

Cooking Fun

*Bonus Recipe Book for Readers of
Enjoying Mid-Life Without Crisis*

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Meal Suggestions

1. Rice with Dishes and Soup
Sweet & Sour Pork
Steam Fish
Water Cress Soup

2. Noodle with Soup
Fried Noodle
Chicken Soup

3. Chicken Rice Feast
Sesame Chicken
Pork Chop
Carrot Soup
Fragrance rice

4. Noodle with Side Dish and Soup
Fried Spaghetti
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Mushroom Soup

5. One Dish Meal
Beef Stew with Rice

6. Rice with Three Dishes
Braised Meat
Assorted Vegetable
Fried Chicken & Potato

7. One Dish Meal with Soup
Glutinous Rice
Double Boiled Chicken Soup

RICE WITH DISHES AND SOUP
SWEET & SOUR PORK
STEAM FISH
WATER CRESS SOUP



Sweet & Sour Pork

Ingredient:

Pork (shoulder part, ~100g per serving)

Onions

Tomatoes

Cucumber

Corn flour

Some chopped Garlic

Seasoning:

Marinate Pork for min 1 hr with below seasonings (one round the plate small serving of each item):

Soy sauce

Oyster sauce

Sesame oil

Pepper

Sauce Ingredient:

Dissolve 1 tbsp corn flour into 150 ml water, then add below and stir to blend:

¼ tsp salt

2 tbsp sugar

4 tbsp tomato ketchup

1 tsp sesame oil

1 tsp soy sauce

2 tbsp vinegar

Direction:

1. Coat the pork with corn flour. Put aside.
2. Heat frying pan until hot. Add oil.
3. Deep fry the pork coated with flour for ~ 5 mins, separate the pieces with a pair of chopsticks if they stick together.
4. Place the fried pork on kitchen paper to drain out the excess oil.

Note: Above steps can be done ahead of time.

5. Heat frying pan until hot.
6. Add ~ one small round pan serving of oil and swirl it around.
7. Add garlic and onion, stir fry til browned.
8. Add cucumber and tomatoes, stir fry for a few minutes over medium heat, season with salt if desired.
9. Pour in well-stirred sauce and bring it to boil slowly, stir constantly.
10. Pour the sweet & sour sauce over the fried pork. Serve immediately.

Tips: You can replace pork with chicken or fish for sweet & sour chicken or fish.

Steam Fish

Ingredient:

Fish (Cod fish, sea bass or any fish fillet of your choice, ~ 100g per serving)

Seasoning:

Marinate Fish for min 1 hr with below seasoning:

(just sprinkle a small amount of each item) :

Salt

Pepper

Paprika (Ground)

Parsley (Flakes)

Direction:

1. Heat up the steamer until the water is boiling.
2. Steam on high heat for 3 to 5 mins depending on the size and thickness of the fish.
3. Check if the fish is cooked with toothpick.
4. Leave the fish in the steamer for 3 to 5 mins prior serving.

Tips: If you prefer to have colour and sauce in the steam fish, you can add spring onion, ginger, tomato wedges, shiitake mushroom, sour plum & light soy sauce with some water.

Watercress Soup

Ingredient:

Watercress (separate the stem and leaves)

Pork (Ribs &/or Shoulder pork, ~ 100g per serving)

Bitter and sweet almond

Wolfberries

Honey dates

Direction:

1. Parboil pork and drain it (or “wash and rinse” the pork with hot water), put aside.
2. Bring water (~ 1.5 bowls per serving) to boil in a pot.
3. Add the “cleaned” pork, almond, wolfberries, dates and watercress stems into the boiling water.
4. Boil over high heat for ~ 30 minutes.
5. Simmer it over medium heat for ~ 1 hour.

Note: Above steps can be done ahead of time.

6. Add the balance watercress leaves and bring it to boil for ~ 5 mins prior serving.
7. Season with salt as desired.

NOODLE WITH SOUP
FRIED NOODLE
CHICKEN SOUP



Fried Noodle

Ingredient:

Noodle (1 serving or 1 packet for each serving)
Sliced Chicken (can be taken from the chicken soup)
Green Vegetable of your choice
Some chopped Garlic

Seasoning:

Pre-mix chicken stock essence (3/4 tbsp per serving/packet of noodle) with some dark soya sauce and some water.

Direction:

1. Pre-boil the noodle, vegetable, chicken (don't need to pre-boil chicken if is taken from the boiled chicken soup).
2. Season sliced chicken strips with some sesame oil, light soya sauce and stir fry it.

Note: Above steps can be done ahead of time.

3. Heat up frying pan, add oil.
4. Fried garlic til browned
5. Add noodle, veg & chicken gradually
6. Add pre-mix seasoning and stir fry everything evenly.

