

LET'S EAT MALAYSIAN

By

Dorothy Pow Choo Loader

There are 260 recipes in this book

This version was created on August 15th 2016

SERVES = 3 PER RECIPE UNLESS OTHERWISE NOTED

Contents

NOTES	11
INGREDIENT BRANDS	14
BEEF	15
Coffee Beef Ribs.....	16
Beef Curry	17
Pepper Beef.....	18
Tangy Beef	19
Beef Rendang.....	21
Beef with Red Curry Paste.....	22
Szechuan Beef	23
Fennel Beef.....	24
Serunding Lembu.....	26
Beef Tomchi	27
Beef Satay.....	28
Peking Beef.....	29
Red wine and rosemary beef.....	31
Ma-Po	32
SEAFOOD.....	33
Fried Fish.....	Error! Bookmark not defined.
Spiced Fried Whole Snapper	Error! Bookmark not defined.
Pickled Fish	Error! Bookmark not defined.
Oyster Sambal.....	Error! Bookmark not defined.
Chilli prawn (Indian style).....	Error! Bookmark not defined.
Dorothy's Spicy Prawn	Error! Bookmark not defined.
Tom Yum Soup.....	Error! Bookmark not defined.
Otak Otak.....	Error! Bookmark not defined.
Marinated raw fish.....	Error! Bookmark not defined.
Har Loke (Spicy Prawn)	Error! Bookmark not defined.
Octopus Sambal	Error! Bookmark not defined.
Baked Perch.....	Error! Bookmark not defined.
Prawn Soup.....	Error! Bookmark not defined.
Sambal	Error! Bookmark not defined.
Savoury Fish Cakes	Error! Bookmark not defined.
Deep Fried Fish Tofu.....	Error! Bookmark not defined.
Squid and Scallop Sambal	Error! Bookmark not defined.
Herring with Plum Sauce	Error! Bookmark not defined.
Fish Balls	Error! Bookmark not defined.
Fried Whole Cod.....	Error! Bookmark not defined.
Fish with Soya Bean Paste.....	Error! Bookmark not defined.
Lemon Grass and Prawn Sambal	Error! Bookmark not defined.

Butter Prawns	Error! Bookmark not defined.
Prawns and Black Bean	Error! Bookmark not defined.
Tuna Sambal	Error! Bookmark not defined.
Sweet & Sour Fish	Error! Bookmark not defined.
Pineapple Prawn Curry	Error! Bookmark not defined.
Curry Laksa	Error! Bookmark not defined.
Tempe Sambal	Error! Bookmark not defined.
Tamarind Prawns	Error! Bookmark not defined.
Snow Peas with Seafood	Error! Bookmark not defined.
Thai Curry Laksa	Error! Bookmark not defined.
Thai Fish Cakes	Error! Bookmark not defined.
Fried Fish in Plum Sauce	Error! Bookmark not defined.
Tuna Sang Yue	Error! Bookmark not defined.
Braised Fish	Error! Bookmark not defined.
Malay Fish Curry	Error! Bookmark not defined.
Fish Curry	Error! Bookmark not defined.
Dry Fried Fish With Coconut	Error! Bookmark not defined.
MUTTON	Error! Bookmark not defined.
Mutton Curry	Error! Bookmark not defined.
Mutton Curry Puff	Error! Bookmark not defined.
Lamb Curry.....	Error! Bookmark not defined.
Lamb Curry II.....	Error! Bookmark not defined.
CHICKEN	Error! Bookmark not defined.
Oyster Chicken	Error! Bookmark not defined.
Chilli Chicken.....	Error! Bookmark not defined.
Paper Wrapped Chicken	Error! Bookmark not defined.
Marinated fried chicken wings	Error! Bookmark not defined.
Chicken Curry.....	Error! Bookmark not defined.
Mamak Fried Chicken	Error! Bookmark not defined.
Satay	Error! Bookmark not defined.
Basil Chicken.....	Error! Bookmark not defined.
Tung Po Chicken	Error! Bookmark not defined.
Chicken Kapitan	Error! Bookmark not defined.
Satay Drumsticks	Error! Bookmark not defined.
Spicy Macaroni.....	Error! Bookmark not defined.
Salty Chicken.....	Error! Bookmark not defined.
Clay Pot Chicken	Error! Bookmark not defined.
Thainese Chicken.....	Error! Bookmark not defined.
Tomato Chicken.....	Error! Bookmark not defined.
Tamarind Chicken	Error! Bookmark not defined.
Szechuan Chicken with Spring Onions.....	Error! Bookmark not defined.

