garlic, quickly add eggs, stir fry half cooked, because the heat is big, so the speed is fast.
7. Add the egg noodles and Guilin rice noodles and stir fry quickly. After the eggs are cooked in the high fire, make sure they are evenly distributed in the fried noodles.
8. Pour a third of the shrimp soup and seasoning into the fried noodles and stir fry over high heat until dry. After drying, turn the heat to low heat, add 1 / 3 shrimp soup, cover and simmer for 5 to 7 minutes.
9. When the lid is opened, drain the soup again. This time, turn the heat to the maximum. Put in the last third of the shrimp soup. Quickly stir fry the shrimp, cuttlefish, shredded pork, pig oil residue and bean sprouts. Once the bean sprouts are cooked, they can be put on a plate. Sprinkle with green onion and some white pepper. Pour some fresh lime juice before serving.



# BIBIMBAP



SERVES  
4



METHOD  
FRY



DIFFICULTY  
BEGINNER



TIME  
30-45 MINS

## INGREDIENTS

- 3 TBSP KOREAN RED PEPPER PASTE
- 4 TBSP SESAME OIL
- 1 TSP SOY SAUCE
- 3 CLOVES MINCED GARLIC
- SALT AND PEPPER FOR SEASONING
- 5 BUTTON MUSHROOMS, THINLY SLICED
- 1/2 MEDIUM ZUCCHINI, SLICED INTO THIN SLICES
- 1/2 MEDIUM WHITE ONION, SLICED THINLY
- 1/2 MEDIUM CARROTS SLICED INTO JULIENNE
- 4 CUPS STEAMED SHORT-GRAIN WHITE RICE
- 5 ROMAINE LETTUCE LEAVES, THINLY SLICED
- 4 FRIED EGGS
- 1/2 BEAN SPROUTS, SEASONED WITH A PINCH OF SALT

## PROCEDURE:

1. Combine the Korean red pepper paste, sesame oil, soy sauce, minced garlic cloves, minced ginger and sesame seeds together in a small bowl. This completes the sauce; set aside.
2. Season and sauté the Vegetables one at a time. Once all the vegetables are cooked properly, set aside.
3. Place 1 cup of rice in each bowls. Arrange the vegetables on top. Make sure it looks nice. Place a fried on top of the rice (you can use raw egg yolk too).
4. Pour the Gochujang sauce on top.
5. Mix and enjoy!



# GYUDON



SERVES  
4



METHOD  
BOIL



DIFFICULTY  
BEGINNER



TIME  
30 MINS

## INGREDIENTS

- 200G RICE
- 200G BEEF RIBS (THIN SLICES)
- 1/2 ONION
- 200ML WATER
- 3 TBSP SOY SAUCE
- 3 TBSP SUGAR
- 2 TBSP MIRIN
- 1 TBSP COOKING WINE SAKE
- 2 TSP GRANULE JAPANESE STYLE (DASHI)
- 1/2 TBSP SALAD OIL
- CHEESE
- 5G RED PICKLED GINGER
- EGGS

## PROCEDURE:

1. Cut the beef ribs into 5 cm wide pieces.
2. Cut the onions into 5mm wide combs.
3. Add salad oil to a frying pan heated to medium heat, add 1 and fry on medium heat until the oil is familiar.
4. Add the ingredients for the seasoning and let it boil over medium heat.
5. Add beef ribs and simmer on medium heat for about 10 minutes while removing the lye (foam).



