

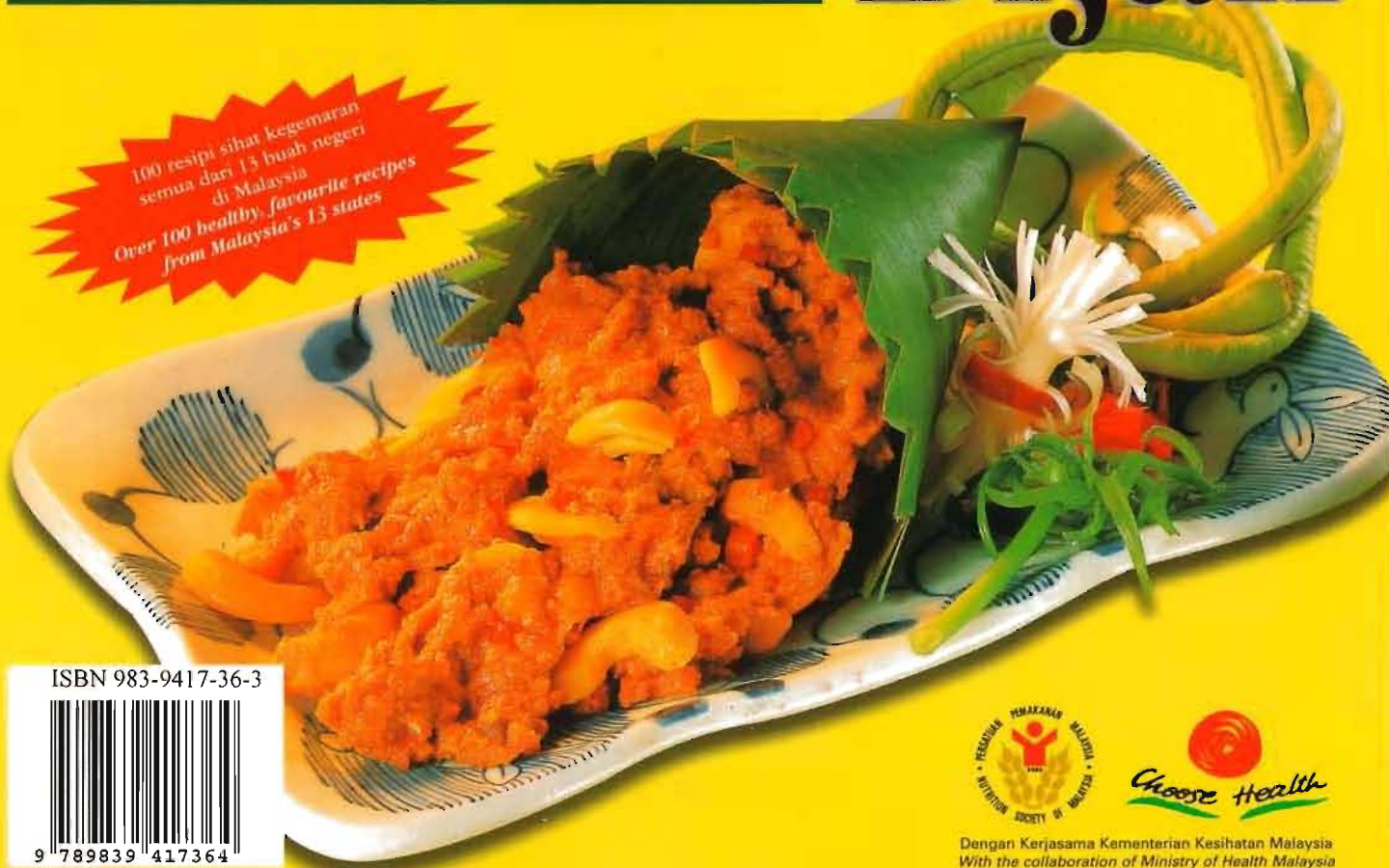
Resipi **Sihat,** Pilihan **Bijak**

(Part 1)

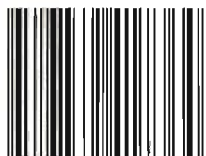
PENGEMBARAAN MAKANAN SIHAT MALAYSIA YANG ENAK MENYELERAKAN
THE HEALTHY CULINARY JOURNEY OF MALAYSIA

Jilid 2 / Volume 2

100 resipi sihat kegemaran
semua dari 13 buah negeri
di Malaysia
Over 100 healthy, favourite recipes
from Malaysia's 13 states



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Dengan Kerjasama Kementerian Kesihatan Malaysia
With the collaboration of Ministry of Health Malaysia

RM18.00



IMPROVING LIVES *through* **NUTRITION**

As a professional organisation, we are guided by a simple belief – the more people understand food and nutrition, the better they can care for their health and well-being.

This is the reason why we support the advancement of research, sharing practical insights and important discoveries for the benefit of all.

Working with Government and industry, we help shape the laws, policies and practices that protect the public's right to safe and nutritious food products.

In caring for the community, we strive to make healthy eating a way of life to safeguard the young and old against the risk of diet-related diseases.

We are committed to improving lives through nutrition. It's our way of serving Malaysia.

Our Activities

- Annual scientific conferences
- Scientific update sessions
- Malaysian Journal of Nutrition
- Berita NSM
- Consultation with health, regulatory & scientific bodies
- Roadshows & exhibitions with nutrition screening & dietary advice for the public
- Public talks & workshops
- <http://www.nutriweb.org.my>, a comprehensive and authoritative website on nutrition for Malaysians
- BRIGHT START Nutrition, a major education programme on child nutrition
- Nutrition promotion programmes in collaboration with the private sector

Nutrition Society of Malaysia **E-mail: president@nutriweb.org.my**

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Resipi Sihat, Pilihan Bijak

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THE HEALTHY CULINARY JOURNEY OF MALAYSIA

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Segala usaha telah diambil untuk memastikan maklumat yang terdapat di dalam buku ini adalah betul sewaktu dicetak.

Dengan segala perhatian teliti yang telah diambil semasa penyediaan buku ini, pihak penerbit dan agensi berkaitan tidak dipertanggungjawabkan atas apa-apa ketidaktepatan, maklumat yang tertinggal atau pengubahsuaian yang mungkin timbul.

Iklan-iklan yang terdapat di dalam buku resipi ini tidak merupakan pengesahan oleh pihak penerbit bagi produk-produk yang diiklankan.

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Dengan Kerjasama
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MENTERI KESIHATAN MALAYSIA

MESSAGE

Everyone desires good health. But to achieve good health, you need to lead a healthy lifestyle. Any nutritionist, dietitian or health professional will tell you that such a lifestyle entails eating healthily, exercising or getting involved in physical activity on a regular basis, and abstaining from bad habits (like smoking and alcohol abuse).

In recognising the importance of such practices, the Ministry of Health had initiated Healthy Lifestyle Campaigns in 1991. In Phase I, we had aimed at creating greater awareness on common lifestyle diseases. Diet-related diseases were individually emphasised, such as Cardiovascular Diseases in 1991, Cancer in 1995, and Diabetes in 1996.

Having made people more aware of these diseases, we then sought to change their attitudes and behaviours towards eating. Phase II kicked off with Healthy Eating as the theme for 1997, and gave much attention to four key areas – dietary practices, body weight management, good hygiene and food labelling.

While it is still too early to assess the full impact of our efforts to date, we are already seeing some positive changes. For example, more people now recognise the Food Guide Pyramid. Another is the growing interest in healthy eating. This was strongly reflected by the overwhelming response to *Resipi Sihat, Pilihan Bijak*, Volume 1 which was launched in April 1999. Within one year, nearly 80,000 copies were sold.

These are encouraging signs. However, much more needs to be done to make healthy eating a part of the Malaysian way of life. For this reason, the Ministry of Health has strongly supported the publication of *Resipi Sihat, Pilihan Bijak*, Volume 2. More exciting than before, this volume now features a dazzling collection of 100 delicious, specially-modified recipes to further guide your family's healthy eating. Drawn from the six regions of Malaysia, the recipes represent nothing less than a healthy culinary journey through the diverse specialities that our 13 states offer.

Just like in Volume 1, each recipe comes with its own nutritional table. Other value-added features include informative sections on the prevention of diet-related diseases, using herbs and spices, nutrient composition of local foods, and a host of other useful tips.

Resipi Sihat, Pilihan Bijak, Volume 2 is one of the many ways in which our government is committed to helping Malaysians care for their health. Use it as your daily guide and enjoy healthy eating as part of your family's lifestyle.

DATO' CHUA JUI MENG
Minister of Health
Ministry of Health Malaysia



The Healthy Culinary Journey of Malaysia

Nutrition Society of Malaysia (NSM) believes that healthy eating is both to be understood and enjoyed. Thus, it is our great pleasure to bring you Volume 2 of *Resipi Sihat, Pilihan Bijak*, the nation's most popular, authoritative cookbook.

With *The Healthy Culinary Journey of Malaysia* as its theme, *Resipi Sihat, Pilihan Bijak*, Volume 2 will have you discovering the enchantment of local cuisines. At the same time, it will serve as an exciting source of ideas, inspiration and guidance for turning healthy eating into a truly beneficial and enjoyable experience.

In *Resipi Sihat, Pilihan Bijak*, Volume 2, delicious recipes and dazzling pictures are combined with a wealth of information, insights and practical advice. These go a long way towards helping you make healthy food choices, discern their nutritional value, and use appropriate preparation methods. Together, these will benefit your family's health and nutritional well-being.

Resipi Sihat, Pilihan Bijak, Volume 2 is a highly unique contribution to the nation. Thus, we thank YB Dato' Chua Jui Meng, Minister of Health Malaysia, for entrusting us with the challenge and privilege of bringing this special publication to the people. For encouraging our efforts, we thank YBhg Tan Sri Dato' Sri Abu Bakar bin Suleiman, former Director-General of the Ministry of Health Malaysia. For her guidance, we thank YBhg Datin (Dr) S Selvaraju who had served as Chairperson of the Recipe Development Committee for both Volume 1 and 2. We acknowledge the tireless effort of the Editorial Committee members who edited the collection of recipes, tested them and oversaw the printing of this unique publication. Not to be forgotten are the numerous nutritionists, dietitians and other health staff from all over the country who contributed to the 100 recipes contained here.

Much thanks are also due to the private sector companies that had stepped forward with their support. For their sponsorship of *Resipi Sihat, Pilihan Bijak*, Volume 2, we thank ACE Canning, Ajinomoto, Australian Meat & Livestock, Britannia Brands, Kraft Foods International, Lam Soon, Malaysia Milk, Malaysian Palm Oil Promotion Council, Monsanto, New Zealand Milk, Shell Malaysia Trading, The Kellogg Company, Unilever Malaysia and Yeo Hiap Seng. Similarly, we are grateful for the partnership of VersaComm, our consultants in nutrition & healthcare communications.

Finally, we thank you, dear reader, for your interest in *Resipi Sihat, Pilihan Bijak*, Volume 2. It is the reward for our tireless efforts to enlightening you and your family with the many delights and benefits of healthy eating.

DR TEE E SIONG, KMN

President

Nutrition Society of Malaysia

and Editorial Chief,

Resipi Sihat, Pilihan Bijak vol 2

Amalkan Tabiat Makan Sihat Dengan Panduan Diet Malaysia

Practise Healthy Eating With The Malaysian Dietary Guidelines

Panduan Diet Malaysia disediakan oleh Kumpulan Kerja Teknikal Garispanduan Pemakanan, yang dibentuk oleh Jawatankuasa Penyelaras Makanan dan Pemakanan Kebangsaan. Kami mengajak anda mengamalkan panduan ini dan menikmati manfaat yang boleh diperolehi dari mengamalkan pemakanan sihat.

Panduan 1: Nikmatilah Pelbagai Jenis Makanan

Untuk memenuhi keperluan tenaga dan tahap pemakanan anda, makanlah pelbagai jenis makan setiap hari. Gunakan Panduan Piramid Makanan untuk membantu anda.

Pilihlah lebih banyak makanan dari paras Piramid yang paling bawah, dan kurang jumlah dari puncak Piramid. Ini membantu menjamin keseimbangan diet anda. Utamakan kesederhanaan.

Panduan 2: Kekalkan Berat Badan Sihat Dengan Mengimbangkan Pengambilan Makanan Dan Aktiviti Fizikal Yang Lazim

Selain kelihatan lebih menarik, mengekalkan berat badan yang sihat membantu mengurangkan risiko anda terhadap penyakit jantung koronari, strok, diabetes, tekanan darah tinggi dan setengah jenis kanser. Petua:

- Mengurangkan berat badan (sekiranya anda

berlebihan berat badan). Tetapi tetapkan matlamat untuk mengurangkan tidak lebih daripada 0.5 hingga 1 kg seminggu.

- Ikuti kehidupan lebih aktif. Ambil peluang yang sepenuhnya untuk menggiatkan diri daripada bergantung kepada otomasi seperti lif, eskalator dan juga kereta anda.
- Bersenam sekurang-kurangnya 3 kali seminggu selama 20-30 minit setiap kali.
- Awasilah apa yang anda makan.

Panduan 3: Lebihkan Makan Nasi Dan Lain-Lain Produk Bijirin, Legum, Buah-Buahan Dan Sayur-Sayuran

Makanan ini membekalkan karbohidrat kompleks, vitamin, mineral, gentian dan komponen lain yang penting untuk kesihatan. Petua:

- **Bijirin** – Beras, oat, barli, jagung, sekoi, gandum dan produk masing-masing.

Panduan Piramid Makanan / Food Guide Pyramid



- **Legum** – Kacang pea, kekacang, lentil, kacang soya dan produk soya.
- **Buah-buahan dan sayur-sayuran** – Pilihlah sekurang-kurangnya satu jenis buah-buahan atau sayur-sayuran yang kaya vitamin A atau karotenoid setiap hari (sayur-sayuran hijau, lobak, tomato, keledak, mangga, betik atau tembikai). Juga, buat pilihan makanan yang kaya dengan vitamin C setiap hari (jambu, betik, oren, mangga atau belimbing).

Panduan 4: Kurangkan Penggunaan Lemak Dalam Penyediaan Makanan Dan Pilihlah Makanan Yang Rendah Lemak Dan Kolesterol

Lemak dalam diet penting untuk kesihatan. Ia membekalkan tenaga, vitamin larut lemak A, D, E, K dan pelbagai jenis asid lemak. Ia juga menambahkan keenakan makanan. Namun, pengambilan lemak yang berlebihan akan menjejaskan kesihatan anda. Lemak dalam diet sepatutnya hanya menyumbangkan 20% hingga 30% daripada jumlah keperluan tenaga harian. Petua:

- Pilih makanan yang rendah kandungan lemak dan kolesterol.
- Gunakan minyak masak dan lemak yang boleh dilihat dalam kuantiti yang sedikit sahaja. Kurangkan penggunaan santan.
- Memilih daging tanpa lemak, serta membuang kulit jika boleh.
- Membakar, menggunakan ketuhar gelombang mikro atau mengukus daripada menggoreng.

Panduan 5: Gunakan Garam Secara Sederhana Dan Pilih Makanan Yang Rendah Kandungan Garam

Badan anda memerlukan kuantiti garam yang sedikit sahaja untuk berfungsi dengan sempurna.

Pengambilan natrium berlebihan dikaitkan dengan insiden (tekanan darah tinggi. Petua:

- Had pengambilan makanan masin dan perencah makanan (seperti kicap dan sos tiram).
- Pilih makanan segar daripada makanan diproses atau 'makanan segera'.
- Telitilah label makanan untuk kandungan jumlah natrium dalam makanan diproses dan snek.
- Gunakan sedikit garam dalam masakan, atau gantikannya dengan rempah ratus dan herba.

Panduan 6: Kurangkan Pengambilan Gula Dan Pilih Makanan Yang Rendah Kandungan Gula

Pengambilan gula berlebihan boleh mengurangkan pengambilan makanan yang lebih berkhasiat dan menyumbang kepada kekurangan pemakanan, karies gigi, peningkatan trigliserida lipid dalam serum pada sesetengah individu dan gangguan gastrousus.

- Gunakan $\frac{1}{2}$ atau $\frac{3}{4}$ daripada kuantiti gula yang biasa digunakan dalam kek atau minuman.
- Gunakan buah-buahan segar atau buah-buahan yang ditinkan dalam sirap kurang pekat.
- Berwaspada akan 'gula tersorok' dalam pencuci mulut, aiskrim dan makanan manis lain.

Panduan 7: Minum Banyak Air Setiap Hari

Tubuh anda akan kehilangan lebih kurang 1½ hingga 2½ liter air dalam satu hari melalui air kencing, tinja, peluh dan wap daripada paru-paru. Oleh itu, gantikan cecair yang hilang dengan meminum sekurang-kurangnya 6 hingga 8 gelas air setiap hari. Cecair juga boleh didapati daripada minuman lain, buah-buahan, sayur-sayuran dan makanan lain.

Panduan 8: Amalkan Dan Promosikan Penyusuan Susu Ibu

Makan secara sihat bermula dari kelahiran. Susu ibu membekalkan semua zat yang bayi anda perlukan untuk membesar dan berkembang, termasuk perkembangan otak. Bayi yang diberi susu ibu akan kurang mendapat cirit-birit dan jangkitan, berbanding dengan bayi yang diberi susu botol. Penyusuan susu ibu juga memberi manfaat kepada ibu dan mengeratkan hubungannya dengan bayi. Petua:

- Mula penyusuan susu ibu dalam tempoh setengah hingga satu jam selepas bersalin.
- Berikan susu kepada bayi atas permintaan. Ini membantu menghasilkan susu yang cukup.
- Bayi anda harus diberi susu ibu secara eksklusif selama 4 hingga 6 bulan. Teruskan penyusuan susu ibu walaupun setelah memperkenalkan makanan pejal pada umur 4 hingga 6 bulan. Jika boleh, teruskannya sehingga bayi berumur 2 tahun.

The Malaysian dietary guidelines were prepared by the Technical Working Group on Nutritional Guidelines, formed by the National Coordinating Committee on Food and Nutrition Malaysia. We invite you to embrace these guidelines and gain the benefits that can come with healthy eating.

Guideline 1: Enjoy A Variety of Foods

In order to meet your energy and nutritional needs, eat a variety of food daily. Use the Food Guide Pyramid to help you.

Eat more foods from the lower levels of the Pyramid and least from the tip. This helps ensure a balanced diet. Go for moderation too.

Guideline 2: Maintain A Healthy Body Weight By Balancing Food Intake With Regular Activity

Apart from enjoying a better body image, maintaining a healthy body weight helps reduce your risk of coronary heart disease, stroke, diabetes, high blood pressure and certain types of cancers. *Tips:*

- Lose weight (if you're overweight). But aim to lose no more than 0.5-1kg per week.
- Lead a more physically active lifestyle. Take every opportunity to work your body rather than rely on automation such as the elevator, escalator and your car.
- Exercise at least three times per week for 20-30 minutes each time.
- Watch what you eat.

Guideline 3: Eat More Rice And Other Cereal Products, Legumes, Fruits, And Vegetables

These foods provide complex carbohydrates, vitamins, minerals, fibre and other components that are important for good health. *Tips:*

- **Cereals** – Rice, oats, barley, corn, sorghum, wheat, grain and whole grain products.
- **Legumes** – Peas, beans, lentils, soybean and soybean products.
- **Fruits & vegetables** – Have at least one selection that is rich in vitamin A or carotenoids daily (e.g. dark green vegetables, carrots, tomatoes, sweet potatoes, mango, papaya or melon). Also eat at least one selection that is rich in vitamin C daily (e.g. guava, papaya, oranges, mangoes or star fruit).

Guideline 4: Minimise Fat In Food Preparation And Choose Foods That Are Low In Fat And Cholesterol

Dietary fat is important to your health. It supplies energy, fat-soluble vitamins A, D, E, and K and a variety of fatty acids. It also makes food more palatable. However excessive consumption could adversely affect your health. Fat intake should only contribute 20-30% of your total energy needs. *Tips:*

- Choose foods low in fat and cholesterol.
- Use small amounts of cooking oil and 'visible fats'. Use santan (coconut milk) less often.
- Choose lean cuts of meat and discarding skin where possible.
- Grill, microwave or steam food instead of frying in oil.