Tips: *If you prefer to have more colour, garnish it with add stripped fried egg &/or chili prior serving.*

Chicken Soup

Ingredient:

1 whole chicken or 3 large drum sticks (~ 200g per serving or 1 kg in total)
2 carrots, halved
4 stalks celery, halved
½ large onion

Direction:

1. Parboil chicken and drain it (or “wash and rinse” the chicken with hot water), put aside.
2. Put the chicken, carrots, celery and onion in a large soup pot and cover them with cold water (or ~ 1.5 bowl for each serving)
3. Boil it with high heat for ~ 30 mins.
4. Simmer it with medium heat for ~ 1 hour or until the chicken meat falls off of the bones.
5. Take all the ingredients out of the pot.
6. Strain the soup to filter off any excess ingredient.
7. Peel the meat off the bones for chicken strips.
8. Chop the carrots, celery and onion into small bite size.
9. Return the clear soup, chicken strips, cube carrot, celery and onion to the pot.
10. Heat up the soup and season with salt and pepper prior serving.

CHICKEN RICE FEAST
SEASAME OIL CHICKEN
PORK CHOP
CARROT SOUP
FRAGRANCE RICE



Sesame Oil Chicken

Ingredient:

Chicken breast meats (~ 100g per serving, chop into small pieces)
2-3 inches knob of ginger (peeled and cut into thin strips)

Seasoning:

Marinate Chicken for min 1 hr with below seasoning (one round the plate small serving of each item):

Soy sauce
Pepper

Direction:

1. Heat up frying pan.
2. Add ~ 2 tbsp sesame oil over high heat.
3. Add ginger strips and stir fry until light brown or aromatic.
4. Add chicken, ~ ½ tbsp oyster sauce & ~ 1 tbsp wine.
5. Stir-fry until the chicken ~ 70% cooked.
6. Add ~ half a cup of water and do a few quick stirs.
7. Cover the pan with lid and turn the heat to medium to low heat.
8. Let the chicken cook for a few minutes until the sauce thickens and the meat becomes tender.

Tips: *If the sauce dries up, add more water.*

Pork Chop

Ingredient:

Pork (~ 100g per serving)

1 pc tomato

½ pc cucumber

Bread or Biscuit crumbs (~ 50g per serving)

Seasoning:

1. Use the back of the knife to beat the (dried) pork on both sides.
2. Marinate Pork for min 1 hr with below seasoning (one round the plate small servings of each item) :
 - Light soy sauce
 - Salt
 - Pepper
 - Ginger juice (or mined ginger with 2 soup spoons)
 - Some chopped Garlic

Gravy:

~ 1 bowl of water

2 tbsp ketchup

1 tbsp sugar

½ tsp salt

1 tbsp (white rice) vinegar

Mixed above well and thicken it with premix of 2 tbsp corn four and 2 tbsp water.

Directions:

1. Mix some corn flour with the seasoned pork evenly prior deep frying the pork.
2. Press the pork (pc by pc) onto the bread or biscuit crumbs til each piece of the meat is covered completely with the crumb (press hard using palm), put aside.
3. Heat the frying pan, add oil.
4. Deep fry the pork chop til golden brown using medium heat (~ 5 mins).
5. Bring out the fried pork chop onto oil strain or place it on the kitchen paper to remove excess oil.
6. Next, boil the gravy for ~ 2 mins (no oil, just stir well and boil)
7. Pour the gravy over the pork chop or serve the gravy separately as desired.

Tips: You DIY biscuit crumbs by mincing 4 pcs of cream cracker aka square biscuit).

You can replace pork with chicken for chicken chop (do not need to beat chicken with back of the knife.

Carrot Soup

Ingredient:

1 large pc Radish (white carrot)
2 – 3 pcs of Carrot (red carrot)
~ 50g of Pork or Chicken per serving
1 pc dried brown Cuttlefish

Direction:

1. Parboil chicken or pork and drain it (or “wash and rinse” the pork or chicken with hot water), put aside.
2. Cut the radish and red carrot into medium size triangular block.
3. Bring water (~ 1.5 bowls per serving) to boil in a pot.
4. Add the rest of the ingredients into the boiling water to boil with high heat for ~ 30 mins.
5. Simmer it over medium heat for ~ 1 hour.
6. Season with salt as desired.

Fragrant Rice

Ingredient:

Pandan leaves (tie into a bundle) – boil it with a small pot of water with big fire for ~ 5 mins, put aside.