# DESSERT

# PUMPKIN MOCHI W. RED BEAN



SERVES  
2



METHOD  
STEAM



DIFFICULTY  
BEGINNER



TIME  
30-45 MINS

## RED BEAN PASTE

- 100G RED BEANS
- 2 PANDAN LEAVES (OPTIONAL)
- 80~100G RAW SUGAR
- 1/8 TSP SALT

## INGREDIENTS

## PUMPKIN MOCHI

- 100G STEAMED PUMPKIN PASTE
- 90G GLUTINOUS RICE FLOUR
- 15G CONFECTIONER'S SUGAR
- PINCH OF SALT

## PROCEDURE: RED BEAN PASTE

1. Rinse and soak red beans for at least 8 to 12 hours.
2. Add enough water to submerge the beans for about 1cm. Bring to a boil and pour away the water.
3. Fill in a new batch of water to a height of about 1 cm above the beans. Add in the pandan leaves.  
Heat the beans at medium high heat. When the beans start to boil, lower the heat to low, and continue to cook the beans till soft.
4. Puree cooked beans in a food processor with sugar and butter
5. Heat up puree in a pan to reduce moisture for around 6 minutes
6. Mashed the beans with the silicon spatula. Stir the bean paste to dry up part of the moisture content.

## PROCEDURE: PUMPKIN MOCHI

1. Steam pumpkins for around 15 minutes
2. Add to food processor and blend with sugar and oil into a fine puree
3. Add glutinous rice flour to pumpkin puree and blend on medium speed
4. Knead the dough into a smooth paste for about 5 minutes
5. Divide the dough into 10 equal portions, each weighing 20~21g
6. Prepare 10 red bean paste balls, each weighing about 10~12g.
7. Shape the pumpkin dough into a bowl shape, wrap in the red bean paste, and sealed.
8. Use the spine of a butter knife to create indentations all around to imitate a pumpkin.
9. Line a steamer with parchment paper or oil it. Heat up a pot of boiling water.
10. Steam the mochi dough in the pot for about 10 to 12 minutes at medium low heat.



# ICED GEM BISCUITS



SERVES  
2



METHOD  
BAKE



DIFFICULTY  
BEGINNER



TIME  
30-45 MINS

## BISSCUIT BASE

- 50G UNSALTED BUTTER (SOFTENED)
- 20G CASTER SUGAR
- 20G BEATEN EGG
- 100G CAKE OR PLAIN FLOUR
- 10G FULL CREAM MILK POWDER (FOR BAKING USE)
- A PINCH OF SALT

## ROYAL ICING

- 60 GRAMS PASTEURIZED EGG WHITES
- 400 GRAMS POWDERED SUGAR
- 1-2 TEASPOON OF FRESHLY SQUEEZED LEMON JUICE (USE A REAL LEMON)
- A CHERRY, A BLUEBERRY, A KIWI, AND A LEMON

## PROCEDURE: BISCUIT BASE

1. In a bowl, add in the softened butter. Sift the sugar and add it in to the bowl as well. (Whisk the mixture till well incorporated and lighter in color.)
2. Add in the beaten eggs in 2 batches. Mix well after each addition.
3. Sift the flour into the mixture, add in the milk powder, and add the pinch of salt.
4. Using a spatula, and in a cutting motion, fold the wet and dry ingredients in the dough.
5. After folded several times, you can use your hands to start putting together the dough.
6. Divide the dough into smaller parts, weighing about 3g each. Roll the smaller parts of dough into circular balls, and flatten the top slightly.
7. Place all the dough on a baking tray and place inside freezer to maintain its shape and start to make icing.
8. Preheat the oven to 170C. Bake for about 10-15 minutes and the dough should be light golden in color.
9. Cool the biscuits completely on cooling rack before putting on the icing.

## PROCEDURE: ROYAL ICING

1. Pour half of the 400g of powdered sugar into a bowl.
2. Add the egg whites into the bowl.
3. Beat the mixture until totally combined.
4. Add the remaining powdered sugar into the mixture and continue mixing.
5. Beat from low to medium speed.
6. Beat until all ingredients are totally incorporated.
7. Squeeze the fruits for its juice.
8. Separate the icing into 4 bowls and mix with the natural food colorings.
9. Put the icings inside piping bags with a flower piping nozzle and start to pipe.
10. Leave the icing to dry in room temperature for a couple of hours to dry. Remember to put the icing in an air tight container or put plastic sheet over bowl when not in use.

## INGREDIENTS

# BON APPÉTIT



# SLAS

Shanghai Livingston American School

DESIGN BY LUKE PATTERSON