Guideline 5: Use Salt Sparingly & Choose Foods Low In Salt

Your body needs a very small amount of salt to function properly. Excessive salt intake is associated with the incidence of high blood pressure. *Tips:*

- Limit consumption of highly salted foods and condiments (e.g. soy or oyster sauce).
- Choose fresh foods over convenience foods and 'fast foods'.
- Read food labels to determine sodium amounts in processed foods and snack items.
- Use small amounts of salt or experiment with herbs and spices for seasoning instead of salt.

Guideline 6: Reduce Sugar Intake & Choose Foods Low In Sugar

Excessive sugar intake tends to displace nutritious

foods and can contribute to nutritional inadequacy, dental caries and raised serum triglycerides levels in susceptible individuals and gastro-intestinal irritation. *Tips:*

- Use $\frac{1}{2}$ or $\frac{3}{4}$ of the usual amount of sugar in cakes or drinks.
- Use fresh fruit or fruit canned in light syrup.
- Watch out for 'hidden sugar' in desserts, ice cream and other sweet foods.

Guideline 7: Drink Plenty Of Water Daily

Your body loses a total of about 1 $\frac{1}{2}$ to 2 $\frac{1}{2}$ litres a day from urine, faeces, sweat and vapour from the lungs. So, to replace lost fluid, drink at least 6 to 8 glasses of water. Fluids can also come from other beverages, fruits, vegetables and other foods.

Guideline 8: Practise & Promote Breastfeeding

Healthy eating begins at birth. Breast milk provides all the nutrients your baby needs for growth and development, including brain development. Breastfed babies have less diarrhoea and infections, compared with bottle-fed babies. Breastfeeding is also beneficial to mother and promotes bonding with baby. *Tips:*

- Start breastfeeding within half to one hour after baby is born.
- Feed your baby on demand; this will help you produce sufficient milk.
- Your baby should be fed breast milk exclusively during the first 4 to 6 months of life. Continue to breastfeed even after introducing baby to solid foods at 4 to 6 months. If possible, breastfeed baby up to 2 years.

Pemakanan dan Penyakit-Penyakit

Bagaimana Anda Boleh Melindungi Keluarga Anda

oleh Dr Tee E Siong, Pakar Pemakanan

Semua ibu berharap mempunyai keluarga yang sihat serta aktif. Perasaan kepuasan dan kegembiraan yang lahir darinya memang bagus sekali. Walau bagaimanapun, keluarga sihat bukan dibina atas kemahuan sahaja. Ia dipengaruhi oleh beberapa faktor yang penting, iaitu dengan gabungan antara cara hidup sihat serta amalan pemakanan yang betul. Pemakanan yang betul mengelakkan anda daripada mengambil terlalu banyak atau terlalu sedikit nutrien. Kedua-dua keadaan tersebut akan mengganggu kesihatan keluarga anda.



Kekurangan Nutrien

Nutrien terdiri daripada protein, karbohidrat, lemak, vitamin, mineral dan unsur-unsur surih. Walaupun tidak digolongkan sebagai nutrien, serabut turut diperlukan untuk fungsi badan yang sempurna.

Makanan yang berlainan jenis mengandungi nutrien yang berbeza. Oleh itu, untuk mendapatkan semua nutrien yang anda perlukan, praktikkan amalan pemakanan seimbang dan makan pelbagai jenis makanan. Kegagalan untuk berbuat demikian boleh menyebabkan kekurangan nutrien (sila lihat Jadual 1).

Kelebihan Nutrien

Kelebihan apa-apa jua benda, walaupun ianya sesuatu yang baik, adalah tidak diingini. Keadaan ini adalah lebih ketara bagi sesetengah makanan yang tinggi kalori, gula dan garam.

Jadual 1

Nutrien	Sumber Nutrien	Kesan Kekurangan
Kalsium	Susu, produk tenusu, sayur-sayuran berdaun hijau (kai-lan, brokoli dan sebagainya), ikan sardin, kacang soya dan produknya.	<ul style="list-style-type: none"> Osteoporosis – satu keadaan di mana tulang menjadi lemah dan mudah patah.
Besi	Hati, kuning telur, daging tanpa lemak dan sayur-sayuran berdaun hijau.	<ul style="list-style-type: none"> Anemia. Kurang kapasiti bekerja. Kurang kemampuan untuk belajar. Mudah mendapat jangkitan. Meningkatkan risiko kematian semasa kehamilan dan kelahiran anak.
Iodin	Makanan laut (tiram, ikan, lala, udang galah dan ikan sardin) dan rumpai laut.	<ul style="list-style-type: none"> Beguk, bengkak pada kelenjar tiroid (pada bahagian leher). Meningkatkan kadar kematian bayi dalam kandungan, kadar keguguran dan kematian bayi. Kecacatan mental. Perkembangan motor menjadi lambat. Kegagalan pertumbuhan. Penyakit berkaitan saraf dan otot di kalangan kanak-kanak. Kecacatan mental dan saraf di kalangan bayi yang dilahirkan oleh ibu yang kekurangan iodin.
Karoten (provitamin A)	Sayur-sayuran berdaun hijau, buah-buahan dan sayur-sayuran yang bewarna cerah.	<ul style="list-style-type: none"> Rabun malam. Kerosakan kornea mata yang mungkin menyebabkan buta. Peningkatan mortaliti dan morbiditi disebabkan oleh penyakit pernafasan dan gastrosus. Sistem imun menjadi lemah. Meningkatkan risiko menghidap penyakit kanser.
Serabut	Kecacang kering, kacang, bijirin dan produk bijirin yang diperbuat daripada bijirin penuh mil, buah-buahan dan sayur-sayuran.	<ul style="list-style-type: none"> Sembelit secara kronik. Penyakit salur usus (<i>diverticular</i>) dan buasir. Meningkatkan risiko penyakit jantung, diabetes dan sesetengah kanser.

Secara amnya, kaum lelaki memerlukan lebih banyak tenaga (kalori) berbanding kaum wanita, tanpa mengambil kira umur dan tahap aktiviti fizikal. Individu yang aktif (remaja, atlit) memerlukan lebih banyak kalori berbanding mereka yang kurang aktif (pekerja pejabat dan golongan tua).

Kita memperolehi tenaga (kalori) daripada karbohidrat, protein dan lemak. Makan secara berlebihan dan mengambil terlalu banyak lemak akan membekalkan lebih tenaga daripada yang diperlukan. Apabila digabungkan dengan kekurangan senaman, ini akan menyebabkan penambahan berat badan dan berkemungkinan menjadikan anda obes. Obesiti dikaitkan dengan pelbagai penyakit kronik, seperti penyakit jantung, diabetes, tekanan darah tinggi, peningkatan kolesterol dalam darah dan sesetengah kanser.

MENCEGAH PENYAKIT BERKAITAN DIET

Elakkan Kelebihan

Makan adalah sesuatu yang menyeronokkan tetapi janganlah keterlaluan. Nikmatilah makanan anda berdasarkan keperluan fizikal. Kurangkan pengambilan makanan berlemak terutamanya makanan bergoreng, daging berlemak, kari bersantan dan sebagainya. Berhati-hati dengan lemak yang 'tersembunyi' dalam makanan (seperti kecacang dan makanan proses). Makanan tersebut kelihatan tidak mengandungi lemak sebaliknya mempunyai kandungan lemak yang tinggi. Kurangkan pengambilan gula dan garam.



Bersukan

Imbangkan pengambilan makanan dengan bersukan. Ya, bersukan memang mendatangkan banyak faedah. Selain menjaga bentuk badan anda, ia turut menguatkan jantung, meningkatkan tahap tenaga, menolong anda tidur dan bekerja dengan lebih baik. Individu yang tidak bersukan dalam

jangka masa yang panjang dinasihatkan supaya merujuk kepada doktor sebelum memulakan sebarang program sukan yang aktif.

Mula Sejak Usia Muda

Dedahkan amalan pemakanan betul kepada anak anda seawal mereka mula cerai susu sehingga sepanjang mereka membesar. Ini adalah masa terbaik untuk anda memupuk citarasa serta amalan makan yang sihat.

Galakkan keluarga anda mempraktikkan amalan pemakanan sihat dan gaya hidup yang seimbang. Ini akan memastikan hidup yang sihat serta gembira.

Diets and Diseases

How You Can Protect Your Family

by Dr Tee E Siong, Nutritionist

Every mother desires an active healthy family. The satisfaction and joy derived from it is wonderful. Still, healthy families are not built on wishful thinking. They are moulded based on a few crucial factors, namely, a healthy lifestyle coupled with proper dietary practices. The right diet protects you from getting too much or too little nutrients. Either way, they can undermine the health of your family.

Nutrient Deficiencies

Nutrients consist of proteins, carbohydrates, fats, vitamins, minerals and trace elements. Although not a nutrient, fibre is also needed for proper bodily function.

Different foods contain different sets of nutrients. So to get all the nutrients you need, maintain a well-balanced diet and eat a variety of food. Failing to do so could result in nutrient deficiency (please see Table 1).

Nutrient Excess

Too much of any thing, even a good thing, is bad. This is especially true when it comes to certain energy-rich foods, sugar and salt.

Men generally require more energy (calories) than women regardless of age or physical activeness. Active individuals (growing teenagers,

athletes) require more calories than those who indulge in little or no physical activity (office employees and the elderly).

We acquire energy (calories) from carbohydrates, proteins and fats. However, overeating and eating excessive fats give you more calories than required. This, combined with a lack of exercise, can result in weight gain and possibly make you obese. Obesity is linked with a host of chronic diseases and disorders, like heart disease, diabetes, hypertension, high blood cholesterol and certain cancers.

PROTECT AGAINST DIET-RELATED DISEASES

Prevent Excess

Eating is indeed a joy but never go overboard. Enjoy your meals but eat according to physical needs. Minimise consumption of fatty foods especially deep fried foods, animal fats, santan-laden curries and so on. Watch out for hidden fats in foods (like nuts and processed foods) that look fat-free but actually contain high fat content. Remember to eat less sugar and salt.

Exercise

Balance food intake with exercise. Yes, exercise brings many benefits. Along with keeping you trim, it strengthens the heart, boosts energy levels, helps you sleep and work better. So start an enjoyable exercise program and sweat it out regularly. Do consult a doctor before beginning any vigorous exercise program if you haven't exercised in a long time.

Learn From Young

Start your children on the right path to healthy eating from the time you wean them through their growing years. This is the best time to inculcate healthy taste preferences and eating habits.

Encourage your family to eat healthily and lead a well-balanced lifestyle. It will go a long way in ensuring a happy, healthy life.

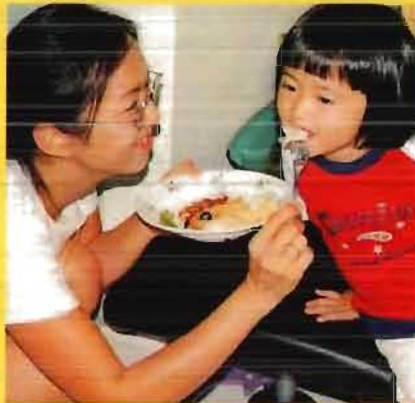


Table 1

Nutrient	Nutrient Sources	Condition Caused by Deficiency
Calcium	Milk, dairy products, dark green leafy vegetables (kale, broccoli, etc), sardines, soya beans and soya bean products.	<ul style="list-style-type: none"> • Osteoporosis - a condition where bones become weak and break easily.
Iron	Liver, egg yolk, lean meat and green leafy vegetables.	<ul style="list-style-type: none"> • Anaemia. • Reduced work capacity. • Diminished learning ability. • Increased susceptibility to infections. • Greater risk of deaths associated with pregnancy and childbirth.
Iodine	Seafoods (oysters, shellfish, fish, clams, lobsters and sardines), and seaweeds.	<ul style="list-style-type: none"> • Goitre, swelling of thyroid glands (glands situated at neck). • Increased rate of stillbirths, abortions and infant deaths. • Mental retardation. • Delayed motor development. • Grow failure. • Neuromuscular disorders in children. • Mental and neurological impairment in babies born to iodine deficient mothers.
Carotenes (pro-vitamin A)	Green leafy vegetables, brightly-coloured fruits and vegetables.	<ul style="list-style-type: none"> • Night blindness. • Destruction of the cornea which may lead to total blindness. • Increased mortality and morbidity from respiratory and gastrointestinal disease. • Poorer functioning of the immune system. • Greater susceptibility to cancer.
Fibre	Dry beans, legumes, cereals or cereal products made from wholegrains, fruits and vegetables.	<ul style="list-style-type: none"> • Chronic constipation. • Diverticular disease and haemorrhoids. • Greater risk of heart disease, diabetes and some cancers tend to increase.

Citarasa Semulajadi



Untuk menghasilkan hidangan yang menyelerakan, bahan-bahan yang betul, cara masak yang sesuai serta bahan perisa yang dapat menambahkan lagi keenakan masakan adalah penting. Masalahnya, kita terlalu biasa dengan garam, gula dan bahan perisa tiruan. Pengambilan bahan-bahan perisa tersebut secara berlebihan akan meningkatkan risiko terhadap sesetengah penyakit.

Alam semulajadi telah membekalkan kita dengan bahan pengganti yang sempurna, iaitu herba dan rempah. Ya, citarasa dari taman semulajadi menambahkan keenakan dan rasa masakan tanpa mengancam kesihatan anda. Herba dan rempah kaya dengan tradisi. Dari India ke Eropah, dari Asia Timur ke sebelah Barat, ia amat dihargai dan selalu digunakan untuk mengawet daging dan ikan, serta menjadikan makanan lebih enak.

Herba dan rempah dapat membekalkan pelbagai perisa yang istimewa. Jika boleh, gunakan herba dan rempah yang segar bukannya bentuk kering. Untuk rasa yang lebih enak, jauhinya daripada haba dan sinaran matahari terus. Haba dan sinaran matahari akan merosakkan kandungan minyak asli herba dan rempah yang membekalkan rasa uniknya.

Cuba pelbagai cara yang boleh anda gunakan untuk menambah perisa dalam hidangan kegemaran seisi keluarga. Berikut adalah beberapa jenis herba yang senang didapati dan panduan penggunaannya (Jadual 2). Semoga anda riang ria menikmati citarasa dari taman semulajadi ini!

Jadual 2

Herba	Boleh Digunakan Pada...	Lain-lain Penggunaan
Halia/bawang putih/bawang	Ikan, hidangan daging dan ayam seperti sup, rebusan dan rendang.	Pencelup, memberi rasa, rebus, jeruk (halia muda).
Ketumbar	Masakan ala Timur dan Timur Tengah, hidangan makanan laut, ayam itik dan daging.	Pencelup, jeruk.
Daun pandan	Pencuci mulut dan gula-gula, masakan ayam.	Rasa, warna dan bau.
Serai	Hidangan ikan, daging, ayam dan sayur-sayuran.	Inti, sos, sup dan kari.
Daun <i>parsley</i> tempatan	Hidangan ikan, salad, ayam itik, daging, telur dan pasta.	Sos, inti, sebagai hiasan untuk masakan savouri.
Sebuk kunyit	Hidangan ikan, daging, ayam, sayur-sayuran dan makanan laut.	Perisa, warna dan bau.
Jintan/kayu manis/buah pelaga	Hidangan daging dan ayam, nasi berperisa.	Hiasan dan perisa.
Minyak bijian	Hidangan ayam dan daging, hidangan goreng.	Pencelup, rebus.
Bunga cengkih	Hidangan ayam dan daging, acar.	Hiasan dan perisa.
Halba	Ikan dan makanan laut, sesetengah sayuran (seperti terung)	Perisa.

MENGUNYAH...

Ulam kaya dengan vitamin dan mineral. Kaum Melayu telah menikmati ulam sejak turun-temurun dan anda patut mencubanya juga. Ia akan mengekalkan kesihatan anda serta mencegah kekurangan nutrien mikro.

'Keajaiban hijau' ini terdapat dalam pelbagai bentuk, saiz dan jenis. Daripada aring-aring ke daun pudina, pasti ada beberapa jenis yang dapat merangsang selera anda.

Ulam mempunyai pelbagai kegunaan. Ia boleh digunakan sebagai pembuka selera yang tinggi nilai nutrien atau dimakan bersama hidangan tertentu. Ulam adalah paling bagus dimakan secara segar! Dengan cara ini, anda akan memperolehi kesemua kandungan nutrien dalam ulam di samping menikmati hidangan yang amat menyegarkan. Jika tidak, gunakan ulam dalam hidangan sup, kari, laksa, sambal dan kerabu. Ia boleh dididih atau direndamkan dalam air panas tetapi perlu ingat supaya jangan masak terlalu lama.

Sememangnya pilihan terserah kepada anda. Oleh itu guna kreativiti dan daya imaginasi untuk menikmati rasa enak serta nilai kesihatan yang dibekalkan oleh ulam. Ulam adalah murah serta mudah diperolehi. Oleh itu, makanlah kacang botor atau campurkan mengkudu dalam sambal dan menikmati kebaikan ulam!!

Berikut adalah beberapa vitamin dan mineral yang penting dalam ulam:

Karoten/pro-vitamin A	Cekor manis, daun turi/geti, cemperai, daun kelor, daun mengkudu, tauki
Vitamin B (Tiamin, Riboflavin, Niasin)	Kangkong, daun ketumbar, daun kelor, kesom, daun mengkudu, daun turi/geti
Vitamin C (Asid askorbik)	Pucuk gajus, cekor manis, cemperai, daun kelor, kesom, daun mengkudu
Kandungan Mineral (Kalsium, fosforus, besi)	Cekor manis, pucuk paku, kadok, kesom, maman, pegaga gajah

Flavours From Nature's Garden



Creating mouth watering temptations requires the right ingredients, the correct cooking methods and, as a finishing touch, a dash of seasonings for flavour. Trouble is, we are often too generous with our salt, sugar and artificial seasonings. Our indifferent attitude to consuming excessive quantities of these seasonings can increase the risk of certain diseases.

Thankfully, nature has provided the perfect substitutes. Herbs and spices!! Yes, the natural flavours from nature's garden add zest, zing and taste to your cooking, minus the guilt of harming your health. Herbs and spices have a rich tradition. From the Indies to Europe, the Far East to West Asia, they have always been prized for preserving meat and fish, and pleasing the taste buds.

Herbs and spices have a vast array of exotic tastes to offer. Whenever possible, use fresh herbs and spices instead of preserved or dried ones. For the best taste, go easy on the heat and avoid exposure to direct sunlight. Heat and sunlight damage the natural oils responsible for the unique flavours.

Be adventurous and explore the numerous ways you can season your family favourites. Below are some of the more common herbs and practical tips on using them (Table 2). Have fun with the flavours from Nature's Garden!



Table 2

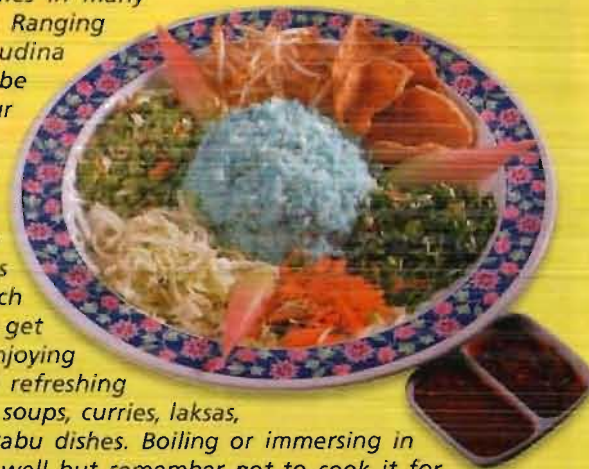
Herb	Goes Well With...	Other Uses
Ginger/ Garlic/Onion	Fish, meat and chicken dishes such as soups, stews, rendang.	Dips, savouries, steaming; pickled (young ginger).
Coriander seeds	Oriental and Middle Eastern cooking, seafood, poultry, meat dishes.	Dips, pickles.
Screwpine leaves	Desserts and sweets, chicken dishes.	Flavour, colour and fragrance.
Lemon grass	Fish, meat, chicken and vegetables.	Stuffing, dressings; soups and curries.
Local Parsley	Fish, salads, poultry, meat, egg dishes and pasta.	Dressings, stuffings, garnish for more savoury dishes.
Tumeric Powder	Fish, meat, chicken, vegetables and seafood dishes.	Flavour, colour and fragrance.
Star anise/ Cinnamon stick/cardamon	Meat and chicken dishes, flavoured rice.	Garnish.
Sesame Oil	Chicken and meat dishes, stir fried dishes.	Dips and steaming.
Clove	Chicken and meat dishes, chutney.	Garnish and flavour.
Fennegreek seeds	Fish and seafood, certain vegetables (eg. brinjal)	Flavour

MUNCH ON THIS

Ulam is a treasure store for vitamins and minerals. The Malay community has been enjoying ulam for generations and you should try it too. It will go a long way in keeping you healthy and preventing micronutrient deficiencies.