Ginger ~ 2 big slices (skin on)

Garlic ~ 3 pcs (skin on), flatten them with a chopper

Preparation:

Soak rice for ~ 10 mins

(You can check the water level by touching the rice level with the index finger and align the water level to the first line on your index finger)

Cooking Instruction:

1. Add 1 chicken stock cube into the pot of rice pre-soaked with water
2. Add boiled panda leaves water
3. Add ginger & garlic
4. Add salt as desired
5. Cook rice as normal

Tips: *You can prepare fragrant or chicken rice with chicken rice paste.*

NOODLE WITH SIDE
DISH AND SOUP
FRIED NOODLE
STIR FRIED FISH
MUSHROOM SOUP



Fried Spaghetti (Aglio Olio)

Ingredients:

Spaghetti or Linguine (~100g for 1 serving)
Olive oil (1 tbsp for 1 serving)
Ham (1 pc for 1 serving)
Bacon (1/2 pc for 1 serving)
1 pc Carrot (sliced)
Some chopped Garlic
Optional: Button Mushrooms (sliced)

Seasoning:

Chicken stock
Parsley, Chili flakes (optional)

Direction:

1. Fill pot with water (~ 1 cup for 1 serving) and bring it to boil.
2. Add some oil and salt, boil spaghetti & carrot til ~ 80% cooked, drain and put aside.

Note: Above Steps can prepare ahead.

1. Heat up the wok, add some olive oil.
2. Stir fry garlic til browned.
3. Add ham, bacon, carrot, mushrooms, stir fry till cooked.
4. Add boiled pasta, seasoning and toss everything evenly.

Tips: *Add some water during tossing if too dry.*

Stir Fried Fish

Ingredients:

Dory Fish (half pc for 1 serving)

Seasoning:

Marinate Fish for min 1 hr with some salt & pepper. Add Parsley and Rosemary flakes as required.

Cooking Instruction

1. Heat up the wok, add some olive oil.
2. Fry fish till one side of the fish turned golden brown at medium heat.
3. Turn the fish to the other side to continue to fry til both sides turned golden brown.
4. Place the fried fish on greasy paper to drain out the excess oil prior serving.

Mushroom soup

Ingredient A:

1 large can of button mushroom (sliced)

½ large onion (chopped)

4 cups of chicken soup (from boiling 5 cups of water with chicken & chicken bone for ~ 1hr)

Ingredient B:

2 tbsp butter

1 tbsp olive oil

1 tbsp flour

½ cup milk

Preparation:

1. Heat up the wok with medium heat, add oil and heat up butter til melted.
2. Stir in flour gradually, mix well, cook til it forms a smooth mixture.
3. Add in milk, mix well and put aside.

Direction:

1. Heat up soup pot, add olive oil and heat up butter til melted.
2. Add onion, mushroom, stir fly til fragrant
3. Add chicken soup and boil for ~ 15 mins
4. Add in Ingredient B mix to thicken the soup
5. Season with salt as desired.

ONE DISH MEAL
BEEF STEW
RICE



Beef Stew

Ingredient:

Beef (~100g for serving)

Big Onion (2 – 3 pcs), triangular cut

White Potatoes (2 – 3 pcs) triangular cut, soak in water

Carrot (2 – 3 pcs), triangular cut

Tomato (1 – 2 pcs)

Mushroom (1 can)

Butter (60g)

Some Plain flour

Parsley, Rosemary, Paprika flakes

Preparation:

1. **SEASONING** – season beef with one round the plate small serving of dark soya sauce, light soya sauce (or ½ pc of seasoning stock cube), some paprika, rosemary and parsley.
2. **STOCK** - Boil ~ ½ pot of water, add 1 onion, some rosemary, parsley, pepper and salt (or balance ½ pc of seasoning stock cube).
3. **SAUCE** – Heat up wok with medium fire, add some oil to heat up the butter til melted, stir in flour gradually til thicken, add some paprika and rosemary and put it aside.

Direction:

1. Heat up wok with high heat, add oil, fry onion with some parsley and rosemary til golden brown.
2. Add beef, fry til fragrance, add pepper and fry til dry ~ 80% cooked.
3. Transfer the 80% cooked beef into the boiled stock pot.
4. Add in tomato and continue to boil with high heat for ~ 30 mins, with lid covered.
5. Add in carrot and boil with medium fire for ~ 30 mins, without lid.
6. Add in potato, stir in the sauce gradually with medium fire.
7. Add in mushroom and boil with low heat for ~ 30 mins, without lid.
8. Season with salt as desired.

Tips: Beat the beef with the back of the knife prior seasoning to have more tender meat.

Tips: You can replace beef with chicken for chicken stew, do not beat the chicken and stew time is shorter.