Vegetarian Chicken Noodles	Error! Bookmark not defined.
Spicy Tomato Chicken.....	Error! Bookmark not defined.
Coconut Chicken Curry	Error! Bookmark not defined.
Chicken and Sugar Snaps	Error! Bookmark not defined.
Szechuan Chicken.....	Error! Bookmark not defined.
Chicken and Shallots	Error! Bookmark not defined.
Chicken and Potatoes with Soy Paste	Error! Bookmark not defined.
Chicken and Almonds.....	Error! Bookmark not defined.
Wu Poot	Error! Bookmark not defined.
Pineapple Chicken	Error! Bookmark not defined.
Roast Duck	Error! Bookmark not defined.
Braised Chicken with Golden Needles	Error! Bookmark not defined.
Green Chicken Curry	Error! Bookmark not defined.
Chicken and Salted Fish	Error! Bookmark not defined.
PORK	Error! Bookmark not defined.
5 Spice Pork.....	Error! Bookmark not defined.
Sweet and Sour Pork.....	Error! Bookmark not defined.
Pork with black bean	Error! Bookmark not defined.
Char Siew Pork.....	Error! Bookmark not defined.
Thai Style Pork	Error! Bookmark not defined.
Steamed Pork with Salted Fish	Error! Bookmark not defined.
5 Spice Pork with Gravy	Error! Bookmark not defined.
Pork with Woodear and Bean Curd	Error! Bookmark not defined.
Pepper Pork with Mushrooms.....	Error! Bookmark not defined.
Pork and Mushroom Tofu.....	Error! Bookmark not defined.
Pork with 5 Spice and Mushrooms	Error! Bookmark not defined.
Pork Patties	Error! Bookmark not defined.
Pork Noodle Soup.....	Error! Bookmark not defined.
Lettuce Parcels.....	Error! Bookmark not defined.
Spring Rolls	Error! Bookmark not defined.
Wonton	Error! Bookmark not defined.
Bean & Chilli Pork	Error! Bookmark not defined.
Pork Curry	Error! Bookmark not defined.
Pigs Tongue	Error! Bookmark not defined.
Pork Soup	Error! Bookmark not defined.
Tung Choy	Error! Bookmark not defined.
Chinese Stewed Pork	Error! Bookmark not defined.
Pork with Preserved Mustard.....	Error! Bookmark not defined.
Ham Choy Pork	Error! Bookmark not defined.
Pork and Tomato Sambal.....	Error! Bookmark not defined.
Lemon Grass Pork	Error! Bookmark not defined.