Our 'green wonder' comes in many shapes, sizes and types. Ranging from aring-aring to pudina leaves, there's bound to be a few that'll whet your taste buds.

Ulam is versatile. It's great either as a nutritious appetizer or as a healthy accompaniment to various dishes. It is best to munch ulam fresh! This way, you get all of its nutrients while enjoying a most invigorating and refreshing dish. Otherwise, use it in soups, curries, laksas, sambals and even in kerabu dishes. Boiling or immersing in hot water works just as well but remember not to cook it for too long.



The choice is really yours, so get creative, use your imagination and enjoy the great tasting and healthy delights of ulam. What's more it's easy on the household budget and widely available. So, munch into some kacang botor or mix some mengkudu into that sambal and enjoy the wonderful benefits of ulam!!

Below are some important vitamins and minerals in ulam:

Carotenes/ provitamin A	Cekor manis, daun turi/geti, cemperai, daun kelor, daun mengkudu, tauki
B Vitamins (Riboflavin, thiamin and niacin)	Kangkong, daun ketumbar, daun kelor, kesom, daun mengkudu, daun turi/geti
Vitamin C (Ascorbic acid)	Pucuk gajus, cekor manis, cemperai, daun kelor, kesom, daun mengkudu
Mineral Content (Calcium, phosphorous, iron)	Cekor manis, pucuk paku, kadok, kesom, maman, pegaga gajah



Zon Utara

Northern Zone

Perlis, Kedah, Perak & Pulau Pinang

- 26** Pajeri Rebung *Bamboo Shoots Pajeri*
- 28** Rendang Tok *Rendang Tok*
- 30** Goreng Peria Berdaging *Stir-fried Beef with Bitter Gourd*
- 30** Kerabu Jantung Pisang *Banana Bud Kerabu* **32** Mee Goreng Mamak *Mamak-style Fried Noodle*
- 34** Pajeri Gajus *Cashewnut Pajeri* **36** Ayam, Taugeh & Koay Teow *Chicken, Bean Sprout & Koay Teow*
- 38** Taufoo Reneh *Braised Beancurd* **39** Laksa Asam Pulau Pinang *Penang Asam Laksa*
- 40** Mi Kuah Pulau Mutiara *Pulau Mutiara Noodle in Gravy* **42** Ayam Masak Kurma *Chicken Kurma*
- 42** Ikan Tandoori *Tandoori Fish* **44** Pasembor *Pasembor*
- 46** Ikan Terubuk Masak Tempoyak *Terubuk Fish with Tempoyak*
- 46** Pindang Kerang *Cockles in Spicy Gravy*
- 48** Ketupat Pulut Palas *Glutinous Rice Ketupat in Palas Leaves*
- 50** Kesari *Soft Semolina Pudding* **52** Kuih Koci *Kuih Koci*

PENYELARAS

Puan Merloam Bidin, Hospital Kangar
 Cik Kulwant Kaur, Hospital Alor Setar
 Puan Zuhaida Harun, Jabatan Kesihatan Negeri Pulau Pinang
 Puan Taziah Fatimah Ibrahim,
 Jabatan Kesihatan Negeri Perak

PENGUJI

Puan Meriam Bidin, Hospital Kangar
 Cik Kulwant Kaur, Hospital Alor Setar
 Puan Zuhaida Harun, Jabatan Kesihatan Negeri Pulau Pinang
 Puan Taziah Fatimah Ibrahim,
 Jabatan Kesihatan Negeri Perak
 Puan Noraini Zainuddin, Hospital Taiping

PENYUMBANG

Puan Zobedah Hamid, Hospital Alor Setar
 Puan Siti Amera Alwi, Hospital Alor Setar
 Puan Che Su Mat, Hospital Alor Setar
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 Jabatan Kesihatan Negeri Perak
 Puan Asnidar Abdul Hamid,
 Klinik Kesihatan Tronoh
 Puan Taziah Fatimah Ibrahim,
 Jabatan Kesihatan Negeri Perak
 Puan Hafsa Abdul Talib, Hospital Ipoh
 En. Khairul Nizam Mat Nayan,
 Hospital Ipoh
 Puan Shafiah Jamaluddin,
 Hospital Ipoh
 Puan Zuraidah Salleh, Hospital Ipoh
 Puan Asiah Supar, Hospital Ipoh

Pajeri Rebung

Hidangan untuk 5 orang

Bahan-bahan

- 500 g rebung (rebung jeruk atau rebung mentah)
- 100 g kelapa parut, untuk dibuat kerisik
- 375 ml (1 1/2 cawan) susu rendah lemak
- 30 g (1 paket kecil) rempah kari daging
- 5 g kulit kayu manis
- 5 g bunga lawang
- 5 g bunga cengkih
- 20 g (3 ulas) bawang putih
- 150 g (10 ulas) bawang merah
- 10 g (2 sm) halia
- 45 g (3 sudu makan) gula
- 30 ml (2 sudu makan) minyak sayuran
- 30 g (2 sudu makan) asam jawa, dibancuh bersama 1/2 cawan air untuk mendapatkan jusnya
- 5 g (1 sudu teh) garam

} ditumbuk
halus

Cara penyediaan kerisik

Goreng kelapa parut tanpa menggunakan minyak hingga kekuningan. Kemudian tumbuk/kisar sehingga lumat. Ini akan menghasilkan lebih kurang 50 g kerisik.

Cara penyediaan pajeri

1. Panaskan minyak di dalam kuili dan tumis bahan-bahan yang telah ditumbuk tadi sehingga naik baunya.
2. Masukkan bunga cengkih, bunga lawang, kulit kayu manis dan kacang.
3. Masukkan pula rempah kari dan kacang hingga sehati. Setelah rempah kari naik baunya, masukkan pula air asam jawa dan biarkan seketika.
4. Selepas itu, masukkan rebung, kacang dan biarkan sehingga mendidih.
5. Apabila telah mendidih, masukkan susu, kerisik, gula dan garam. Kemudian kacang sehingga sehati.
6. Masak pajeri pada api perlahan dan biarkan seketika sehingga pajeri pekat.
7. Angkat setelah masak dan hidangkan.

Berat satu hidangan: 150 g

Bamboo Shoots Pajeri

Serves 5

Ingredients

- 500 g bamboo shoots ("rebung jeruk" or "rebung mentah")
- 100 g grated coconut, for kerisik
- 375 ml (1 1/2 cups) low fat milk
- 30 g (1 small packet) meat curry spice
- 5 g cinnamon bark
- 5 g star anise
- 5 g clove
- 20 g (3 pips) garlic
- 150 g (10) shallots
- 10 g (2 cm) ginger
- 45 g (3 tbsps) sugar
- 30 ml (2 tbsps) vegetable oil
- 30 g (2 tbsps) tamarind paste, mix with 1/2 cup water to make juice
- 5 g (1 tsp) salt

} pounded finely

To prepare kerisik:

Fry grated coconut without oil until golden in color. Pound/grind until fine. About 50 g of kerisik is obtained.

To prepare chutney:

1. Heat oil in a kuili and fry the grounded ingredients until fragrant.
2. Add cloves, star anise and cinnamon bark and stir.
3. Add curry spice and stir well. Once fragrant, add tamarind juice and leave for a while.
4. Add bamboo shoots, mix and leave to boil.
5. Once boil, add milk, kerisik, sugar and salt. Mix well.
6. Cook chutney over low heat and leave to thicken.
7. Remove and serve.

Weight per serving: 150 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: **NUTRITIONAL CONTENT PER SERVING:**

Kalori/Calorie	307 kcal	Lemak/Fat	15.0 g	Protein/Protein	8.0 g
Kalsium/Calcium	207 mg	Kolesterol/Cholesterol	6 mg	Zat Besi/Iron	4.7 mg



Pajeri Rebung / Bamboo Shoots Pajeri

Rendang Tok

Hidangan untuk 5 orang

Bahan-bahan

- 600 g daging lembu, tanpa lemak, dipotong 12 keping
- 30 g (3 sudu makan) susu tepung skim, dibancuh dengan 1 cawan air suam
- 20 g (4 sm) lengkuas parut, dibuang airnya
- 75 g (1/2 cawan) isi kelapa, untuk dibuat kerisik
- 2 biji buah pelaga
- 1/2 kuntum bunga lawang
- 1/2 sm kulit kayu manis
- 1 keping asam keping
- 5 g (1 sudu makan) rempah kari
- 30 g gula kabung
- 3 g (1/2 sudu teh) garam
- 1 liter (4 cawan) air

Bahan-bahan (A): digoreng tanpa minyak dan dikisar

- 10 g (2 sudu makan) rempah ketumbar
- 5 g (1 sudu makan) jintan putih
- 2 g (1 sudu makan) lada hitam
- 8 g (10 tangkai) lada kering

Bahan-bahan (B): dikisar

- 30 g (3 batang) serai
- 5 g (1 sm) halia
- 200 g (20 ulas) bawang merah
- 10 g (2 ulas) bawang putih

Cara memasak

- Bersihkan daging, tos kemudian perap dengan bahan-bahan (A) dan (B) selama 30 minit.

- Masukkan air ke dalam kuali. Kemudian masukkan daging yang telah diperap serta parutan lengkuas, buah pelaga, bunga lawang, kulit kayu manis, rempah kari, gula kabung dan garam. Masak hingga setengah masak.
- Masukkan asam keping diikuti dengan susu skim. Kacau selama 1 – 2 minit.
- Masukkan kerisik dan kacau sehingga kering.
- Hidangkan dengan nasi.

Berat satu hidangan: 120 g



Rendang Tok

Serves 5

Ingredients

- 600 g lean beef, cut into 12 pieces
- 30 g (3 tbsps) skim milk powder, mixed with 1 cup of warm water
- 20 g (4 cm) galangal, scraped and juice discarded
- 75 g (1/2 cup) coconut flesh, for kerisik
- 2 cardomom seeds
- 1/2 star anise
- 1/2 cm cinnamon bark
- 1 piece dried tamarind
- 5 g (1 tbsp) curry spice
- 30 g palm sugar
- 3 g (1/2 tsp) salt
- 1 litre (4 cups) water

Ingredients (A): fried without oil and blended

- 10 g (2 tbsps) coriander spice
- 5 g (1 tbsp) cumin seed
- 2 g (1 tbsp) black pepper
- 8 g (10) dried chillies

Ingredients (B): blended

- 30 g (3 stalks) lemon grass
- 5 g (1cm) ginger
- 200 g (20) shallots
- 10 g (2 pips) garlic

Method

- Clean beef, drain and marinate with ingredients (A) and (B) for 30 minutes.
- Add water in a wok. Add marinated beef together with galangal, cardamom seeds, star anise, cinnamon bark, curry spice, palm sugar and salt. Cook until beef is half cooked.
- Add in dried tamarind and skim milk. Stir for 1 – 2 minutes.
- Add in kerisik and stir until dry.
- Serve with rice.

Weight per serving: 120 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:	Kalori/Calorie	266 kcal	•	Lemak/Fat	7.0 g	•	Protein/Protein	30.5 g
	Kalsium/Calcium	164 mg	•	Kolesterol/Cholesterol	70 mg	•	Zat Besi/Iron	5.5 mg



Rendang Tok / Rendang Tok

Goreng Peria Berdaging

Hidangan untuk 5 orang

Bahan-bahan

200 g daging lembu, tanpa lemak
350 g (1 biji) peria
20 g (2 sudu makan) cili giling
100 g (10 ulas) bawang merah } ditumbuk halus
10 g (2 ulas) bawang putih }
20 g (2 sudu makan) minyak sayuran
20 g (2 sudu makan) sos tomato
5 g (1 sudu teh) gula
5 g (1 sudu teh) garam
500 ml (2 cawan) air

Cara memasak

1. Hiris daging nipis-nipis, bersihkan dan rebus bersama air hingga daging empuk.
2. Belah peria kepada dua bahagian, buang biji dan potong serong-serong setebal 1 sm.
3. Rendam potongan peria di dalam air yang diletakkan sedikit garam selama lebih kurang 5 minit, bersihkan dan toskan. Ini adalah untuk mengurangkan rasa pahit peria.
4. Panaskan minyak di dalam kuili dan tumiskan bawang yang telah ditumbuk halus sehingga wangi.
5. Masukkan cili giling, kacau dan biarkan pada api yang sederhana hingga garing.
6. Apabila cili telah garing, masukkan daging bersama air rebusannya dan kacau. Biarkan sehingga mendidih.
7. Masukkan peria, sos tomato, gula, garam dan kacau hingga sebati. Masak pada api perlahan sehingga kering dan pekat.
8. Angkat dan hidangkan bersama nasi.

Berat satu hidangan: 130 g

Stir-fried Beef with Bitter Gourd

Serves 5

Ingredients

200 g lean beef
350 g (1) bitter gourd
20 g (2 tbsps) chilli paste
100 g (10) shallots }
10 g (2 pips) garlic } pounded finely
20 g (2 tbsps) vegetable oil
20 g (2 tbsps) tomato sauce
5 g (1 tsp) sugar
5 g (1 tsp) salt
500 ml (2 cups) water

Method

1. Slice beef thinly, clean and boil with water until tender.
2. Halve the bitter gourd, remove seeds and slice slantly to 1 cm thick.
3. Add a bit of salt to water and soak the sliced bitter gourd for 5 minutes, wash and drain. This is to remove the bitter taste from the bitter gourd.
4. Heat oil and fry pounded ingredients until fragrant.
5. Add in chilli paste, stir well over medium heat.
6. Once fragrant, add in beef together with beef stock and stir. Leave to boil.
7. Add in bitter gourd, tomato sauce, salt and sugar and mix well. Cook over low heat until dry and thick.
8. Remove and serve with rice.

Weight per serving: 130 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	114 kcal
Lemak/Fat	4.9 g
Protein/Protein	10.0 g
Kalsium/Calcium	57 mg
Kolesterol/Cholesterol	23 mg
Zat Besi/Iron	5.1 mg

Kerabu Jantung Pisang

Hidangan untuk 5 orang

Bahan-bahan

400 g (1 biji) jantung pisang
100 g udang basah, dibuang kulit dan dicelur
30 g (3 ulas) bawang merah, ditumbuk halus
70 g (1 biji) bawang besar, dimayang halus
10 g (3 biji) cili padi
25 g (1 biji) cili merah
5 g (5 biji) lada hitam } dikisar halus
10 g belacan } bersama 1/4
15 g (1 sm) lengkuas } cawan air
10 g (1 sm) halia }
30 g (1 batang) serai }
125 ml (1/2 cawan) susu rendah lemak
25 g (1 1/2 sudu makan) kerisik
10 g asam jawa, dibancuh bersama 1/4 cawan
air untuk mendapatkan jusnya
5 g (1 sudu teh) gula
5 g (1 sudu teh) garam
1 sudu makan jus limau nipis atau limau kasturi

Cara memasak

1. Bersihkan jantung pisang dan rebus bersama 1 1/2 liter air hingga empuk.
2. Setelah empuk, belah dua jantung pisang tersebut dan mayang (tidak terlalu halus).
3. Gaulkan bawang besar dengan bahan-bahan yang dikisar ke dalam bekas.
4. Masukkan jantung pisang, bawang merah, udang, kerisik, susu rendah lemak, jus asam jawa, jus limau, gula dan garam. Gaulkan hingga sebati.
5. Hidangkan bersama nasi.

Berat satu hidangan: 120 g

Banana Bud Kerabu

Serves 5

Ingredients

- 400 g (1) banana bud
- 100 g fresh prawns, shelled and boiled
- 30 g (3) shallots, pounded finely
- 70 g (1) onion, sliced thinly
- 10 g (3) bird's eye chillies
- 25 g (1) fresh chilli
- 5 g (5) black pepper
- 10 g shrimp paste
- 15 g (1 cm) galangal
- 10 g (1 cm) ginger
- 30 g (1 stalk) lemon grass
- 125 ml (1/2 cup) low fat milk
- 25 g (1 1/2 tbsps) kerisik
- 10 g tamarind paste, mixed with 1/4 cup water for juice
- 5 g (1 tsp) sugar
- 5 g (1 tsp) salt
- 1 tbsps lime juice (or limau kasturi)

blended finely with
1/4 cup water

Method

1. Clean and boil banana bud with 1 1/2 litre of water until soft.
2. When soft, halve the banana bud and slice (not too fine).
3. Mix onion and blended ingredients into a pot.
4. Add in banana bud, shallots, prawns, kerisik, low fat milk, tamarind and lime juice, sugar and salt. Mix well.
5. Serve with rice.

Weight per serving: 120 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	114 kcal
Lemak/Fat	4.6 g
Protein/Protein	6.9 g
Kalsium/Calcium	142 mg
Kolesterol/Cholesterol	13 mg
Zat Besi/Iron	2.5 mg



ATAS: Kerabu Jantung Pisang • BAWAH: Goreng Perla Berdaging
TOP: Banana Bud Kerabu • BOTTOM: Stir-fried Beef with Bitter Gourd

Mee Goreng Mamak

Hidangan untuk 5 orang

Bahan-bahan

500 g mee kuning, dibasuh dan ditoskan
250 g isi daging ayam, bahagian dada, dipotong kiub
300 g (3 keping) taukwa, dibakar dan dipotong nipis
120 g (2 biji) telur
30 g (3 sudu makan) kicap
250 g (3 pokok) sawi hijau, dipotong 5 sm panjang
100 g (1/2 biji saiz kecil) kobis bulat, dihiris
100 g (2 cawan) taueh, dibuang akarnya dan dibersihkan
10 g (5 tangkai) cili kering, dikisar dengan 1/4 cawan air
40 g (2 sudu makan) sos tomato
180 g (2 biji) bawang besar, dimayang
20 g (3 ulas) bawang putih, dimayang
20 g (1 sudu makan) minyak sayuran
2.5 g (1/2 sudu teh) garam

Hiasan

50 g (2 biji) limau nipis, dihiris nipis
25 g (1 biji) cili merah, dimayang
10 g (1 tangkai) daun ketumbar, dibersihkan dan dihiris halus
10 g (1 tangkai) daun bawang, dibersihkan dan dihiris halus
125 g (1/2 pokok saiz kecil) daun salad, dihiris halus
350 g (3 biji) tomato, dipotong bulat

Cara memasak

1. Panaskan minyak. Tumis bawang besar dan bawang putih sehingga wangi.
2. Masukkan cili yang dikisar dan kacau dengan api sederhana.
3. Masukkan isi ayam dan kacau sehingga masak. Masukkan taukwa dan telur. Kacau hingga sebat.
4. Masukkan sos tomato, kicap dan mee, kacau lagi.
5. Masukkan kobis, sawi serta taueh, tomato dan gaul hingga sebat.
6. Tambah garam dan masak selama 1 minit.