RICE WITH THREE DISHES
BRAISED PORK
ASSORTED VEGETABLE
FRIED CHICKEN & POTATO



Braised Pork (Lor Bak)

Ingredient:

Pork Belly (~100g per serving)

Ready-mixed Seasoning for braised meat (or 2 star anise and 2 cinnamon stick)

6 clove garlic (skin on, flatten them with chopper)

Hard boiled eggs (optional)

3 slices of ginger (skin on)

Bean curd (triangular-cut)

Sauce Ingredient:

2 tbsp soya sauce

2 tbsp oyster sauce

2 tbsp dark soya sauce

2 tbsp honey

1 tbsp sugar

1 tsp pepper

2 cups hot water

Seasoning:

Marinate the Pork for min 1 hr with below seasoning (one round the plate small serving of each item):

Dark soy sauce

Oyster sauce

Sesame oil

Pepper

Little bit of sugar

Direction:

1. Allow the pork to stand at room temperature for at least half an hour.
2. Heat up the frying pan, add oil, sear the pork til browned, put aside.
3. Add the Sauce Ingredient (mix and stir well).
4. Add the Ready-mixed seasoning (star anise and cinnamon stick). Add garlic and ginger.
5. Bring the gravy to boil at high heat.
6. Add the pork.
7. Bring the sauce to boil again, then let it simmer at medium heat for about 1 hr.
8. Add the boiled egg (optional) and bean curd to simmer for another 30 mins.
9. Season with salt and sugar as desired.

Assorted Vegetable

(Cabbage with black fungus & tang hoon)

Ingredient:

250g Cabbage (sliced)

10g black fungus (soaked)

15g bean curd sheets (soaked with hot water)

1 bunch of tang hoon (vermicelli, soaked)

2 slices of ginger (skin on)

2 small onions (sliced)

Direction:

1. Heat up the frying pan, add oil.
2. Fry sliced small onion and ginger til browned.
3. Put in the rest of ingredient (except tang hoon), stir fry everything evenly.
4. Add some water, cover the pan to simmer the vegetable for ~ 10 mins
5. Season with salt or chicken stock as desired.

Tips: You can add some Tomato, Carrot or Ginko nuts to enhance the look with bright colour.

Fried Chicken and Potato

Ingredient:

Chicken breast meat (~100g per serving)
Potato (Brown, half pc per serving, cut into cube)
Some chopped Garlic

Seasoning:

Marinate the Chicken for min 1 hr with below seasoning (one round the plate small serving of each item):

Dark soy sauce
Pepper

Direction:

1. Heat up frying pan, add oil to deep fry potato til ~ 50% cooked, put aside.
2. Remove excess oil, stir fry garlic and chicken.
3. Add fried potato and some water (~ half a cup).
4. Let it simmer at medium heat.
5. Season with light and dark soy sauce as desired.

Tips: *You can replace chicken with pork.*

ONE DISH MEAL WITH SOUP
GLUTINOUS RICE
DOUBLE BOILED CHICKEN SOUP



Glutinous Rice

Ingredient (6 Servings)

½ kg glutinous rice (soaked overnight)
3 – 4pc Chinese Mushroom (sliced, soak)
Half bowl of dried shrimp (soaked)
1 can of braised Peanut (drained off excess oil)
BBQ pork (~ 50g per serving, cut into slices)
Spring onion (chopped)
Fried small onion (~ 1 bowl)

Directions:

1. Heat up frying pan, add oil, fry small onion til golden brown, put aside.
2. Stir fry garlic, chinese mushroom, dried shrimp and pork. Season with salt and pepper.
3. Add glutinous rice (strain off excess water), add soy sauce, fried onion and stir fry evenly.
4. Transfer everything to the steamer to steam for about 30 minutes.
5. Sprinkle some water, stir evenly and steam for another 30 minutes.
6. Add peanuts and some fried onion, sprinkle some water, stir evenly and steam for another 30 minutes.
7. Season with dark soy sauce as desired.
8. Garnish with fried onion & chopped spring onion prior serving.

Tips: You can place a piece of wet cloth in the steamer to hold the glutinous rice.

Double Boil Chicken Soup

Ingredient:

1 kampong chicken or with chicken breast meat with some chicken bones (~ 200g per serving or 1 kg in total)

8 red dates

1 cup of ginkgo (soaked)

1 cup of lotus seeds (soaked)

1 tbsp wolfberries

1 tbsp ginseng roots

Direction:

1. Parboil chicken and drain it (or “wash and rinse” the chicken with hot water), put aside.
2. Place the chicken in the double- boiled pot and cover the chicken with boiling water.
3. Add in rest of the ingredients.
4. Double boil everything for 1.5 hours.
5. Season with salt and pepper prior serving.