Spring Rolls II.....	Error! Bookmark not defined.
Pork and Pumpkin Curry	Error! Bookmark not defined.
Pork with Char Choi	Error! Bookmark not defined.
Braised Pork with Bean Curd	Error! Bookmark not defined.
Plum and Wooster Pork	Error! Bookmark not defined.
Marsala Pork.....	Error! Bookmark not defined.
Black Vinegar Pork.....	Error! Bookmark not defined.
Easy 'Roast' Pork	Error! Bookmark not defined.
Hot & Sour Soup	Error! Bookmark not defined.
Bak Kwa	Error! Bookmark not defined.
Pork & Prawn Triangles	Error! Bookmark not defined.
Pork & Tofu Pok.....	Error! Bookmark not defined.
Steamed Pumpkin & Pork.....	Error! Bookmark not defined.
Cincalok Pork	Error! Bookmark not defined.
Ginger Pork.....	Error! Bookmark not defined.
Pork With Egg	Error! Bookmark not defined.
Pork and Mushroom Tofu.....	Error! Bookmark not defined.
Pork and Mushroom Curry	Error! Bookmark not defined.
Nonya style Pork.....	Error! Bookmark not defined.
Siu Mai	Error! Bookmark not defined.
Jambrong Tofu and Pork Mince	Error! Bookmark not defined.
Coffee Pork.....	Error! Bookmark not defined.
Braised Pork Szechuan Style	Error! Bookmark not defined.
Bak Kwa 2	Error! Bookmark not defined.
RICE & NOODLES	Error! Bookmark not defined.
Dorothy's Mee Siam.....	Error! Bookmark not defined.
5 Spice Macaroni	Error! Bookmark not defined.
Prawn mee hoon	Error! Bookmark not defined.
Fried Rice	Error! Bookmark not defined.
Kueh Teow style noodles with prawn and pork.....	Error! Bookmark not defined.
Pork Congee	Error! Bookmark not defined.
5 Spice glutinous rice.....	Error! Bookmark not defined.
Maggi Mee.....	Error! Bookmark not defined.
Yee Mee.....	Error! Bookmark not defined.
Glass Noodles with Pork and Prawn.....	Error! Bookmark not defined.
Nasi Lemak.....	Error! Bookmark not defined.
Roti	Error! Bookmark not defined.
Wonton Noodles	Error! Bookmark not defined.
Fried Rice with Dried Squid and Fish.....	Error! Bookmark not defined.
Pineapple Fried Rice.....	Error! Bookmark not defined.
Savoury Pumpkin Cake	Error! Bookmark not defined.

Pork Mince with Noodles	Error! Bookmark not defined.
Hoisin Noodles	Error! Bookmark not defined.
Birthday Noodles	Error! Bookmark not defined.
Black Bean Noodles	Error! Bookmark not defined.
Dried Sole Kueh Teow	Error! Bookmark not defined.
Bak Chang Rice	Error! Bookmark not defined.
Pork & Lap Cheong Congee	Error! Bookmark not defined.
Fried Kueh Teow	Error! Bookmark not defined.
Pork Noodles with Kidney	Error! Bookmark not defined.
Thai Laksa	Error! Bookmark not defined.
Pan Mee	Error! Bookmark not defined.
Stinky Noodles.....	Error! Bookmark not defined.
Thai Fried Rice	Error! Bookmark not defined.
Yam Puffs	Error! Bookmark not defined.
Yang Chou Fried Rice	Error! Bookmark not defined.
Fresh Fried Ho Fun	Error! Bookmark not defined.
Bak Chang	Error! Bookmark not defined.
Hokkien Mee	Error! Bookmark not defined.
Chee Cheong Fun	Error! Bookmark not defined.
VEGGIES	Error! Bookmark not defined.
Broccoli with prawn	Error! Bookmark not defined.
Stir Fried Broccoli	Error! Bookmark not defined.
Broccoli with pork	Error! Bookmark not defined.
Leek with pork	Error! Bookmark not defined.
Fried Coz Lettuce	Error! Bookmark not defined.
Fried cabbage with pork	Error! Bookmark not defined.
Fried greens with pork and prawn	Error! Bookmark not defined.
Carrot, Zucchini and Prawn	Error! Bookmark not defined.
Vegetable Dhal (Dahl)	Error! Bookmark not defined.
Kang Kong.....	Error! Bookmark not defined.
Cauliflower	Error! Bookmark not defined.
Choi sum and pork.....	Error! Bookmark not defined.
French Beans with prawn	Error! Bookmark not defined.
Siew Pak Choy.....	Error! Bookmark not defined.
Cucumber and Prawn.....	Error! Bookmark not defined.
Celery with pork	Error! Bookmark not defined.
Yung Tau Foo	Error! Bookmark not defined.
Bean Sprouts (Towgay)	Error! Bookmark not defined.
Silver Beet with Pork.....	Error! Bookmark not defined.
Brussel Sprouts & Snow Peas.....	Error! Bookmark not defined.
Egg Plant Sambal.....	Error! Bookmark not defined.