Berat satu hidangan: 250 g

Mamak-style Fried Noodle

Serves 5

Ingredients

500 g yellow noodles, washed and drained
250 g chicken breast, cubed
300 g (3 pcs) beancurd, grilled and sliced thinly
120 g (2) eggs
30 g (3 tbsps) soy sauce
250 g (3 stalks) mustard leaves, cut into 5 cm length
100 g (1/2 small size) round cabbage, sliced
100 g (2 cups) beansprout, tailed and cleaned
10 g (5) dried chillies, ground with 1/4 cup water
40 g (2 tbsps) tomato sauce
180 g (2) onions, sliced
20 g (3 pips) garlic, sliced
20 g (1 tbsp) vegetable oil
2.5 g (1/2 tsp) salt

For Garnishing

50 g (2) limes, sliced thinly
25 g (1) red chilli, sliced
10 g (1 stalk) coriander leaves, cleaned and sliced thinly
10 g (1 stalk) spring onion, cleaned and sliced thinly
125 g (1/2 small stalk) lettuce, sliced thinly
350 g (3) tomatoes, cut into rings

Method

1. Heat vegetable oil. Stir-fry onion and garlic until fragrant.
2. Add ground chillies and stir over medium heat.
3. Add chicken and stir until cooked. Add in beancurd and eggs. Stir well.
4. Add tomato sauce, soy sauce and noodles, stir again.
5. Add cabbage, mustard leaves, beansprout, tomato and stir well.
6. Add salt to taste, cook for 1 minute.
7. Garnish.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	494 kcal	•	Lemak/Fat	14.0 g	•	Protein/Protein	29.6 g
Kalsium/Calcium	197 mg	•	Kolesterol/Cholesterol	73 mg	•	Zat Besi/Iron	7.1 mg



Mee Goreng Mamak / Mamak-style Fried Noodle

Pajeri Gajus

Hidangan untuk 5 orang

Bahan-bahan

500 g (10 biji) buah gajus, dibuang biji luar, bersihkan dan dibelah dua
40 g (4 ulas) bawang merah }
10 g (2 ulas) bawang putih } ditumbuk
10 g (2.5 sm) halia }
2 g (1 batang kecil) kulit kayu manis
5 g (2 kuntum) bunga lawang
1 g (4 biji) buah pelaga
0.5 g (2 kuntum) bunga cengkih
200 g (3 sudu makan) kerisik
250 ml (1 cawan) susu rendah lemak
10 g (2 sudu teh) rempah kari daging, dicampurkan dengan sedikit air
5 g (1 sudu teh) garam
30 g (2 sudu makan) minyak sayuran

Cara memasak

1. Panaskan minyak dan tumis bahan-bahan yang telah ditumbuk. Biarkan sehingga naik baunya.
2. Masukkan pes rempah kari dan masak hingga wangi.
3. Masukkan susu rendah lemak, bunga cengkih, kayu manis, buah pelaga, bunga lawang dan kerisik. Kacau dan masak hingga mendidih.
4. Masukkan buah gajus, kacau dan biarkan sebentar.
5. Masukkan garam, kacau dan masak sehingga kuah pekat dengan api yang perlahan.
6. Bila masak, angkat dan hidangkan.

Berat satu hidangan: 160 g

Cashewnut Pajeri

Serves 5

Ingredients

500 g (10) cashewnuts, remove outer seeds, cleaned and halved
40 g (4) shallots }
10 g (2 pips) garlic } pounded
10 g (2.5 cm) ginger }
2 g (1 small pc) cinnamon bark
5 g (2) star anise
1 g (4) cardamom seeds
0.5 g (2) cloves
200 g (3 tbsps) kerisik
250 ml (1 cup) low fat milk
10 g (2 tsps) meat curry powder, mixed with water
5 g (1 tsp) salt
30 g (2 tbsps) vegetable oil

Method

1. Heat oil and fry pounded ingredients until fragrant.
2. Add meat curry paste and fry until fragrant.
3. Add low fat milk, cloves, cinnamon bark, cardamom, star anise and kerisik. Stir and allow to boil.
4. Add cashewnuts and stir.
5. Add salt, stir and cook over low heat until gravy thickens.
6. Once cook, remove and serve.

Weight per serving: 160 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie 516 kcal
Kalsium/Calcium 138 mg

• Lemak/Fat 30.3 g
• Kolesterol/Cholesterol 4 mg

• Protein/Protein 17.8 g
• Zat Besi/Iron 7.5 mg



Pajeri Gajus / Cashewnut Pajeri

Ayam, Taugeh & Koay Teow

Hidangan untuk 5 orang

Bahan-bahan

600 g (1/2 ekor) ayam
500 g taugeh
500 g koay teow
15 g (2 sudu makan) minyak bijan
50 g (5 sudu makan) kicap cair
sedikit lada sulah
250 g (1 biji) timun
setangkai daun bawang dan daun ketumbar,
dihiris
garam secukup rasa
20 cawan air untuk rebusan
sedikit bawang goreng

Bahan-bahan untuk sos

40 g (3 biji) cili merah
4 g (1 sm) halia
50 g (3 biji) limau kasturi, ambil jusnya
2 g (1/2 sudu teh) gula
5 g (1 sudu teh) garam

Cara memasak

1. Bersihkan ayam. Buang kulit dan lemak yang kelihatan.
2. Masak air di dalam periuk, tambah 1/2 sudu teh garam.
3. Bila air telah mendidih, masukkan ayam, perlahankan api.
4. Reneh ayam sehingga empuk selama lebih kurang 45 minit.
5. Setelah ayam empuk, rendam ayam di dalam air sejuk selama 30 minit supaya dagingnya lembut dan licin.
6. Keluarkan ayam dan potong kecil-kecil (seperti ayam untuk nasi ayam) untuk dihidangkan.

7. Susun hirisan timun dalam pinggan. Letakkan ayam yang telah dipotong di atasnya.
8. Tambah 1 sudu makan kicap cair, 1 sudu makan minyak bijan, daun bawang dan ketumbar yang telah dihiris dan sedikit lada sulah ke atas ayam.
9. Hidangkan ayam bersama taugeh, sup ayam, koay teow dan sos cili.

Taugeh celur

1. Rebus satu periuk air.
2. Masukkan taugeh seketika, angkat dan toskan. Taugeh seharusnya masih rangup.
3. Bubuh taugeh di atas pinggan. Hidangkan.

Sos cili

Tumbuk cili dan halia, tambah jus asam limau, garam dan gula.

Koay Teow

Celur koay teow, hidang di dalam pinggan. Hidangkan lada sulah, kicap cair berasingan. Tambah bahan-bahan berkenaan apabila sedia untuk dimakan.

Berat satu hidangan: 550 g

Chicken, Bean Sprout & Koay Teow

Serves 5

Ingredients

600 g (1/2) chicken
500 g beansprout
500 g koay teow
15 g (2 tbsps) sesame oil
50 g (5 tbsps) soy sauce
pepper
250 g (1) cucumber
1 stalk each, spring onion and coriander leaf,
sliced
salt to taste
20 cups water, for boiling
fried onion

Ingredients for sauce

40 g (3) red chillies
4 g (1 cm) ginger
50 g (3) limes (limau kasturi), for juice
2 g (1/2 tsp) sugar
5 g (1 tsp) salt

Method

1. Clean chicken, remove skin and visible fat.
2. Boil water in a pot, add 1/2 tsp of salt.
3. When water is boiling, add chicken and lower heat.
4. Simmer chicken for about 45 minutes until tender.
5. When the chicken is tender, remove and soak in cold water for 30 minutes, so that its meat is soft and smooth.
6. Remove chicken and cut into bite size pieces for serving.
7. Arrange sliced cucumber in a plate. Place the cut chicken on top.



KIRI: Ayam, Taugh & Koay Teow • KANAN: Taufu Reneh
LEFT: Chicken, Bean Sprout & Koay Teow • RIGHT: Braised Beancurd

- Add 1 tbsp of soy sauce, 1 tbsp of sesame oil, sliced spring onion and coriander leaves and pepper on top of chicken.
- Serve chicken with beansprout, chicken soup, koay teow and chilli sauce.

To prepare beansprout

- Bring to boil one pot of water.
- Add in beansprout for a short while, remove and drain. Beansprout should remain crispy.
- Place beansprout on a plate and serve.

To prepare chilli sauce

Pound chillies and ginger, add lime juice, salt and sugar.

To prepare koay teow

Blanch koay teow and serve on a plate. Serve pepper and soy sauce separately. Add the necessary ingredients when ready to be served.

Weight per serving: 550 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	293 kcal
Lemak/Fat	4.7 g
Protein/Protein	24.0 g
Kalsium/Calcium	59 mg
Kolesterol/Cholesterol	40 mg
Zat Besi/Iron	6.5 mg

Taufoo Reneh

Hidangan untuk 5 orang

Bahan-bahan

350 g (2 keping) taufoo lembut, dipotong 12 keping (empat segi)
 100 g udang, di buang kulit
 60 g (3 sudu makan) kacang peas dalam tin
 50 g (1/2 batang) lobak merah, dipotong kecil
 10 g (2 ulas) bawang putih
 10 g (1 sudu makan) minyak sayuran
 2 g lada sulah
 5 g (2 sudu teh) tepung jagung, dicampur dengan 4 sudu makan air
 garam secukup rasa
 500 ml (2 cawan) air

Hiasan

Sedikit daun ketumbar dan daun bawang

Cara memasak

- Panaskan minyak dan goreng bawang putih hingga kuning.
- Masukkan udang dan kacang sekejap.
- Tambah air. Kemudian masukkan lobak merah dan biarkan ianya setengah masak.
- Kemudian masukkan kacang peas, taufoo, garam dan bancuhan tepung jagung. Kacau.
- Bila menghidang, taburkan sedikit serbuk sulah dan dihias dengan daun bawang dan daun ketumbar.

Berat satu hidangan: 80 g

Braised Beancurd

Serves 5

Ingredients

350 g (2 pcs) soft beancurd, cut into 12 pieces (square)
 100 g prawn, remove shell
 60 g (3 tbsps) canned peas
 50 g (1/2) carrot, cut into small pieces
 10 g (2 pips) garlic
 10 g (1 tbsp) vegetable oil
 2 g pepper
 5 g (2 tps) cornflour, mixed with 4 tbsps water salt to taste
 500 ml (2 cups) water

Garnishing

coriander leaves and spring onion

Method

- Heat oil and fry garlic until golden brown.
- Add in prawns and stir-fry for a while.
- Add in water, carrot and allow to simmer until half cooked.
- Add in peas, beancurd, salt and cornflour mixture. Stir.
- To serve, sprinkle pepper and garnish with spring onion and coriander leaves.

Weight per serving: 80 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	98 kcal
Lemak/Fat	5.0 g
Protein/Protein	9.0 g
Kalsium/Calcium	125 mg
Kolesterol/Cholesterol	11 mg
Zat Besi/Iron	2.1 mg

Laksa Asam Pulau Pinang

Hidangan untuk 8 – 10 orang

Bahan-bahan

(a) Untuk laksa

950 g (1 bungkus) laksa kering, direndam dan rebus bersama 2 liter (10 cawan) air hingga lembut dan toskan

(b) Untuk kuah

1 kg (7 ekor) ikan selayang/sardin
 20 g (20 tangkai) cili kering } dikisar bersama
 180 g (2 biji) bawang besar } 1/2 cawan air
 10 g (5 tangkai) daun kesom } hingga lumat
 120 g (2 batang) serai, diketuk
 90 g (1 tangkai) bunga kantan, dipotong dua
 2 liter air, untuk merebus ikan
 20 g belacan
 20 g (3 keping) asam keping
 10 g (2 sudu teh) garam

(c) Bahan-bahan ulam

800 g (1/2 biji) nenas, dipotong nipis memanjang
 100 g (1 pokok) daun salad, dihiris nipis
 20 g (2 tangkai) daun pudina
 250 g (1 batang) timun, dipotong nipis memanjang
 30 g (2 biji) cili merah, dihiris nipis
 60 g (3 biji) limau kasturi, dibelah dua
 3 biji telur rebus, dibelah dua
 90 g (1 batang) bunga kantan, dikisar hingga lumat
 90 g (1 biji) bawang besar, dimayang halus

Cara memasak

1. Rebus ikan. Asingkan isi dari tulang. Kisar isinya hingga agak hancur.
2. Kisarkan juga tulang serta kepala ikan dengan air rebusan. Tapiskan air kisarannya.
3. Didihkan air rebusan ikan tadi. Masukkan bahan yang dikisar, serai, bunga kantan, daun kesom, air tapisan tulang ikan, asam keping dan kacang.
4. Masukkan belacan dan garam. Kacau hingga sebatu.
5. Masukkan isi ikan yang telah dikisar.
6. Biarkan seketika sehingga semua bahan sebatu.
7. Hidangkan bersama bahan-bahan ulam.

Berat satu hidangan: 500 g

Penang Asam Laksa

Serves 8-10

Ingredients

(a) For laksa noodle

950 g (1 packet) dry laksa noodles, soaked and boiled until soft with 2 litre (10 cups) water and drained

(b) For gravy

1 kg (7) selayang/sardine fish
 20 g (20) dried chillies } blended with 1/2 cup
 180 g (2) onions } water until fine
 10 g (5 stalks) kesom leaves
 120 g (2 stalks) lemon grass, crushed
 90 g (1 stalk) ginger bud, halved
 2 litre water, for poaching fish

20 g shrimp paste
 20 g (3 pcs) dried tamarind
 10 g (2 tsps) salt

(c) For ulam

800 g (1/2) pineapple, sliced thinly (lengthwise)
 100 g (1 stalk) lettuce, sliced thinly
 20 g (2 stalks) mint leaves
 250 g (1) cucumber, sliced thinly (lengthwise)
 30 g (2) red chillies, sliced thinly
 60 g (3) lime (limau kasturi), halved
 3 hard-boiled eggs, halved
 90 g (1 stalk) ginger bud, blended until fine
 90 g (1) onion, sliced thinly

Method

1. Poach the fish. Separate the flesh from the bones. Grind the flesh until fine.
2. Grind fish bones and head with fish stock. Sieve the stock.
3. Bring fish stock to boil. Add blended ingredients, lemon grass, ginger bud, kesom leaves, fish stock, dried tamarind and mix.
4. Add shrimp paste, salt and mix well.
5. Add in grounded fish meat and cook until well mixed.
6. Serve with ulam ingredients.

Weight per serving: 500 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	532 kcal	• Lemak/Fat	5.3 g	• Protein/Protein	33.7 g
Kalsium/Calcium	216 mg	• Kolesterol/Cholesterol	96 mg	• Zat Besi/Iron	6.9 mg

Mi Kuah Pulau Mutiara

Hidangan untuk 5 orang

Bahan-bahan

- 500 g (5 cawan) mee kuning, dicelur
 - 500 g daging lembu batang pinang, dihiris nipis
 - 250 g udang, dibuang kepala sahaja
 - 50 g (2 cawan) sawi, dicelur
 - 250 g (2 cawan) taugeh, dicelur
 - 300 g (3 keping) tauhu, dibakar dan potong nipis
 - 150 g (2 biji) ubi kentang
 - 150 g (1 biji) keledak
 - 100 g (1 batang) lobak merah
- } direbus dan potong dadu, kemudian dikisar dengan 1/2 cawan air
- 200 g (2 biji) tomato, dipotong bulat dan nipis
 - 170 g (1/2 tin kecil) sup tomato
 - 170 g (1/2 tin kecil) puri tomato
 - 50 g (5 sudu makan) kicap cair
 - 80 g (4 sudu makan) sos tiram
 - 20 g (2 sudu makan) cuka
 - 5 g (5 tangkai) cili kering, dikisar
 - 50 g (5 ulas) bawang merah
 - 20 g (4 ulas) bawang putih
 - 50 g (2 tangkai) cili merah
 - 25 g (2 tangkai) daun sup
 - 25 g (2 tangkai) daun bawang
- } ditumbuk
- } dimayang
- 2 biji telur, direbus dan potong empat
 - 75 g (3 biji) limau kasturi, dipotong dua
 - 50 g (5 sudu makan) bawang goreng
 - 20 g (2 sudu makan) minyak sayuran
 - 5 g (1 sudu teh) garam
 - 1800 ml (1.8 liter) air, 1500 ml untuk merebus daging dan 300 ml untuk merebus udang

Cara Memasak

1. Rebus daging sehingga empuk. Toskan daging dan ketepikan air rebusannya.
2. Rebus udang bersama-sama kulit. Asingkan

isi udang dan kulitnya. Kisar kulit udang bersama air rebusan udang tadi dan sesudah itu, tapiskan air rebusannya, ketepikan.

3. Panaskan minyak di dalam kuai. Tumiskan bawang merah dan bawang putih sehingga wangi dan masukkan cili kering. Tumis hingga garing.
4. Masukkan bahan tumisan ke dalam air rebusan daging.
5. Masukkan air rebusan udang, campuran ubi keledak dan lobak merah yang telah dikisar halus, puri tomato, sup tomato, kicap, cuka, sos tiram, gula serta garam. Masak hingga mendidih.
6. Hidang mee yang telah dicelur bersama kuah serta taugeh, sawi, bawang goreng, cili merah, tauhu, daun sup, daun bawang, limau kasturi dan telur.

Berat satu hidangan: 250 g

Pulau Mutiara Noodle in Gravy

Serves 5

Ingredients

- 500 g (5 cups) yellow noodles, blanched
 - 500 g lean beef, sliced thinly
 - 250 g prawn, remove head only
 - 50 g (2 cups) mustard leaves, blanched
 - 250 g (2 cups) beansprout, blanched
 - 300 g (3 pcs) beancurd, grilled and sliced thinly
 - 150 g (2) potatoes
 - 150 g (1) sweet potato
 - 100 g (1) carrot
 - 200 g (2) tomatoes, cut round and thin
- } boil and cubed, blend with 1 1/2 cups water.

- 170 g (1/2 small can) tomato soup
 - 170 g (1/2 small can) tomato puree
 - 50 g (5 tbsps) soy sauce
 - 80 g (4 tbsps) oyster sauce
 - 20 g (2 tbsps) vinegar
 - 5 g (5) dried chillies, blended
 - 50 g (5) shallots
 - 20 g (4 pips) garlic
 - 50 g (2) red chillies
 - 25 g (2 stalks) coriander leaves
 - 25 g (2 stalks) spring onion
 - 2 hard-boiled eggs, quartered
 - 75 g (3) limes (limau kasturi), halved
 - 50 g (5 tbsps) fried onion
 - 20 g (2 tbsps) vegetable oil
 - 5 g (1 tsp) salt
 - 1800 ml (1.8 litre) water, 1500 ml to boil with beef and 300 ml with prawns
- } pounded
- } sliced

Method

1. Boil the beef until tender, drain and set aside the stock.
2. Boil the prawns together with shell intact. Separate meat from shell. Grind the shell with the prawn stock, when done, sieve stock and set aside.
3. Heat oil in a wok. Stir-fry shallot and garlic until fragrant, add in blended chillies. Fry until crispy.
4. Add the stir-fried ingredients into the beef stock.
5. Add in prawn stock, blended potatoes and carrot, tomato puree, tomato soup, soy sauce, vinegar, oyster sauce, sugar and salt. Bring to boil.
6. Serve the noodles with gravy, beansprout, mustard leaves, fried onions, red chillies, beancurd, coriander leaves, spring onion, lime and sliced eggs.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	639 kcal	• Lemak/Fat	14.1 g	• Protein/Protein	48.0 g
Kalsium/Calcium	251 mg	• Kolesterol/Cholesterol	141 mg	• Zat Besi/Iron	9.8 mg



KIRI: Mi Kuah Pulau Mutiara • KANAN: Laksa Asam Pulau Pinang
LEFT: Pulau Mutiara Noodle in Gravy • RIGHT: Penang Asam Laksa

Ayam Masak Kurma

Hidangan untuk 5 orang

Bahan-bahan

- 600 g (5 ketul) daging ayam, bahagian dada, tanpa kulit
 50 g (5 biji) bawang merah } dikisar bersama
 5 g (2 ulas) bawang putih } 1/2 cawan air
 20 g (2 sm) halia
 50 g (1 paket) rempah kurma
 175 ml (1 cawan) santan, diperah daripada 1/4 biji kelapa
 175 ml (1 cawan) susu rendah lemak
 250 ml (1 cawan) air, untuk dicampur dengan rempah
 30 g (5 sudu makan) bawang goreng
 20 g (2 sudu makan) minyak sayuran
 90 g (1 biji) bawang besar, dimayang
 2 sm kulit kayu manis
 2 g (2 biji) buah pelaga
 2 g (2 kuntum) bunga cengkih
 20 g (2 helai) daun pandan, disimpulkan
 5 g (1 sudu teh) garam
 200 g (3 biji) ubi kentang, dipotong 4

Hiasan

- 4 biji tomato, dipotong 4
 1 biji cili merah, dipotong panjang

Cara memasak

1. Perap ayam bersama bahan kisar, bawang goreng, susu rendah lemak serta santan selama 30 minit.
2. Panaskan minyak. Tumis bawang besar yang telah dimayang bersama-sama dengan bunga cengkih, buah pelaga dan kulit kayu manis sehingga wangi.
3. Masukkan ayam bersama rempah kurma yang telah digaul dengan air dan masak sehingga rempah masak.
4. Masukkan daun pandan dan garam.
5. Biarkan di atas api yang perlahan sehingga ayam empuk.

6. Masukkan kentang dan biar empuk. Kemudian masukkan tomato dan cili merah.

Berat satu hidangan: 125 g

Chicken Kurma

Serves 5

Ingredients

- 600 g (5 pcs) chicken breast, discard skin
 50 g (5) shallots } blended with 1/2
 5 g (2 pips) garlic } cup water
 20 g (2 cm) ginger
 50 g (1 packet) kurma spice
 175 ml (1 cup) coconut milk, from 1/4 grated coconut
 175 ml (1 cup) low fat milk
 250 ml (1 cup) water, to mix with kurma spice
 30 g (5 tbsps) fried onion
 20 g (2 tbsps) vegetable oil
 90 g (1) onion, sliced
 2 cm cinnamon bark
 2 g (2) cardamom seeds
 2 g (2) cloves
 20 g (2) screwpine leaves, folded
 5 g (1 tsp) salt
 200 g (3) potatoes, quartered

Garnishing

- 4 tomatoes, quartered
 1 red chilli, cut lengthwise

Method

1. Marinate chicken with blended ingredients, fried onion, low fat milk and coconut milk for 30 minutes.
2. Heat oil. Stir-fry sliced onions with cloves, cardamom and cinnamon bark until fragrant.
3. Add in chicken, kurma spice mixed with water and cook.

4. Add in screwpine leaves and salt.
5. Lower the heat and cook until chicken is tender.
6. Add in potatoes and cook until soft. Add tomatoes and red chillies.

Weight per serving: 125 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	392 kcal
Lemak/Fat	22.0 g
Protein/Protein	28.0 g
Kalsium/Calcium	104 mg
Kolesterol/Cholesterol	42 mg
Zat Besi/Iron	3.8 mg

Ikan Tandoori

Hidangan untuk 5 orang

Bahan-bahan

- 350 g (2 ekor sederhana) ikan bawal hitam
 75 ml (1/2 cawan) yogurt rendah lemak
 10 g (1 biji) limau nipis, diambil jusnya
 10 g (1 biji) bawang merah
 25 g (2 sm) halia
 10 g (4 ulas) bawang putih } dikisar
 5 g (2 sudu makan) serbuk cili } bersama
 10 g (1 sudu teh) serbuk kunyit } 1/2 cawan
 1 g (1/4 sudu teh) serbuk kulit } air
 kayu manis
 2 biji buah pelaga
 2.5 g (1/2 sudu teh) garam

Cara memasak

1. Gaulkan ikan bersama bahan kisar, yogurt dan jus limau nipis serta garam.
2. Perap ikan selama 1 jam.

3. Panggang ikan di dalam ketuhar sehingga masak.

Berat satu hidangan: 150 g

Tandoori Fish

Serves 5

Ingredients

350 g (2 medium size) black pomfret
75 ml (1/2 cup) low fat yogurt
10 g (1) lime, for juice only
10 g (1) shallot
25 g (2 cm) ginger
10 g (4 plps) garlic
5 g (2 tbsps) chilli powder
10 g (1 tsp) turmeric powder
1 g (1/4 tsp) cinnamon powder
2 cardamom seeds
2.5 g (1/2 tsp) salt

} blended
with 1/2 cup
water

Method

1. Mix fish with the blended ingredients, yogurt, lime juice and salt.
2. Marinate fish for 1 hour.
3. Grill fish in oven until cooked.

Weight per serving: 150 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	58 kcal
Lemak/Fat	0.9 g
Protein/Protein	8.9 g
Kalsium/Calcium	48mg
Kolesterol/Cholesterol	22 mg
Zat Besi/Iron	0.8 mg



KIRI: Ikan Tandoori • KANAN: Ayam Masak Kurma
LEFT: Tandoori Fish • RIGHT: Chicken Kurma

Pasembor

Hidangan untuk 5 orang

Bahan-bahan

250 g (1 biji) timun, dipotong memanjang
300 g (1 biji sederhana) sengkuang, dipotong memanjang
100 g (6 pokok) kangkong, dicelur dan dipotong
140 g (1 biji) ubi kentang, direbus dan dipotong dadu
200 g (1 keping) tawku, dibakar dan dipotong nipis
250 g sotong basah, dicelur dan dipotong
60 g (1 biji) telur rebus, dipotong dua
30 g (3 biji) bebola ikan, dicelur dan dipotong empat

Sos Kacang

30 g (3 ulas) bawang merah
90 g (1 biji) bawang besar
5 g (2 ulas) bawang putih
10 g (2.5 sm) lengkuas
20 g (1 batang) serai
3 g (3 tangkai) cili kering
25 g (1/2 cawan) kacang tanah tumbuk, kacang tanah digoreng tanpa minyak dan ditumbuk halus
250 ml (1 cawan) air
30 g (1 sudu makan) perahan asam jawa
5 g (1 sudu teh) gula merah
5 g (1 sudu teh) gula
5 g (1 sudu teh) garam

dikisar halus
dengan
1/2 cawan air

Cara memasak sos kacang

1. Jerang air.
2. Apabila hampir mendidih, masukkan semua bahan yang telah dikisar.
3. Apabila bahan mendidih, masukkan pula kacang tumbuk dan kacau hingga sebati.
4. Masukkan perahan asam jawa, garam dan gula.
5. Masak pada api perlahan sehingga sos kacang menjadi pekat.
6. Hidangkan bersama bahan-bahan di atas.

Berat satu hidangan: 200 g

Pasembor

Serves 5

Ingredients

250 g (1) cucumber, cut lengthwise
300 g (1 medium size) yam bean, cut lengthwise
100 g (6 stalks) water convolvulus (kangkong), blanched and cut
140 g (1) potato, boiled and cubed
200 g (1) beancurd, grilled and sliced thinly
250 g fresh cuttle-fish, blanched and cut
60 g (1) hard-boiled egg, halved
30 g (3) fish ball, blanched and quartered

Groundnut Sauce

30 g (3) shallots
90 g (1) onion
5 g (2 pips) garlic
10 g (2.5 cm) galangal
20 g (1 stalk) lemon grass
3 g (3) dried chillies
25 g (1/2 cup) pounded groundnut, groundnut fried without oil and pounded finely
250 ml (1 cup) water
30 g (1 tbsp) tamarind juice
5 g (1 tsp) brown sugar
5 g (1 tsp) sugar
5 g (1 tsp) salt

blended
finely with 1/2
cup water

Method to prepare groundnut sauce

1. Boil water.
2. When boiled, add in blended ingredients.
3. Add in pounded groundnut and mix well.
4. Add tamarind juice, salt and sugar.
5. Cook over low fire until the groundnut sauce thickens.
6. Serve with other ingredients.

Weight per serving: 200 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	176 kcal	• Lemak/Fat	5.5 g	• Protein/Protein	11.5 g
Kalsium/Calcium	128 mg	• Kolesterol/Cholesterol	42 mg	• Zat Besi/Iron	4.2 mg



Ikan Terubuk Masak Tempoyak

Hidangan untuk 5 orang

Bahan-bahan

500 g (5 keping) ikan terubuk
 70 g (6 biji) cili merah
 100 g (10 ulas) bawang merah
 5 g (1 sm) halia
 3 g (2 sm) kunyit hidup
 70 g (7 sudu makan) tempoyak
 5 g (3 keping) asam keping
 10 g (1 sudu makan) gula
 30 g (3 batang) serai, diketuk
 2 g (1 helai sederhana) daun kunyit
 750 ml (3 cawan) air
 garam secukup rasa

} dikisar

Cara memasak

1. Ikan dibuang sisik, dibersihkan dan dipotong lima.
2. Masukkan ikan, air, serai, asam keping dan bahan-bahan yang dikisar serta tempoyak di dalam peruk. Jerang hingga mendidih.
3. Setelah itu, masukkan daun kunyit. Balik-balikkan sebentar, kemudian angkat.
4. Hidangkan dengan nasi.

Nota:

Resipi ini sesuai untuk individu yang inginkan kelainan dalam makanan harian mereka. Kalori dalam makanan ini telah dikurangkan dengan mengurangkan sukatan tempoyak tanpa menjejaskan rasa masakan asal.

Berat satu hidangan: 320 g

Terubuk Fish with Tempoyak

Serves 5

Ingredients

500 g (5 pcs) terubuk fish
 70 g (6) red chillies
 100 g (10) shallots
 5 g (1 cm) ginger
 3 g (2 cm) fresh turmeric
 70 g (7 tbsps) tempoyak (fermented durian)
 5 g (3 pcs) dried tamarind
 10 g (1 tbsp) sugar
 30 g (3 stalks) lemon grass, crushed
 2 g (1 medium size) turmeric leaf
 750 ml (3 cups) water
 salt to taste

} blended

Method

1. Remove fish scales, clean and cut into 5 pieces.
2. Add fish, water, lemon grass, dried tamarind, blended ingredients and tempoyak in a pot. Bring to boil.
3. Add in turmeric leaf. Stir for a while and remove.
4. Serve with rice.

Note:

This recipe is suitable for one who looks forward to a change in their meals. Calorie content has been reduced with the reduction in tempoyak without affecting its original taste.

Weight per serving: 320 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	206 kcal
Lemak/Fat	11.6 g
Protein/Protein	16.0 g
Kalsium/Calcium	65 mg
Kolesterol/Cholesterol	66 mg
Zat Besi/Iron	1.7 mg

Pindang Kerang

Hidangan untuk 5 orang

Bahan-bahan

1 kg (100 biji) kerang
 30 g (2 biji) cili merah
 5 g (1 sm) halia
 60 g (6 ulas) bawang merah.
 5 g (1 helai) daun kunyit
 10 g (1 batang) serai, diketuk
 5 g (4 keping) asam keping
 750 ml (3 cawan) air
 garam secukup rasa

} dihiris

Cara memasak

1. Bersihkan kerang tanpa mengasingkan kulitnya.
2. Rebus kerang dengan air. Apabila kerang sudah agak masak, masukkan ramuan-ramuan yang telah dihiris tadi, serai dan asam keping dan biarkan mendidih.
3. Tambah garam secukup rasa dan hidang dengan nasi.

Berat satu hidangan: 125 g

Cockles in Spicy Gravy

Serves 5

Ingredients

1 kg (100 pcs) cockles
30 g (2) red chillies
5 g (1 cm) ginger
60 g (6) shallots
5 g (1) turmeric leaf
10 g (1 stalk) lemon grass, crushed
5 g (4 pcs) dried tamarind
750 ml (3 cups) of water
salt to taste

} sliced

Method

1. Clean cockles without removing the shells.
2. Boil cockles with water. When cockles is almost cooked, add in the sliced ingredients, lemon grass and dried tamarind and bring to boil.
3. Add salt to taste and serve with rice.

Weight per serving: 125 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	57 kcal
Lemak/Fat	0.8 g
Protein/Protein	7.6 g
Kalsium/Calcium	154 mg
Kolesterol/Cholesterol	27 mg
Zat Besi/Iron	8.3 mg



KIRI: Ikan Terubuk Masak Tempoyak • KANAN: Pindang Kerang
LEFT: Terubuk Fish with Tempoyak • RIGHT: Cockles in Spicy Gravy

Ketupat Pulut Palas

Hidangan 10 orang

Bahan-bahan

- 1 kg pulut putih
- 150 g ($\frac{3}{4}$ cawan) kacang mata satu
- 3 helai daun pandan
- 1500 g kelapa parut
- 8 g ($1\frac{1}{2}$ sudu teh) garam
- 20 helai pucuk daun palas

Cara memasak

1. Rendam pulut 30 minit dalam air, bersih dan toskan.
2. Rendam kacang 30 minit dalam air dan toskan dan rebus hingga empuk dengan $\frac{1}{2}$ sudu teh garam.
3. Perah kelapa dan dapatkan 4 cawan santan pekat.
4. Panaskan santan dalam periuk dengan daun pandan dan 1 sudu teh garam.
5. Masukkan pulut dalam santan dan kacau hingga santan kering dan pulut $\frac{3}{4}$ masak.
6. Sejukkan pulut dan tabur dengan kacang yang telah direbus dan ratakan.
7. Ambil daun palas muda dan buka lipatannya.
8. Bungkus pulut dan kacang hingga padat dalam ketupat daun palas (3 segl).
9. Dalam periuk besar, panaskan air dan rebus ketupat pulut selama 45 minit.
10. Toskan ketupat palas dan makan dengan kari daging atau rendang.

Nota:

Jikalau tiada daun palas, pulut dan kacang boleh dibungkus dalam daun pisang dan diikat dengan tali atau benang kasar.

Berat satu hidangan: 180 g

Glutinous Rice Ketupat in Palas Leaves

Serves 10

Ingredients

- 1 kg glutinous rice
- 150 g ($\frac{3}{4}$ cup) black eye bean
- 3 screwpine leaves
- 1500 g grated coconut
- 8 g ($1\frac{1}{2}$ tsp) salt
- 20 palas leaves

Method

1. Soak glutinous rice in water for 30 minutes, wash and drain.
2. Soak beans for 30 minutes in water, drain and cook until soft with $\frac{1}{2}$ tsp salt.
3. Squeeze coconut to obtain 4 cups of thick coconut milk.
4. Heat santan with screwpine leaves and 1 tsp salt in a pot.
5. Add glutinous rice to the coconut milk and mix until dry and the glutinous rice is $\frac{3}{4}$ cooked.
6. Leave to cool. Add beans and mix well.
7. Choose young palas leaves and open up its fold.
8. Wrap glutinous rice and beans with leaves until firm (triangular shaped).
9. Heat water in a big pot and boil ketupat for 45 minutes.
10. Drain ketupat and serve with beef curry or rendang.

Note: If palas leaves are not available, replace with banana leaves and tie with string or thick thread.

Weight per serving: 180 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	667 kcal	• Lemak/Fat	28.4 g	• Protein/Protein	12.5 g
Kalsium/Calcium	47 mg	• Kolesterol/Cholesterol	0 mg	• Zat Besi/Iron	4.0 mg



Ketupat Pulut Palas / Glutinous Rice Ketupat in Palas Leaves

Kesari

(Menghasilkan 15 keping, 35 g sekeping)

Bahan-bahan

175 g (1 cawan) tepung suji
90 g (1/2 cawan) gula
500 ml (2 cawan) susu rendah lemak
10 g (1 sudu makan) minyak sapi
20 g kismis
20 g gajus
sedikit pewarna kuning

Cara memasak

1. Goreng tepung suji tanpa minyak.
2. Goreng gajus tanpa minyak hingga kuning. Kemudian tumbuk kasar.
3. Panaskan susu, minyak sapi, gula dan kacang hingga gula hancur. Bila mendidih masukkan sedikit pewarna kuning.
4. Masukkan tepung suji sedikit demi sedikit sambil dikacau hingga pekat. Masukkan kismis dan gajus.
5. Bila telah pekat, masukkan ke dalam bekas dan ratakan.
6. Biarkan sejuk dan potong.

Nota:

Kuih ini adalah satu manisan orang India, dihidangkan di majlis keagamaan atau semasa peristiwa yang istimewa seperti pertunangan, perkahwinan atau untuk tetamu yang kunjung ke rumah.

Kandungan kalori dan lemak telah dikurangkan dengan mengurangkan kandungan gula dan minyak sapi serta menggunakan susu rendah lemak.

Soft Semolina Pudding

(Makes 15 pieces, 35 g per piece)

Ingredients

175 g (1 cup) semolina flour
90 g (1/2 cup) sugar
500 ml (2 cups) low fat milk
10 g (1 tbsp) ghee
20 g raisins
20 g cashew nuts
yellow colouring

Method

1. Fry semolina flour without oil.
2. Fry cashew nut without oil until golden brown and pound coarsely.
3. Heat milk, ghee, sugar and stir until the sugar has melted. Once boil, add in yellow colouring.
4. Add in semolina flour bit by bit while constantly stirring. Stir until it thickens. Add in raisins and cashew nuts.
5. Once thickened, pour in a dish and level it.
6. Leave to cool and cut.

Nota:

This is an Indian dessert, served during religious celebrations or special occasions like engagements, weddings or for guests.

Calorie and fat content have been reduced with the reduction of sugar and ghee content and the use of low fat milk.

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	97 kcal	• Lemak/Fat	1.9 g	• Protein/Protein	3.1 g
Kalsium/Calcium	51 mg	• Kolesterol/Cholesterol	8 mg	• Zat Besi/Iron	0.9 mg



Kesari / Soft Semolina Pudding

Kuih Koci

(Menghasilkan lebih kurang 20 biji)

Bahan-bahan

200 g (1 cawan) kacang hijau
100 g (2 keping) gula kabung/anau, dipotong kecil
125 ml (1/2 cawan) susu rendah lemak
1 sudu makan tepung gandum
200 g (2 cawan) tepung pulut
10 g (1 helai) daun pandan, disimpulkan
3 g (1/2 sudu teh) garam
daun pisang secukupnya, dipotong segi empat (16 sm X 17 sm)
sedikit minyak masak, untuk disapu ke atas daun pisang

Cara penyediaan inti

1. Rebus kacang hijau bersama 3 cawan air hingga empuk dan kembang.
2. Apabila kacang empuk, masukkan gula kabung. Setelah gula kabung hancur, masukkan susu, daun pandan, garam dan kacau hingga sebati pada api yang perlahan.
3. Bila agak kering dan pekat, masukkan pula tepung gandum dan kacau sehingga adunan kental. Angkat dan blarkan seketika.
4. Apabila telah sejuk, ambil sedikit adunan sebesar ibu jari dan bentukkan seperti bebola untuk dijadikan inti. Buat begini hingga adunan habis dan ketepikan.
5. Sementara itu, panaskan pengukus kuih.

Cara penyediaan kuih

1. Masukkan tepung pulut ke dalam bekas dan campurkan dengan garam. Tambah air sedikit demi sedikit dan uli untuk mendapatkan doh yang lembut.
2. Ambil sedikit tepung yang telah diuli. Leperkan di atas tapak tangan, masukkan inti dan balutkan inti dengan tepung, bulat-bulatkan dan letakkan di atas daun pisang yang telah disapu dengan sedikit minyak.
3. Bungkus dengan daun pisang tersebut dan bentukkan menjadi tigasegi (kon) atau bungkusan yang diingini.
4. Ulang langkah (2) dan (3) hingga selesai.
5. Kukus kesemua kuih koci lebih kurang 10 – 15 minit di dalam pengukus hingga masak.
6. Apabila masak, angkat dan hidangkan.

Berat satu biji: 40 g



Kuih Koci

(Makes about 20 pcs)

Ingredients

200 g (1 cup) green beans
100 g (2 pcs) palm sugar, cut into small pieces
125 ml (1/2 cup) low fat milk
1 tbsp plain flour
200 g (2 cups) glutinous rice flour
10 g (1) screwpine leaf, folded
3 g (1/2 tsp) salt
banana leaves, cut into squares
(16 cm x 17 cm)
cooking oil, to apply on top of banana leaf

To prepare filling

1. Boil green beans with 3 cups water until soft.
2. Once soften, add milk, palm sugar, screwpine leaf, salt and stir over low heat.
3. When slightly dry and thick, add plain flour and stir until it thickens. Set aside to cool.
4. Once cool, take a thumb-sized amount of mixture and shape into balls as filling. Continue with balance of mixture.
5. Heat a steamer.

To prepare kuih

1. Pour glutinous rice flour into a container and add salt. Knead glutinous rice flour by adding small amount of water until dough becomes soften.
2. Take a small amount of dough and flatten on palm. Put in fillings and wrap the fillings with the kneaded flour, roll into balls and place on the greased banana leaf.
3. Fold into triangular shape.
4. Repeat steps (2) and (3) until completed.
5. Steam kuih koci for about 10 – 15 minutes in a steamer until cooked.
6. When cooked, remove and serve.