Meso Soup	Error! Bookmark not defined.
Cabbage in Coconut Cream	Error! Bookmark not defined.
Chai Choi	Error! Bookmark not defined.
Shrimp Wombok	Error! Bookmark not defined.
Spring Onions with Pork	Error! Bookmark not defined.
Mint Soup	Error! Bookmark not defined.
Daikon with Pork	Error! Bookmark not defined.
Garlic Shoots with Prawn	Error! Bookmark not defined.
Pak Choy with Chicken	Error! Bookmark not defined.
Mustard Egg Plant	Error! Bookmark not defined.
Kai Lan	Error! Bookmark not defined.
Sweet Tomato Chutney (Indian style)	Error! Bookmark not defined.
Zucchini with Prawn	Error! Bookmark not defined.
Chilli Trombocini	Error! Bookmark not defined.
Kai Choy	Error! Bookmark not defined.
Malay Style Trombocini	Error! Bookmark not defined.
Zucchini with glass noodles and shrimp	Error! Bookmark not defined.
Chilli Cucumber	Error! Bookmark not defined.
Spicy Trombocini	Error! Bookmark not defined.
Broccoli Leaves	Error! Bookmark not defined.
Lotus Root	Error! Bookmark not defined.
Braised Chilli Eggplant	Error! Bookmark not defined.
Tong Hoe	Error! Bookmark not defined.
Sugar Snap Peas with Black Bean	Error! Bookmark not defined.
Snow Peas	Error! Bookmark not defined.
Emperor's Dish	Error! Bookmark not defined.
Lotus & Snow Peas	Error! Bookmark not defined.
Tatsoi	Error! Bookmark not defined.
Egg Foo Yong	Error! Bookmark not defined.
Enoki & Lotus Root	Error! Bookmark not defined.
Popiah	Error! Bookmark not defined.
Asparagus & Squid	Error! Bookmark not defined.
Por Choi (English Spinach)	Error! Bookmark not defined.
Hairy Gourd	Error! Bookmark not defined.
Hairy Gourd with Coconut	Error! Bookmark not defined.
Choko & Prawn	Error! Bookmark not defined.
Kang Kong with Belacan	Error! Bookmark not defined.
Bean Sprouts and Lap Cheong	Error! Bookmark not defined.
Pumpkin Cake	Error! Bookmark not defined.
Masak Lodeh	Error! Bookmark not defined.
Tangy Radish	Error! Bookmark not defined.

Fried Kohlrabi.....	Error! Bookmark not defined.
Chive Shoots with Pork	Error! Bookmark not defined.
Okra with Dried Shrimp in Chilli Oil	Error! Bookmark not defined.
Kohlrabi with Cucumber	Error! Bookmark not defined.
Kohlrabi with Pork and Cincalok	Error! Bookmark not defined.
Hairy Gourd with Fish	Error! Bookmark not defined.
Daikon Soup	Error! Bookmark not defined.
Daikon Cake	Error! Bookmark not defined.
Asian spinach with coconut	Error! Bookmark not defined.
Sambal Asparagus	Error! Bookmark not defined.
Braised Turnip	Error! Bookmark not defined.
DESSERT	Error! Bookmark not defined.
Pandan Chiffon Cake	Error! Bookmark not defined.
Black Rice.....	Error! Bookmark not defined.
Mung Bean Dessert.....	Error! Bookmark not defined.
Sweet Potato Balls	Error! Bookmark not defined.
Agar Agar	Error! Bookmark not defined.
Sweet Waffles	Error! Bookmark not defined.
Coconut Pumpkin	Error! Bookmark not defined.
Kaya (Coconut Jam)	Error! Bookmark not defined.
Rose Bandung Agar	Error! Bookmark not defined.
Pearl Barley Dessert	Error! Bookmark not defined.
Lin Ko and Sweet Potato	Error! Bookmark not defined.
Coconut and Tapioca Cake	Error! Bookmark not defined.



My name is Dorothy Loader and I was born in Malaysia. I spent almost 50 years living and working there before moving to Australia in 2009.

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

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

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

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

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

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

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

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

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

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



My Mum, Lucy Loader, taught me to cook and I dedicate this book to her memory.



A sharp knife or good cleaver is a cook's best friend.



Preparation is the key to Asian cooking.

NOTES

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

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

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

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

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

Three main rules :

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

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

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

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

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

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

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

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

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

Rice : There are many varieties of rice. In Australia the choice is far more limited than in Malaysia but generally the rice sold here is high quality.