Weight per piece: 40 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	92 kcal	• Lemak/Fat	0.3 g	• Protein/Protein	2.6 g
Kalsium/Calcium	22 mg	• Kolesterol/Cholesterol	0 mg	• Zat Besi/Iron	0.7 mg



Kueh Koci / Kueh Koci



Zon Timur

Eastern Zone

Kelantan, Terengganu & Pahang

62 Nasi Dagang *Dagang Rice*

62 Acar Timun *Cucumber Pickle*

64 Kerutup Ayam *Kerutup Chicken*

66 Asam Pedas Sayur Keladi *Spicy and Sour Yam Stalk*

67 Daging Panggang ala Kelantan *Grilled Beef Kelantanese Style*

68 Kerabu Mangga Muda *Mango Kerabu* **70** Percik Ayam *Grilled Chicken with Gravy*

72 Laksam *Laksam* **74** Sayur Manis Pucuk Daun-daun Kayu *Vegetable Shoots*

76 Rojak Betik Terengganu *Terengganu-style Papaya Rojak*

77 Sayur Petola/Labu Lutsinar *Angled Loofah/Gourd*

78 Sotong Kukus Bersalad *Steamed Squid with Salad* **80** Labu Masak Lemak *Pumpkin in Coconut Gravy*

82 Singgang Ikan Tongkol *Boiled Tongkol Fish* **84** Ikan Haruan Kukus *Steamed Haruan Fish*

84 Gulai Asam Tempoyak Ikan Talapia *Talapia with Asam Tempoyak*

86 Masak Kicap Sri Kasturi *Beef in Soya Sauce* **88** Solok Lada Terengganu *Terengganu-style Stuffed Chillies*

88 Bebola Tauhu Bakar *Grilled Beancurd Ball* **90** Ayam Golek Sri Terengganu *Roast Chicken Sri Terengganu*

92 Singgang Daging Terengganu *Spicy Braised Beef Terengganu Style*

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Nasi Dagang

Hidangan untuk 10 orang

Bahan-bahan

- 1 kg beras merah (beras nasi dagang)
- 250 g (1 cawan) kelapa parut
- 100 g (2/3 cawan) susu tepung rendah lemak
- 100 g (10 ulas) bawang merah, dimayang
- 10 g (2 sm) halia, dihiris nipis dan halus
- 10 g (2 sudu teh) garam
- 10 g (2 sudu teh) gula
- 15 g (3 sudu teh) halba

Cara memasak

1. Rendam beras selama 2 hingga 3 jam.
2. Toskan airnya dan kukus sehingga masak.
3. Perah kelapa parut bersama air untuk mendapatkan 1 gelas santan pekat dan 1 gelas santan cair.
4. Bancuh susu tepung rendah lemak ke dalam santan cair.
5. Angkat kukusan berisi nasi dan gaulkan nasi bersama bahan-bahan (A) dan santan sehingga rata.
6. Kukus kembali nasi sehingga kukusan berwap.
7. Angkat dan hidangkan bersama lauk.

Cadangan: Enak dimakan bersama lauk (kerutup ayam) dan acar timun.

Berat satu hidangan: 200 g

Acar Timun (untuk nasi dagang)

Hidangan untuk 10 orang

Bahan-bahan

- 500 g (2 biji kecil) timun
- 150 g (1 biji) lobak merah

- 120 g (2 biji) bawang besar
- 20 g (2 ulas) bawang merah
- 50 g (5 sudu makan) cuka
- 60 g (3 biji) cili merah
- 5 g (1 sudu teh) gula
- 3 g (1/2 sudu teh) garam

Cara memasak

1. Timun dibuang kulit dan dipotong nipis-nipis.
2. Lobak merah dihiris halus (memanjang) atau diparut.
3. Bawang besar, bawang merah dan cili dimayang halus.
4. Gaul kesemua sayur-sayuran di atas bersama cuka, gula dan garam.
5. Hidangkan bersama nasi dagang.

Berat satu hidangan: 80 g

Dagang Rice

Serves 10

Ingredients

- 1 kg dagang rice
- 250 g (1 cup) grated coconut
- 100 g (2/3 cup) low fat milk powder
- 100 g (10) shallots, sliced
- 10 g (2 cm) ginger, sliced thinly
- 10 g (2 tsps) salt
- 10 g (2 tsps) sugar
- 15 g (3 tsps) fenugreek

Method

1. Soak rice for 2 to 3 hours.
2. Drain and steam until cooked.

3. Squeeze grated coconut with water to obtain 1 glass thick coconut milk and 1 glass diluted coconut milk.
4. Mix low fat milk powder with diluted coconut milk.
5. Remove rice and mix well with ingredients (A) and coconut milk.
6. Steam rice again until cooked.
7. Remove and serve with dishes.

Recommendation: To be taken with accompanying dish (kerutup chicken) and cucumber pickle.

Weight per serving: 200 g

Cucumber Pickle (serve with dagang rice)

Ingredients

- 500 g (2 small size) cucumber
- 150 g (1) carrot
- 120 g (2) onions
- 20 g (2) shallots
- 50 g (5 tbsps) vinegar
- 60 g (3) red chillies
- 5 g (1 tsp) sugar
- 3 g (1/2 tsp) salt

Method

1. Peel cucumber and slice thinly.
2. Slice thinly carrot (lengthwise) or grate it.
3. Slice thinly onion, shallots and chillies.
4. Mix all vegetables with vinegar, sugar and salt.
5. Serve with dagang rice.

Weight per serving: 80 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	311 kcal	Lemak/Fat	11.9 g	Protein/Protein	5.5 g
Kalsium/Calcium	64 mg	Kolesterol/Cholesterol	2 mg	Zat Besi/Iron	3.1 mg



KIRI: Nasi Dagang • KANAN: Acar Timun
LEFT: Dagang Rice • RIGHT: Cucumber Pickle

Kerutup Ayam (Lauk Nasi Dagang)

Hidangan untuk 10 orang

Bahan-bahan

- 1 kg ayam, dipotong 10 dan dibuang kulit
- 10 g (10 biji) cili kering
- 200 g (20 ulas) bawang merah
- 15 g (3 ulas) bawang putih
- 10 g (2 sm) halia
- 10 g (2 sm) lengkuas
- 200 g kelapa parut dibuat kerisik
- 60 g (6 sudu makan) rempah kerutup, dibancuh dengan 1/4 cawan air
- 10 g (1 sudu makan) gula/gula melaka
- 5 g (2 keping) asam keping
- 20 g (1 batang) serai, diketuk
- 30 g (4 sudu makan) minyak sayuran
- 100 g (6 – 8 biji) cili hijau
- 250 ml (1 cawan) air
- 5 g (1 sudu teh) garam

(A)
dikisar halus

Cara menyediakan kerisik

1. Kelapa digoreng tanpa minyak sehingga garing dan kekuningan.
2. Tumbuk atau kisar kelapa goreng semasa ia masih panas sehingga lumat dan mengeluarkan minyak.

Cara memasak kerutup

1. Panaskan minyak dan tumis bahan (A) bersama rempah kerutup, serai, garam, gula dan asam keping sehingga wangi.
2. Masukkan ayam dan kerisik, tambahkan air dan masak sehingga pekat.
3. Masukkan cili hijau untuk menambah perisa.
4. Perlahan api dan biarkan sebentar, kemudian angkat.
5. Hidangkan lauk ini bersama nasi dagang.

Berat satu hidangan: 160 g

Kerutup Chicken (Accompanying dish for Dagang Rice)

Serves 10

Ingredients

- 1 kg chicken, cut into 10 pieces and remove skin
- 10 g (10) dried chillies
- 200 g (20) shallots
- 15 g (3 pips) garlic
- 10 g (2 cm) ginger
- 10 g (2 cm) galangal
- 200 g grated coconut for kerisik
- 60 g (6 tbsps) kerutup spice, mix with 1/4 cup of water
- 10 g (1 tbsp) sugar/palm sugar
- 5 g (2 pcs) dried tamarind
- 20 g (1 stalk) lemon grass, crushed
- 30 g (4 tbsps) vegetable oil
- 100 g (6 – 8) green chillies
- 250 ml (1 cup) water
- 5 g (1 tsp) salt

(A)
grinded finely

To prepare kerisik:

1. Fry grated coconut without oil until golden in color.
2. Pound or grind coconut while hot until fine and oil seeps out.

Method to prepare kerutup

1. Heat oil and saute ingredients (A) with kerutup spice, lemon grass, salt, sugar and dried tamarind until fragrant.
2. Add chicken and kerisik, water and cook until thickens.
3. Add green chillies to enhance taste.
4. Lower heat and leave to cook for a while. Remove.
5. Serve with dagang rice.

Weight per serving: 160 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	215 kcal	• Lemak/Fat	12.0 g	• Protein/Protein	17.0 g
Kalsium/Calcium	71 mg	• Kolesterol/Cholesterol	21 mg	• Zat Besi/Iron	3.5 mg



KIRI: Asam Pedas Sayur Keladi • KANAN: Kerutup Ayam
LEFT: Spicy and Sour Yun Stalk • RIGHT: Kerutup Chicken

Asam Pedas Sayur Keladi

Hidangan untuk 5 orang

Bahan-bahan

- | | |
|--|-------------|
| 300 g (1) pohon keladi (batang bersama ubi) | |
| 5 g (2 sm) kunyit hidup | } (A) |
| 10 g (5 biji) cili padi | |
| 80 g (4 sudu makan) tempoyak | } Bahan (B) |
| 20 g udang kering/geragau basah | |
| 2 g (2 keping) asam keping | |
| 3 tangkai daun kesom (pilih daun dan batang kecil) | |
| 10 g (2 sudu teh) garam | |
| 1250 ml (5 cawan) air | |

Cara memasak

1. Bersihkan sayur keladi dan buang kulit pada batangnya.
2. Potong sepanjang 5 sm dan manakala ubi keladi dipotong dadu.
3. Celur batang dan ubi keladi di dalam air mendidih selama lebih kurang 3 minit dan toskan.
4. Campurkan bahan (A), (B) dan air ke dalam periuk.
5. Kacau hingga sebati dan masak hingga mendidih.
6. Masukkan batang keladi, ubi serta garam dan kacau. Biarkan seketika.
7. Kecilkan api dan masak sehingga ubi empok.
8. Angkat dan hidangkan.

Nota:

1. Sukatan tempoyak boleh diubahsuai mengikut citarasa masing-masing dan jenis tempoyak (masam/mantis).
2. Resipi ini adalah satu pilihan dari pelbagai hidangan sayuran. Selain dari lazat, ianya sesuai untuk hidangan rendah lemak.

Berat satu hidangan: 160 g

Spicy And Sour Yam Stalk

Serves 5

Ingredients

- | | |
|--|----------------------|
| 300 g (1 whole) yam plant (including yam & stalk) | |
| 5 g (2 cm) fresh turmeric | } (A) pounded finely |
| 10 g (5) bird's eye chillies | |
| 80 g (4 tbsps) fermented durian (tempoyak) | } (B) |
| 20 g dried/fresh shrimps | |
| 2 g (2 pcs) dried tamarind | |
| 3 stalks kesom leaves (select small leaves and stalks) | |
| 10 g (2 tsps) salt | |
| 1250 ml (5 cups) water | |

Method

1. Clean and peel the skin from the yam stalk.
2. Cut into 5 cm length and cut yam into cubes.
3. Blanch stalk and yam for approximately 3 minutes and drain.
4. Mix ingredients (A), (B) and water in a pot.
5. Mix well and cook until boiling.
6. Add stalk, yam and salt. Mix well and leave for a while.
7. Lower heat and cook until the yam is soft.
8. Remove and serve.

Note:

1. Fermented durian (tempoyak) can be adjusted according to taste and the type of tempoyak used ie. sour or sweet.
2. This recipe is one of the many variations of cooking vegetables. Apart from being delicious, it is also low in fat.

Weight per serving: 160 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	102 kcal	Lemak/Fat	0.7 g	Protein/Protein	3.5 g
Kalsium/Calcium	37 mg	Kolesterol/Cholesterol	13 mg	Zat Besi/Iron	1.9 mg

Daging Panggang ala Kelantan

Hidangan untuk 5 orang

Bahan-bahan

- 1 kg daging tanpa lemak
 - 30 g (6 sm) halia
 - 80 g (8 ulas) bawang merah
 - 20 g (seketul besar ibu jari) kunyit hidup
 - 70 g (3 batang) serai
 - 20 g (4 sudu teh) lada sulah
 - 10 g (2 sudu teh) garam
- (A)
ditumbuk halus

Untuk Hiasan

- 5 helai daun salad
- 1/2 biji timun
- 1 biji tomato

Cara memasak

1. Daging dicuci dan dipotong 5.
2. Perap daging dengan bahan (A) bersama garam dan lada sulah selama 1 jam.
3. Panggang daging sehingga masak.
4. Potong daging kepada kepingan nipis dan hidang bersama timun, tomato, daun salad dan sambal air asam.

Berat satu hidangan: 200 g

Sambal Air Asam

Bahan-bahan

- 100 g (10 biji) cili merah
 - 50 g (5 ulas) bawang merah
 - 10 g (2 sm) halia
 - 30 g udang kering
 - 20 g belacan
- ditumbuk halus

- 20 g air asam jawa, dicampur dengan 1 cawan air
- 3 g (1/2 sudu teh) garam

Cara menyediakan

1. Campurkan bahan yang ditumbuk dengan air asam jawa dan garam.
2. Hidangkan dengan daging panggang.

Grilled Beef Kelantanese Style

Serves 5

Ingredients

- 1 kg lean beef
 - 30 g (6 cm) ginger
 - 80 g (8) shallots
 - 20 g (thumb size) fresh turmeric
 - 70 g (3 stalks) lemon grass
 - 20 g (4 tsps) pepper
 - 10 g (2 tsps) salt
- (A)
pounded finely

For Garnishing

- 5 lettuce
- 1/2 cucumber
- 1 tomato

Method

1. Clean the beef and cut into 5 pieces.
2. Marinate the beef with ingredients (A), salt and pepper for 1 hour.
3. Grill the beef until cooked.

4. Slice the grilled beef thinly and serve with garnishing and air asam sambal

Weight per serving: 200 g

Air Asam Sambal

Ingredients

- 100 g (10) red chillies
 - 50 g (5) shallots
 - 10 g (2 cm) ginger
 - 30 g dried prawns
 - 20 g shrimp paste
 - 20 g tamarind paste, mix with 1 cup of water
 - 3 g (1/2 tsp) salt
- pounded finely

Method

1. Mix pounded ingredients with tamarind juice and salt.
2. Serve with grilled beef.

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	305 kcal	• Lemak/Fat	4.9 g	• Protein/Protein	51.5 g
Kalsium/Calcium	190 mg	• Kolesterol/Cholesterol	149 mg	• Zat Besi/Iron	7.9 mg

Kerabu Mangga Muda

Hidangan untuk 5 orang

Bahan-bahan

350 g (5 biji) mangga muda, dibuang kulit dan diparut halus
20 g (1 biji) bawang besar, dimayang
10 g (1 biji) cili hijau, dipotong dadu
10 g (1 biji) cili merah, dipotong dadu
100 g sotong basah saiz sederhana, dicelur sehingga empuk dan dipotong bulat
10 g (1 sudu makan) udang kering, ditumbuk halus
10 ml (1 sudu makan) cuka
10 ml (1 sudu makan) jus limau nipis/kasturi
5 g (1 sudu teh) garam
10 g (2 sudu teh) gula

Hiasan

100 g kacang gajus panggang/kacang tanah (goreng tanpa minyak dan ditumbuk halus)

Cara memasak

1. Masukkan kesemua bahan ke dalam bekas dan gaul.
2. Hiaskan dengan taburan kacang gajus/kacang tanah tumbuk dan hidangkan.

Berat satu hidangan: 80 g

Mango Kerabu

Serves 5

Ingredients

350 g (5) unripe mangoes, skin peeled and flesh shredded
20 g (1) onion, sliced
10 g (1) green chilli, cubed
10 g (1) red chilli, cubed
100 g medium size squid, blanched till cooked and cut into rings
10 g (1 tbsp) dried prawns, pounded finely
10 ml (1 tbsp) vinegar
10 ml (1 tbsp) lime juice
5 g (1 tsp) salt
10 g (2 tsps) sugar

Garnishing

100 g cashew nut/groundnut (fry without oil and pounded finely)

Method

1. Place all the ingredients into a container and mix well.
2. Serve with grounded cashew nuts/groundnuts.

Weight per serving: 80 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: **NUTRITIONAL CONTENT PER SERVING:**

Kalori/Calorie	144 kcal	•	Lemak/Fat	7.0 g	•	Protein/Protein	8.0 g
Kalsium/Calcium	28 mg	•	Kolesterol/Cholesterol	29 mg	•	Zat Besi/Iron	2.0 mg



KIRI: Kerabu Mangga Muda • KANAN: Daging Panggang ala Kelantan
LEFT: Mango Kerabu • RIGHT: Grilled Beef Kelantanese Style

Percik Ayam

Hidangan untuk 5 orang

Bahan-bahan

- 1.5 kg (1 ekor) ayam
- 300 ml santan (150 ml santan pekat + 150 ml santan cair)
- 50 g (7 ulas) bawang merah
- 10 g (3 ulas) bawang putih
- 10 g (2 sm) halia
- 10 g (3 biji) buah keras
- 30 g (2 batang) serai, dititik
- 20 g (2 sudu makan) tepung ubi, dibancuh dengan sedikit air
- 5 g (1 sudu teh) gula
- 5 g (1 sudu teh) garam
- 40 g asam jawa, dibancuh dengan 1/2 cawan air

Hiasan

daun salad dan timun

Cara memasak

1. Ayam dibelah dua dan dibersihkan.
2. Gaul ayam bersama separuh dari bahan-bahan yang telah ditumbuk halus dan perap selama lebih kurang 1 jam.
3. Masukkan santan ke dalam periuk dan campurkan sebahagian lagi bahan yang ditumbuk ke dalam santan.
4. Kacau hingga sebati dan jerang atas api sederhana.
5. Apabila mendidih, masukkan serai, air asam jawa, gula dan garam. Untuk memekatkan kuah, masukkan pula bancuhan tepung ubi dan kacau perlahan. Angkat kuah apabila telah pekat.
6. Panggang ayam yang telah diperap. Cucur kuah sedikit demi sedikit ketika memanggang.
7. Balik-balikkan ayam supaya kuah melekat pada ayam.
8. Pangganglah ayam sehingga masak.
9. Hidangkan bersama salad dan timun. Baki kuah dicururkan pada ayam yang telah dimasak.

Berat satu hidangan: 250 g

Grilled Chicken With Gravy

Serves 5

Ingredients

- 1.5 kg (1) chicken
- 300 ml coconut milk (150 ml thick coconut milk + 150 ml thin coconut milk)
- 50 g (7) shallots
- 10 g (3 pips) garlic
- 10 g (2 cm) ginger
- 10 g (3) candlenuts
- 30 g (2 stalks) lemon grass, crushed
- 20 g (2 tbsps) tapioca flour, mixed with a bit of water
- 5 g (1 tsp) sugar
- 5 g (1 tsp) salt
- 40 g tamarind paste, mixed with 1/2 cup water

Garnishing

lettuce and cucumber

Method

1. Cut the chicken into half and clean it.
2. Mix chicken together with 1/2 of the pounded ingredients and marinate for 1 hour.
3. Pour coconut milk into a pot and mix in the balance of the pounded ingredients.
4. Mix well over medium heat.
5. Once boil, add lemon grass, tamarind juice, sugar and salt. To thicken gravy, add in tapioca flour mixture and stir slowly. Once gravy thickens, remove.
6. Grill marinated chicken. Spread gravy bit by bit over the chicken during the grilling process.
7. Stir the chicken to ensure that the gravy sticks onto the chicken.
8. Grill until the chicken is cooked.
9. Garnish with lettuce and cucumber. Pour the balance of the gravy over the chicken.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	638 kcal	• Lemak/Fat	28 g	• Protein/Protein	79.0 g
Kalsium/Calcium	124 mg	• Kolesterol/Cholesterol	224 mg	• Zat Besi/Iron	10.6 mg



Perik Ayam / Grilled Chicken with Gravy

Laksam

Hidangan untuk 5 orang

(A) Laksam

Bahan-bahan

- 500 g (1 bungkus) tepung beras
- 900 ml (3 1/2 cawan) air
- 3 g (1/2 sudu teh) garam

Cara memasak

1. Tepung beras dicampur dengan garam dan air sambil dikacau hingga sebati.
2. Panaskan pengukus. Masukkan tudung periuk leper saiz sederhana yang telah disapu sedikit minyak ke dalamnya.
3. Tuang sedikit adunan untuk membentuk satu lapisan nipis di atas tudung periuk.
4. Kukus selama lebih kurang 1 hingga 2 minit sehingga masak.
5. Setelah masak, gulung hasil kukusan seperti gulungan dadar.
6. Ulang langkah 3, 4 dan 5 hingga kesemua adunan habis.
7. Sejukkan gulungan laksam dan potong kecil.

Nota

1. Boleh menghasilkan lebih kurang 15 gulung laksam (bergantung kepada saiz tudung periuk)
2. Tudung periuk disapu dengan minyak supaya laksam tidak melekat.

(B) Untuk Ulam

Bahan-bahan

- 200 g (10 batang) kacang panjang, dihiris halus
- 150 g (2 cawan) taugeh, dibersihkan
- 80 g (1 ikat) daun kesom, dihiris halus
- 250 g (1 biji) timun, dipotong halus

(C) Untuk Kuah

Bahan-bahan

- 1 kg (4 ekor) ikan kembung
 - 200 g kelapa parut
 - 30 g (3 sudu makan) susu tepung skim
 - 10 g (1 sudu makan) lada hitam
 - 20 g (10 ulas) bawang merah
 - 15 g (3 ulas) bawang putih
 - 5 g (1 sm) halia
 - 5 g (1 sm) lengkuas
 - 5 g (1 sudu teh) garam
 - 12 g (3 keping) asam keping
 - 250 ml (1 cawan) air
- } dikisar halus

Cara membuat kuah

1. Ikan dibersihkan dan direbus bersama air sehingga masak.
2. Ambil isinya dan ditumbuk hingga lumat.
3. Perah kelapa parut bersama air untuk mendapatkan 1 1/2 cawan santan cecair.
4. Bancuh susu tepung bersama air rebusan ikan.
5. Campurkan isi ikan bersama banchuan susu, santan, bahan-bahan yang telah dikisar, asam keping dan garam.
6. Masak hingga mendidih diatas api yang perlahan dan angkat.

* Lada hitam boleh ditambah mengikut citarasa

(D) Sambal Belacan

Bahan-bahan

- 4 biji cili merah } ditumbuk
- 25 g belacan } halus
- 2 biji limau kasturi, diambil perahan jusnya

* Laksam dimakan bersama-sama kuah laksam, ulam dan sambal belacan.

Berat satu hidangan: 400 g

Laksam

Serves 5

(A) Laksam

Ingredients

- 500 g (1 packet) rice flour
- 900 ml (3 1/2 cups) water
- 3 g (1/2 tsp) salt

Method

1. Mix rice flour with salt and water. Stir well.
2. Heat the steamer. Brush with a bit of oil on a flat medium-sized steel dish and place inside the steamer.
3. Pour in a thin layer of the mixture.
4. Steam approximately 1 to 2 minutes until cooked.
5. When cooked, roll it up.
6. Repeat steps 3, 4 and 5 until all mixture is used up.
7. Cool and cut into small pieces.

Note:

1. Makes about 15 rolls of laksam (depending on the size of the dish)
2. Brushing the dish with oil prevents the laksam from sticking onto the dish.

(B) For Ulam

Ingredients

- 200 g (10) long bean, sliced thinly
- 150 g (2 cups) beansprout, cleaned
- 80 g (1 bunch) kesom leaves, sliced thinly
- 250 g (1) cucumber, sliced finely

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie 720 kcal
Kalsium/Calcium 326 mg

• Lemak/Fat
• Kolesterol/Cholesterol

19.6 g
84 mg

• Protein/Protein
• Zat Besi/Iron

35.5 g
14.8 mg

(C) For Gravy

Ingredients

1 kg (4) kembung fish
200 g grated coconut
30 g (3 tbsps) skim milk powder
10 g (1 tbsp) black pepper
20 g (10) shallots
15 g (3 pips) garlic
5 g (1 cm) ginger
5 g (1 cm) galangal
5 g (1 tsp) salt
12 g (3 pcs) dried tamarind
250 ml (1 cup) water

} grinded finely

Method

1. Clean the fish and boil in water until cooked.
 2. Flake the flesh and mash until fine.
 3. Mix grated coconut milk with water and squeeze to obtain 1½ cups diluted coconut milk.
 4. Mix the skim milk powder with the water used for boiling fish.
 5. Mix fish meat with milk mixture, coconut milk, grounded ingredients, dried tamarind and salt.
 6. Slowly bring to boil over low heat and remove.
- Black pepper can be adjusted according to taste.

(D) For Sambal Belacan

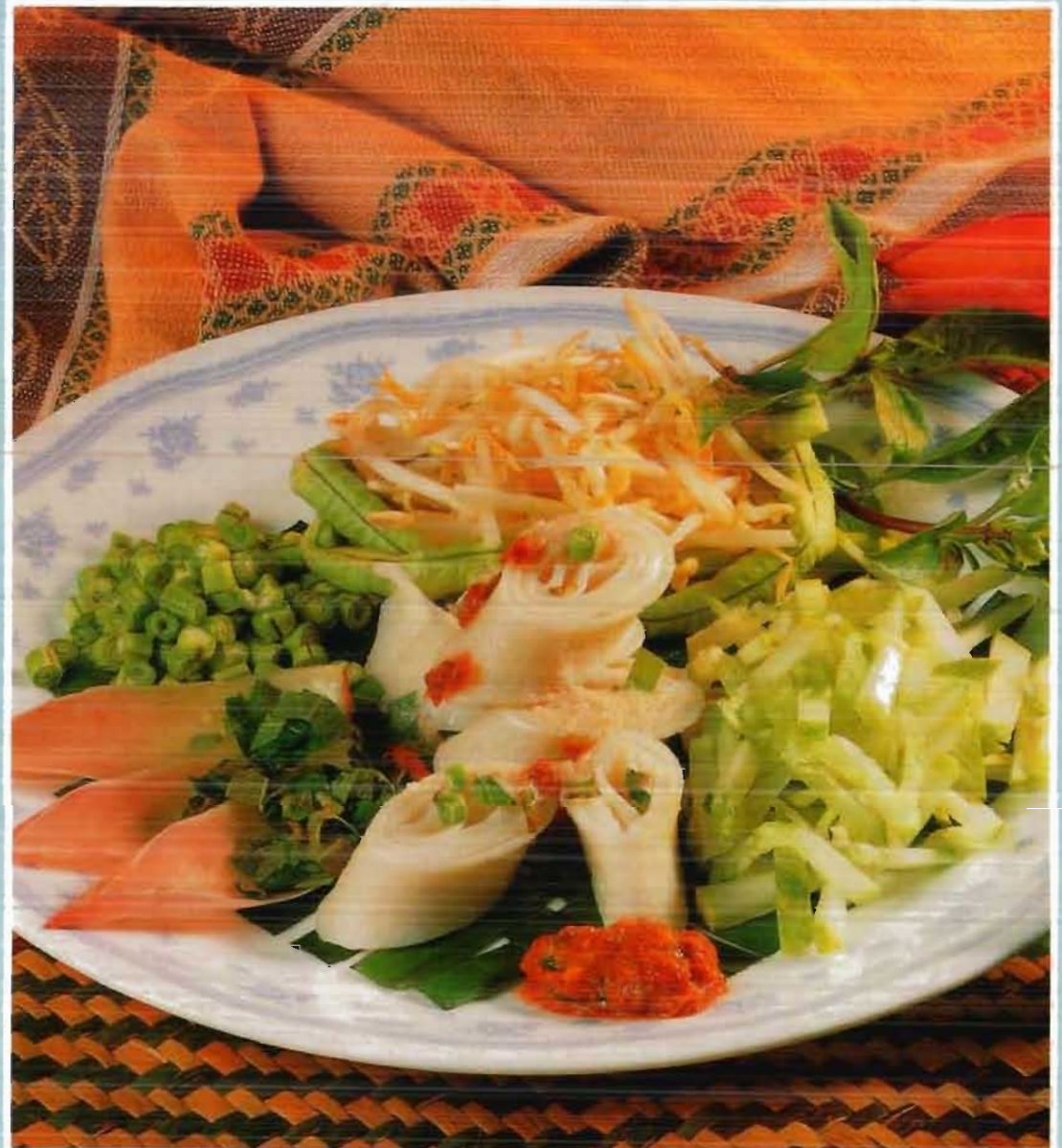
Ingredients

4 red chillies
25 g shrimp paste
2 lime (limau kasturi), for juice only

} pounded
finely

- Laksam is eaten together with laksam gravy, ulam and sambal belacan.

Weight per serving: 400 g



Sayur Manis Pucuk Daun-daun Kayu

Hidangan untuk 5 orang

Bahan-bahan

- 500 g (2 cawan) daun-daun kayu
(300 g paku merah, pucuk midin, 150 g pucuk manis, 30 g daun kesom dan 20 g daun kaduk)
- 10 g (1 batang) serai } diketuk
15 g (2 sm) lengkuas }
150 g (1 biji) keledak isi kuning, dipotong kiub kecil-kecil
40 g (2 biji) lada merah, dibelah 4 tiap sebiji
20 g (3 ulas) bawang putih } dihiris halus
40 g (4 biji) bawang merah }
20 g (3 sudu makan) ikan bilis tanpa kepala, ditumbuk kasar
20 g (3 sudu makan) isi ikan selayang bakar, hancurkan
6 g (1 sudu teh) budu
5 g (1 sudu teh) garam

Cara memasak

1. Penyediaan daun kayu:
 - Pilih dan basuh ke semua daun kayu yang hendak digunakan dan toskan.
 - Petik sehelai-sehelai dari tangkai dan buang bahagian batang keras.
 - Daun-daun ini telah sedia untuk dimasak. Ketepikan.
2. Penyediaan ikan bakar:
 - Siang ikan, buang insang dan perut. Bersihkan.
 - Panggang/bakar ikan hingga masak.
 - Asingkan isi dengan tulang. Tumbuk lumat isi ikan.
3. Kesemua bahan di atas kecuali daun kayu dimasukkan ke dalam periuk yang mengandungi 2½ cawan air.
4. Bila air mendidih dan ubi empuk, masukkan daun-daun kayu. Balik-balikkan dan biarkan 1 minit. Tutup api.

Berat satu hidangan: 250 g

Vegetable Shoots

Serves 5

Ingredients

- 500 g (2 cups) vegetable shoots
(300 g of paku shoots, midin shoots, 150 g pucuk manis shoots, 30 g kesom leaves, 20 g kaduk leaves)
- 10 g (1 stalk) lemon grass } crushed
15 g (2 cm) galangal }
150 g (1) sweet potato (yellow flesh), cut into small cubes
40 g (2) red chillies, cut into 4 each
20 g (3 pips) garlic } sliced thinly
40 g (4) shallots }
20 g (3 tbsps) anchovies, head discarded and pounded coarsely
20 g (3 tbsps) grilled selayang fish meat, meat only and pounded
6 g (1 tsp) budu (pickled fish)
5 g (1 tsp) sait

Method

1. Preparation for vegetable shoots:
 - Select and wash all shoots to be used and drain.
 - Pluck leaves from stalk and discard the hard stem.
 - Leaves are ready. Set aside.
2. Preparation for fish:
 - Clean and grill/bake fish until cooked.
 - Debone fish and flake it. Pound the flesh until fine.
3. Add all ingredients except vegetable shoots in a pot with 2½ cups of water.
4. When water boils and the sweet potato is tender, add in vegetable shoots. Stir occasionally and allow to simmer for 1 minute. Remove from heat.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: **NUTRITIONAL CONTENT PER SERVING:**

Kalori/Calorie	94 kcal	• Lemak/Fat	0.8 g	• Protein/Protein	6.5 g
Kalsium/Calcium	116 mg	• Kolesterol/Cholesterol	10 mg	• Zat Besi/Iron	2.5 mg



Sayur Manis Pucuk Daun-daun Kayu / Vegetable Shoots

Rojak Betik Terengganu

Hidangan untuk 5 orang

Bahan-bahan A

- 250 g (1/4 biji) betik sederhana besar (setengah masak)
- 250 g (1/4 biji) timun
- 100 g (1/6 biji) nenas (setengah masak)
- 12 g (3 keping) keropok ikan
- 100 g kacang tanah
- 1/4 sudu teh kapur + 1/2 cawan air

Bahan-bahan B

- 230 g (3 ekor) ikan selayang
- 30 g (1 keping) manisan kecil (gula melaka), dimasak dengan 1 1/2 cawan air dan sejukkan
- 10 g (2 sudu makan) asam jawa, dibancuh dengan 1/4 cawan air masak
- 5 g (5 tangkai) cili kering, direndam dalam air panas
- 3 g (1/2 sudu teh) belacan
- 20 g (3 sudu makan) cuka
- 5 g (1 sudu teh) garam
- 5 g (1 sudu teh) gula

Penyediaan

A) Cara penyediaan bahan A

1. Betik dibuang kulit dan timun dipotong/ dibuang kepala. Kemudian diparut, rendam dengan air kapur selama 3 minit dan toskan.
2. Nenas dibuang kulit, dibasuh dan dipotong kecil-kecil.
3. Keropok digoreng dan diramas menjadi kepingan kecil. Keropok boleh juga dibakar menggunakan ketuhar gelombang mikro.
4. Kacang tanah digoreng tanpa minyak dan ditumbuk setengah lumat untuk ditabur di atas kuah rojak.

B) Cara penyediaan kuah rojak (bahan B)

1. Ikan direbus dengan sedikit air, ambil isi dan tumbuk hingga lumat.
2. Campurkan ikan, air manisan, air asam jawa, cili kisar, gula, cuka dan garam hingga sebatu.
3. Rasa masam, manis dan masin secukupnya.

C) Cara menghidang

1. Masukkan parutan betik, timun dan nenas ke dalam mangkuk. Tuangkan kuah rojak dan taburkan keropok dan kacang tumbuk and hidangkan.

Berat satu hidangan: 250 g

Terengganu-style Papaya Rojak

Serves 5

Ingredients A

- 250 g (1/4 medium size) papaya (half ripe)
- 250 g (1/4) cucumber
- 100 g (1/6) pineapple (half ripe)
- 12 g (3 pcs) fish crackers
- 100 g groundnuts
- 1/4 tsp kapur + 1/2 cup water

Ingredients B

- 230 g (3) selayang fish
- 30 g (1 pc) palm sugar, cooked with 1 1/2 cups water and set aside
- 10 g (2 tbsps) tamarind pulp, mixed with 1/4 cup boiled water
- 5 g (5 stalks) dried chillies, soaked in hot water
- 3 g (1/2 tsp) shrimp paste

- 20 g (3 tbsps) vinegar
- 5 g (1 tsp) salt
- 5 g (1 tsp) sugar

Preparations

A) Preparation for ingredients A

1. Remove skin from papaya and cut the cucumber. Shred the papaya and cucumber and soak in kapur water for 3 minutes and drain.
2. Remove skin from pineapple. Wash and cut into small pieces.
3. Fry the fish crackers and break into small pieces. Alternatively, grill using microwave oven.
4. Fry the groundnuts without oil and pound partially fine as toppings for rojak sauce.

B) Preparation for rojak sauce (ingredients B)

1. Poach fish with small amount of water, retain flesh and pound finely.
2. Mix together fish, palm sugar liquid, tamarind juice, grounded chillies, sugar, vinegar and salt.
3. Season to taste.

C) Serving

1. Place shredded papaya, cucumber and pineapple in a bowl. Pour rojak sauce over and top with fish cracker and pounded groundnuts.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	205 kcal	• Lemak/Fat	9.7 g	• Protein/Protein	11.2 g
Kalsium/Calcium	76 mg	• Kolesterol/Cholesterol	12 mg	• Zat Besi/Iron	1.6 mg

Sayur Petola/Labu Lutsinar

Hidangan untuk 5 orang

Bahan-bahan

500 g (3 biji sederhana besar) petola
200 g (1 ekor) ikan kembung
12 g (2 ulas) bawang putih
40 g (3 ulas) bawang merah
5 g (1 sudu makan) lada hitam
3 g (1/2 sudu teh) belacan
5 g (1 sudu teh) garam
2 g (2 tangkai) daun selasih
500 ml (2 cawan) air

} ditumbuk

Cara memasak

1. Petola dibuang tepinya, dibasuh dan dipotong kecil-kecil.
2. Ikan kembung dibersihkan dan dibakar sehingga masak tetapi bukan garing. Kemudian asingkan isi ikan dari tulangnya dan ramas halus.
3. Masukkan bahan yang telah ditumbuk, isi ikan beserta air ke dalam periuk. Jerang atas api.
4. Apabila mendidih, masukkan petola dan balik-balikkan sehingga masak. Sebelum diangkat, masukkan garam dan daun selasih. Balik-balikkan dan angkat.

Berat satu hidangan: 250 g

Angled Loofah/Gourd

Serves 5

Ingredients

500 g (3 medium size) angled loofah/gourd
200 g (1) kembung fish
12 g (2 pips) garlic
40 g (3) shallots
5 g (1 tbsp) black pepper
3 g (1/2 tsp) shrimp paste
5 g (1 tsp) salt
2 g (2 stalks) basil leaves
500 ml (2 cups) water

} pounded

Method

1. Discard the sides of angled loofah, wash and cut into small pieces.
2. Clean kembung fish and grill until cooked but not crispy. Flake and retain flesh only. Knead the meat until fine.
3. Add in the pounded ingredients, fish flesh and water in a pot, bring to boil.
4. When boiled, add in angled loofah, stir occasionally until cooked. Add in salt and basil leaves just before removing from fire. Stir and remove from heat.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	31 kcal	• Lemak/Fat	0.6 g	• Protein/Protein	2.9 g
Kalsium/Calcium	38 mg	• Kolesterol/Cholesterol	8 mg	• Zat Besi/Iron	0.7 mg

Sotong Kukus Bersalad

Hidangan untuk 5 orang

Bahan-bahan

- 500 g (5 ekor) sotong sedang, dibersihkan dan dipotong saiz 2.5 sm
- 200 g (2 biji) ubi kentang, dipotong dadu 1/2 sm x 1/2 sm
- 50 g (1/2 biji) lobak merah, dihiris halus memanjang 1/2 sm x 1/2 sm
- 3 g (1/2 sudu teh) lada sulah

Bahan-bahan A (dikisar halus)

- 20 g (3 ulas) bawang putih
- 60 g (6 ulas) bawang merah
- 4 g (2 sm) halia

Bahan-bahan B

- 100 g (1 biji) bawang besar, dipotong bulat
- 200 g (2 biji) tomato, dipotong bulat nipis
- 10 g (1 batang) serai, dihiris nipis
- 20 g (2 biji) cili merah
- 5 g (1 sudu teh) garam

Hiasan

- 40 g daun salad
- 30 g timun
- 1 biji limau kasturi, ambil jusnya

Cara memasak

1. Sotong diperap dengan bahan (A) selama 1 jam. Kukus separuh masak (lebih kurang 5 minit) bersama kentang dan lobak merah.
2. Masukkan bahan (B) dan gaul hingga rata. Kukus lagi beberapa minit sehingga kentang dan lobak merah masak.
3. Angkat dan tabur lada sulah.

4. Jika suka bolehlah ditambah dengan 1 biji perahan air asam limau kasturi sebelum dihidang.
5. Hiaskan dan hidangkan.

Nota:

1. Lobak merah dan cili merah ditambah ke dalam resipi untuk menambah serat dan memperbaiki rupa presentasi.
2. Hidangan ini boleh dimakan begitu sahaja sebagai snek ataupun dihidang bersama nasi.
3. Anda juga boleh mencuba resipi dengan menggunakan ayam tanpa kulit dan lemak bagi menggantikan sotong.

Berat satu hidangan: 240 g



Steamed Squid with Salad

Serves 5

Ingredients

- 500 g (5 medium size) squid, clean and cut into 2.5 cm pieces
- 200 g (2) potatoes, diced 1/2 cm x 1/2 cm
- 50 g (1/2) carrot, sliced lengthwise 1/2 cm x 1/2 cm
- 3 g (1/2 tsp) pepper

Ingredients A (blended finely)

- 20 g (3 pips) garlic
- 60 g (6) shallots
- 4 g (2 cm) ginger

Ingredients B

- 100 g (1) onion, sliced into rings
- 200 g (2) tomatoes, sliced into thin rings
- 10 g (1 stalk) lemon grass, sliced thinly
- 20 g (2) red chillies
- 5 g (1 tsp) salt

Garnishing

- 40 g lettuce
- 30 g cucumber
- 1 lime (limau kasturi), for juice only

Method

1. Marinate squid with ingredients (A) for an hour. Steam squid with potatoes and carrot until half cooked (about 5 minutes).
2. Add in ingredients (B) and mix well. Steam again for a few minutes until potatoes and carrots are cooked.
3. Remove and sprinkle with pepper.
4. Add juice from one lime, if desired, before serving.
5. Garnish and serve.

Nota:

1. Carrot and chillies are added to increase fibre and enhance its presentation.
2. This dish can be eaten on its own as a snack or served with rice.
3. Squid can be substituted with chicken (without skin and fat).