In my cooking I tend to use good quality long grain rice like 'Sun Long'.

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

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

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

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

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

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

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

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

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

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



Good food makes me happy.

INGREDIENT BRANDS

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

Light soya sauce : Pearl River

Sweet soya sauce : ABC

Dark soya sauce : Pearl River

Shao xing wine : Pearl River

Oyster sauce : Makerua / Lee Kum Kee

Thai fish sauce : Squid

Worcestershire sauce : Liam Perin

Hoi Sin Sauce : Lee Kum Kee

Char Siew Sauce : Lee Kum Kee

Chicken stock powder : Maggi

Ikan bilis stock cube : Knorr (If not available use chicken stock)

Chilli powder : Babas

Curry powder : Babas

5 Spice powder : Look for 5 spice made in Hong Kong or Malaysia

Powdered coconut : Ayam

Mee hoon noodles : Wai Wai

Coconut cream : Chef

Tom Yum paste : Any Thai brand. (Avoid Tom Yum cubes.)

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



BEEF

Coffee Beef Ribs

Ingredients

1 kg Beef ribs
3 tbsp Cooking oil

Marinade

2 tbsp Rice flour
1/2 Onion minced
2 cloves Garlic minced
1/4 tsp Salt
1 tbsp Worcestershire sauce
2 cm Ginger minced
1 tbsp Sugar

Sauce

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

Method

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

Serves 3

Beef Curry

Ingredients

1 kg Beef cubed
1/2 tsp Fenugreek
2 cm Cinnamon stick
1 Star anise
1 spring Curry leaves
3 Cardamom pods
5 tbsp Coconut powder in 1 cup Water
1 cup Water
2 tbsp Ghee
3 tbsp Cooking oil
2 pinches MSG (optional)
1 tsp Sugar
Salt to taste

Paste part 1

1 Onion chopped
6 Candle nuts
1 tsp Ginger minced
3 cloves Garlic

Paste part 2

2 tsp Chilli powder
4 tsp Meat curry powder
1/2 tsp Turmeric
6 tbsp Water

Method

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

Serves 3

Pepper Beef

Ingredients

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

Marinade

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

Method

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

Serves 3

Tangy Beef

Ingredients

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

Marinade

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

Method

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

Serves 3



There's nothing like the smell of satay over hot coals.



Snacking is a national hobby in Malaysia

Beef Rendang

Ingredients

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

Paste

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

Method

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

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

Serves 3

Beef with Red Curry Paste

Ingredients

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

Method

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

Serves 3

Szechuan Beef

Ingredients

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

Method

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

Serves 3

Fennel Beef

Ingredients

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

Marinade

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

Method

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

Serves 4



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



Food is cheap and plentiful.

Serunding Lembu

Ingredients

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

Method

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

Serves 4

Beef Tomchi

Ingredients

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

Blend:

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

Method

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

Serves 4

Beef Satay

Ingredients

600g Rump steak diced

Beef marinade

1/2 cup Brown sugar

1 tbsp Cumin powder

1 tsp Fennel powder

1 tsp Coriander powder

1 tsp Sweet chilli sauce

1/4 cup Water

Peanut Sauce

1 medium Onion chopped

2 tbsp Sunflower oil

1 clove Garlic grated

1 tsp Sambal oelek (chilli paste)

2 tbsp Belacan powder (dried shrimp powder)

3 tbsp Kecap Manis (sweet soya sauce)

2 tbsp Brown sugar

6 tbsp Crunchy peanut butter

3 tbsp Lime juice

1 cup Water.

Method

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

Peanut Sauce

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

Cooking the meat

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

Peking Beef

Ingredients

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

Marinade

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

Method

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

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



Tropical fruit is a good healthy snack between meals.

Red wine and rosemary beef

Ingredients

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

Method

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

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

Ma-Po

Ingredients

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

Method

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

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



SEAFOOD

To get the complete book visit

<http://www.letseatmalaysian.com>

or

<http://www.wanowandthen.com/Free-E-Books.html>

or buy the Kindle version from

<https://www.amazon.com.au/dp/B01K9SZIKE>