Weight per serving: 240 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	146 kcal	•	Lemak/Fat	1.7 g	•	Protein/Protein	16.8 g
Kalsium/Calcium	67 mg	•	Kolesterol/Cholesterol	111 mg	•	Zat Besi/Iron	4.4 mg



IKUT ARAH JAM: Sayur Petola/Labu Lutsinar, Sotong Kukus Bersalad dan Rojak Betik Terengganu
CLOCKWISE: Angled Loofah/Gourd, Steamed Squid with Salad and Terengganu-style Papaya Rojak

Labu Masak Lemak

Hidangan: 5 orang

Bahan-bahan

- 1 kg (1 biji kecil) labu, dibuang kulit dan dipotong
- 20 g (2 biji) cili besar, dihiris dan dibelah dua
- 100 g (2 biji) bawang besar
- 10 g (2 biji) bawang putih
- 10 g (2.5 sm) kunyit
- 40 g (4 sudu makan) udang kering/ikan bilis, dibuang kepala dan perut dan ditumbuk kasar
- 10 g (2 helai) daun kunyit, dibuang bahagian tengahnya dan disiat
- 1000 ml (4 cawan) susu rendah lemak
- 5 g (1 sudu teh) garam

Cara memasak

1. Masukkan bahan-bahan yang telah ditumbuk ke dalam periuk bersama-sama dengan susu rendah lemak. Masak dengan api sederhana sehingga mendidih, sambil mengacau sekali-sekali
2. Kemudian masukkan labu, daun kunyit, cili, udang kering atau ikan bilis. Masak sehingga labu agak empuk, sambil mengacau sekali-sekala.
3. Masukkan garam. Masak sehingga labu benar-benar empuk.
4. Angkat dan hidangkan.

Berat satu hidangan: 250 g

Pumpkin in Coconut Gravy

Serves 5

Ingredients

- 1 kg (1 small size) pumpkin, remove skin and cut
- 20 g (2) big chillies, sliced and halved
- 100 g (2) onion
- 10 g (2) garlic
- 10 g (2.5 cm) fresh turmeric
- 40 g (4 tbsps) dried prawns/anchovies, remove head & entrails, pounded coarsely
- 10 g (2) turmeric leaves, discard middle section and shredded
- 1000 ml (4 cups) low fat milk
- 5 g (1 tsp) salt

Method

1. Place pounded ingredients and low fat milk into a pot. Cook over medium heat and stir constantly until it boils.
2. Add in pumpkin, turmeric leaves, chillies, dried prawns or anchovies. Cook until pumpkin appears soft while stirring constantly.
3. Add salt. Cook until pumpkin is completely soft.
4. Remove and serve.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	236 kcal	• Lemak/Fat	3.9 g	• Protein/Protein	15.1 g
Kalsium/Calcium	360 mg	• Kolesterol/Cholesterol	40 mg	• Zat Besi/Iron	2.4 mg



Labu Masak Lemak / Pumpkin in Coconut Gravy

Singgang Ikan Tongkol

Hidangan untuk 5 orang

Bahan-bahan

500 g (1 ekor saiz sederhana) ikan tongkol
10 g (2 ulas) bawang putih
20 g (1/2 biji) bawang besar
10 g (1 sm) kunyit
10 g (1 sm) halia
10 g (1 sm) lengkuas
10 g (10 biji) cili padi, ditumbuk lumat
3 g (3 keping) asam keping
5 g (1 helai) daun kunyit
750 ml (3 cawan) air
100 g (10 biji) kacang bendi
1 biji tomato, dibelah dua
5 g (1 sudu teh) garam

Cara memasak

1. Ikan dibersihkan dan dipotong kepada 5 bahagian.
2. Masukkan ikan, bahan-bahan yang dihiris, cili padi, asam keping, daun kunyit dan air ke dalam periuk.
3. Masak sehingga mendidih.
4. Masukkan kacang bendi, tomato dan garam. Biarkan sebentar.
5. Angkat dan hidangkan.

Berat satu hidangan: 250 g

Nota:

Boleh juga guna ikan yang lain seperti ikan kembong dan ikan tenggiri.

Boiled Tongkol Fish

Serves 5

Ingredients

500 g (1 medium size) tongkol fish
10 g (2 pips) garlic
20 g (1/2) onion
10 g (1 cm) fresh turmeric
10 g (1 cm) ginger
10 g (1 cm) galangal
10 g (10) bird's eye chillies, pounded finely
3 g (3 pcs) dried tamarind
5 g (1) turmeric leaf
750 ml (3 cups) water
100 g (10) ladies finger
1 tomato, halved
5 g (1 tsp) salt

Method

1. Clean fish and cut into 5 portions.
2. Place fish portion, sliced ingredients, bird's eye chillies, dried tamarind, turmeric leaf and water into a pot.
3. Cook until it boils.
4. Add ladies finger, tomato and salt. Leave for a while.
5. Remove and serve.

Weight per serving: 250 g

Note:

Kembong and tenggiri fish can also be used here.

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	84 kcal	• Lemak/Fat	1.6 g	• Protein/Protein	13.2 g
Kalsium/Calcium	29 mg	• Kolesterol/Cholesterol	55 mg	• Zat Besi/Iron	1.7 mg



Singgang Ikan Tongkol / Boiled Tongkol Fish

Ikan Haruan Kukus

Hidangan untuk 5 orang

Bahan-bahan

- 1 kg (5 ekor saiz kecil) ikan haruan
5 g (1 sudu teh) lada hitam
10 g (2.5 sm) halia
15 g (4 ulas) bawang putih
5 g (1 sudu teh) garam
50 g (1 biji) bawang besar
15 g (1 biji) lada merah
5 g (2 helai) daun kunyit
5 tangkai daun kesom,
diambil daunnya (15 g)
2 biji limau nipis + 1 sudu makan garam, untuk
membersihkan ikan
- ditumbuk lumat
dlimayang
dihiris halus

Cara memasak

1. Bersihkan ikan dengan air limau nipis dan garam. Bilas. Belahkan belakangnya. Letakkan ikan di dalam piring yang tahan panas.
2. Lumurkan bahan-bahan yang telah ditumbuk dengan ikan, di luar dan dalam.
3. Taburkan bahan-bahan yang telah dimayang dan dihiris.
4. Kukus ikan sehingga masak.
5. Angkat dan hidangkan ketika panas.

Berat satu hidangan: 200 g

Steamed Haruan Fish

Serves 5

Ingredients

- 1 kg (5 small size) haruan fish
5 g (1 tsp) black pepper
10 g (2.5 cm) ginger
15 g (4 pips) garlic
5 g (1 tsp) salt
50 g (1) onion
15 g (1) red chilli
5 g (2) turmeric leaves
5 stalks kesom leaves,
leaves only (15 g)
2 lime (limau nipis) + 1 tbsps salt, for cleaning
fish
- pounded finely
sliced
sliced finely

Method

1. Clean fish with lime juice and salt. Rinse. Make a slit at the back of the fish. Place the fish on a plate for steaming.
2. Spread pounded ingredients onto the fish, both inside out.
3. Add in sliced ingredients.
4. Steam fish until cooked.
5. Remove and serve while hot.

Weight per serving: 200 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	97 kcal
Lemak/Fat	1.5 g
Protein/Protein	17.0 g
Kalsium/Calcium	51 mg
Kolesterol/Cholesterol	22 mg
Zat Besi/Iron	1.6 mg

Gulai Asam Tempoyak Ikan Talapia

Hidangan untuk 5 orang

Bahan-bahan

- 1.2 kg (5 ekor kecil) ikan talapia
20 g (20 biji) cili padi
20 g (2.5 sm) kunyit
15 g (3 keping) asam keping
150 g (5 sudu makan) tempoyak
100 g (10 biji) kacang bendi
4 tangkai daun kesom, ambil daunnya (10 g)
1000 ml (4 cawan) air
garam secukup rasa
2 biji limau nipis + 1 sudu makan garam, untuk
membersihkan ikan
- ditumbuk halus

Cara memasak

1. Bersihkan ikan dengan air limau dan garam. Bilas. Kemudian masukkan ke dalam periuk bersama-sama bahan yang telah ditumbuk, tempoyak dan air. Gaul rata.
2. Masukkan asam keping dan daun kesom.
3. Masak dengan api yang sederhana.
4. Setelah ikan masak, masukkan kacang bendi. Biarkan sebentar. Masukkan garam. Biarkan sebentar.
5. Angkat dan hidangkan.

Nota:

Ikan talapia boleh digantikan dengan ikan lain seperti ikan patin, lampam atau jelawat.

Berat satu hidangan: 300 g

Talapia with Asam Tempoyak

Serves 5

Ingredients

1.2 kg (5 small size) talapia fish
20 g (20) bird's eye chillies
20 g (2.5 cm) fresh turmeric } pounded finely
15 g (3 pcs) dried tamarind
150 g (5 tbsps) tempoyak (fermented durian)
100 g (10) ladies finger
4 stalks kesom leaves, leaves only (10 g)
1000 ml (4 cups) water
salt to taste
2 lime (limau nipis) + 1 tbsp salt, for cleaning fish

Method

1. Clean fish with lime and salt. Rinse. Place fish together with pounded ingredients, tempoyak and water into a pot. Mix well.
2. Add dried tamarind and kesom leaves.
3. Cook over medium heat.
4. Once fish is cooked, add ladies finger. Leave for a while. Add salt. Leave for a while.
5. Remove and serve.

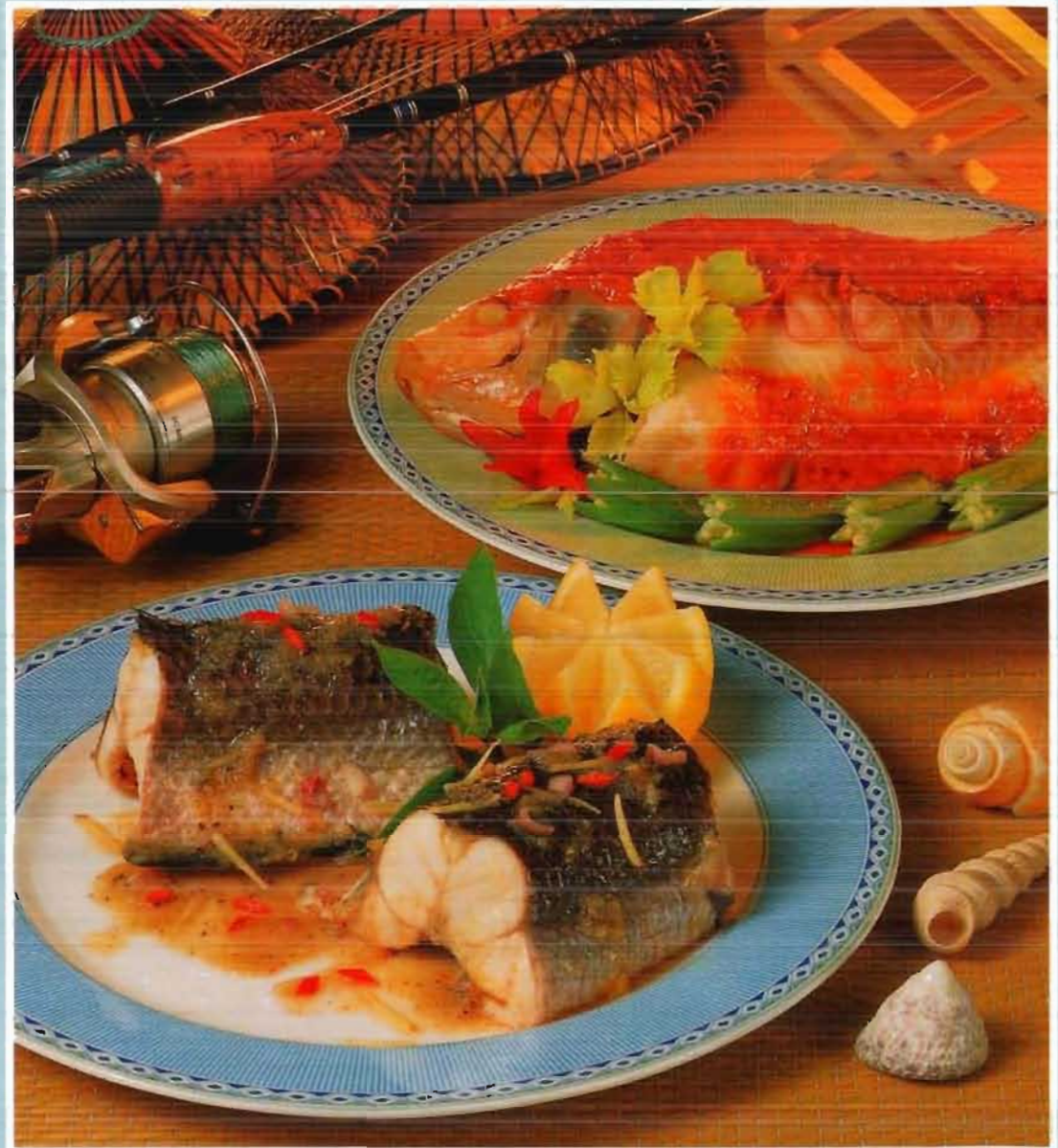
Note:

Talapia fish can be replaced with patin fish, lampam or jelawat.

Weight per serving: 300 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	152 kcal
Lemak/Fat	3.7 g
Protein/Protein	17.0 g
Kalsium/Calcium	56 mg
Kolesterol/Cholesterol	65 mg
Zat Besi/Iron	2.6 mg



ATAS: Gulsi Asam Tempoyak Ikan Talapia • BAWAH: Ikan Haruan Kukus
TOP: Talapia with Asam Tempoyak • BOTTOM: Steamed Haruan Fish

Masak Kicap Sri Kasturi

Hidangan untuk 5 orang

Bahan-bahan

600 g daging, tanpa lemak
100 g (10 ulas) bawang merah
20 g (5 ulas) bawang putih
10 g (2 sm) halia
40 g (2 batang) serai
25 g (2 sudu makan) kicap pekat
3 g (1/2 sudu teh) garam
15 g (2 sudu makan) minyak sayuran
30 g (2 biji) cili hijau
60 g (1 biji) bawang besar

} dikisar halus
dengan 1/2
cawan air

Hiasan

200 g (2 biji) tomato, dihiris bulat
230 g (1 tin kecil) kacang pis, dibuang airnya
5 helai daun salad

Cara memasak

1. Basuh dan toskan daging lalu dipotong kecil setebal 4 sm.
2. Perap daging dengan bahan dikisar selama 30 minit.
3. Panaskan minyak, masukkan daging yang diperap dan masak sehingga naik baunya.
4. Masukkan kicap pekat, garam, bawang besar, cili hijau dan kacang.
5. Kecilkan api, masak hingga daging empuk dan kuahnya pekat.
6. Angkat dan hiaskan bersama tomato, kacang pis dan daun salad.
7. Hidangkan semasa panas.

Berat satu hidangan: 200 g

Beef in Soya Sauce

Serves 5

Ingredients

600 g lean beef
100 g (10) shallots
20 g (5 pips) garlic
10 g (2 cm) ginger
40 g (2 stalks) lemon grass
25 g (2 tbsps) thick soya sauce
3 g (1/2 tsp) salt
15 g (2 tbsps) vegetable oil
30 g (2) green chillies
60 g (1) onion

} grinded finely
with 1/2 cup
water

Garnishing

200 g (2) tomatoes, sliced round
230 g (1 small can) green peas, drain water
5 lettuce

Method

1. Wash and drain the beef, cut into 4 cm thick pieces.
2. Marinate beef with grounded ingredients for 30 minutes.
3. Heat oil, add in marinated beef and cook until fragrant.
4. Add thick soya sauce, salt, onion, green chillies and stir.
5. Lower heat and cook until meat is tender and gravy thickens.
6. Remove and garnish with tomato, green peas and lettuce.
7. Serve hot.

Weight per serving: 200 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	231 kcal	• Lemak/Fat	5.9 g	• Protein/Protein	30.0 g
Kalsium/Calcium	62 mg	• Kolesterol/Cholesterol	70 mg	• Zat Besi/Iron	5.0 mg



Masak Kicap Sri Kasturi / Beef in Soya Sauce

Solok Lada Terengganu

Hidangan untuk 5 orang

Bahan-bahan

- 190 g (10 biji) 5 biji cili hijau + 5 biji cili merah
- 200 g (3 ekor) ikan selayang (mentah),
dibuang kulit dan dikikis dengan garfu
- 40 g (8 ulas) bawang merah } dimayang
- 2 g (2 sm) halia } halus
- 30 g (1 cawan) isi kelapa parut (putih sahaja)
- 5 g (1 sudu teh) gula
- 5 g (1 sudu teh) garam

Cara memasak

1. Bersihkan cili tanpa dibuangkan tangkainya. Kemudian belah memanjang dari pangkal tangkai hingga $\frac{3}{4}$ sahaja, jangan sampai putus untuk menyumbat intinya. Keluarkan biji.
 2. Bawang merah dan halia digaul bersama isi ikan, kelapa parut, garam dan gula.
 3. Tumbuk bahan tersebut hingga betul-betul lumat. Gaulkan hingga sebat.
 4. Sumbatkan pes isi ikan tadi ke dalam cili yang telah siap dibelah dan kukus hingga masak.
- * Isi ikan perlu disumbat dengan padat.

Berat satu hidangan: 180 g (2 biji)

Terengganu-style Stuffed Chillies

Serves 5

Ingredients

- 190 g (10) chillies – 5 red chillies and 5 green chillies
- 200 g (3) fresh selayang fish, skinned and scraped with fork to obtain the flesh
- 40 g (8) shallots } sliced thinly
- 2 g (2 cm) ginger } sliced thinly
- 30 g (1 cup) grated coconut (white only)
- 5 g (1 tsp) sugar
- 5 g (1 tsp) salt

Method

1. Clean the chillies without removing the stems. Cut lengthwise from end to stem $\frac{3}{4}$ depth only for stuffing. Discard seeds.
 2. Mix shallots and ginger together with the fish meat, grated coconut, salt and sugar.
 3. Pound the mixture until fine and well mixed.
 4. Stuff the fish paste into cut chillies and steam until cooked.
- * The chillies have to be well stuffed with the fish paste.

Weight per serving: 180 g (2 pcs)

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	69 kcal
Lemak/Fat	1.3 g
Protein/Protein	10.0 g
Kalsium/Calcium	63 mg
Kolesterol/Cholesterol	19 mg
Zat Besi/Iron	1.3 mg

Bebola Tauhu Bakar

Hidangan untuk 5 orang

Bahan-bahan

- 300 g (2 keping) tauhu lembut, dilumatkan
- 40 g ($\frac{1}{4}$ cawan) sengkuang } diparut memanjang
- 40 g ($\frac{1}{4}$ cawan) lobak merah } (halus)
- 10 g ($\frac{1}{4}$ cawan) daun bawang, dihiris
- 90 g ($\frac{1}{2}$ cawan) isi ikan tenggiri mentah, dilecek
- 20 g (1 biji) putih telur, dipukul
- 25 g ($\frac{1}{4}$ biji) bawang besar, dicincang
- 3 g ($\frac{1}{2}$ sudu makan) perencah kari
- 10 g (1 sudu makan) minyak sayuran, untuk membakar
- 20 g (1 sudu makan) tepung jagung
- 20 g (1 helai) daun kunyit, dimayang halus
- 2 g ($\frac{1}{4}$ sudu teh) garam

Cara memasak

1. Campurkan semua bahan kecuali minyak dan daun kunyit. Gaul hingga sebat. Bulat-bulatkan sebesar bola pingpong.
2. Lumurkan loyang dengan minyak sayuran dan aturkan adunan di atasnya. Taburkan daun kunyit dan bakar selama 30 minit pada suhu 180°C. (Dicadang menggunakan ketuhar gelombang mikro kerana lebih lembut). Hidangkan dengan sos cili.

Berat satu hidangan: 120 g (5 ketul)

Grilled Beancurd Ball

Serves 5

Ingredients

300 g (2 pcs) soft beancurd, mashed
40 g (1/4 cup) yam bean } shredded finely
40 g (1/4 cup) carrot } (lengthwise)
10 g (1/4 cup) spring onion, sliced
90 g (1/2 cup) fresh tenggiri meat, pounded
20 g (1) egg white, beaten
25 g (1/4) onion, chopped
3 g (1 1/2 tbsps) curry seasoning
10 g (1 tbsp) vegetable oil, for greasing
20 g (1 tbsp) cornflour
20 g (1) turmeric leaf, sliced finely
2 g (1/4 tsp) salt

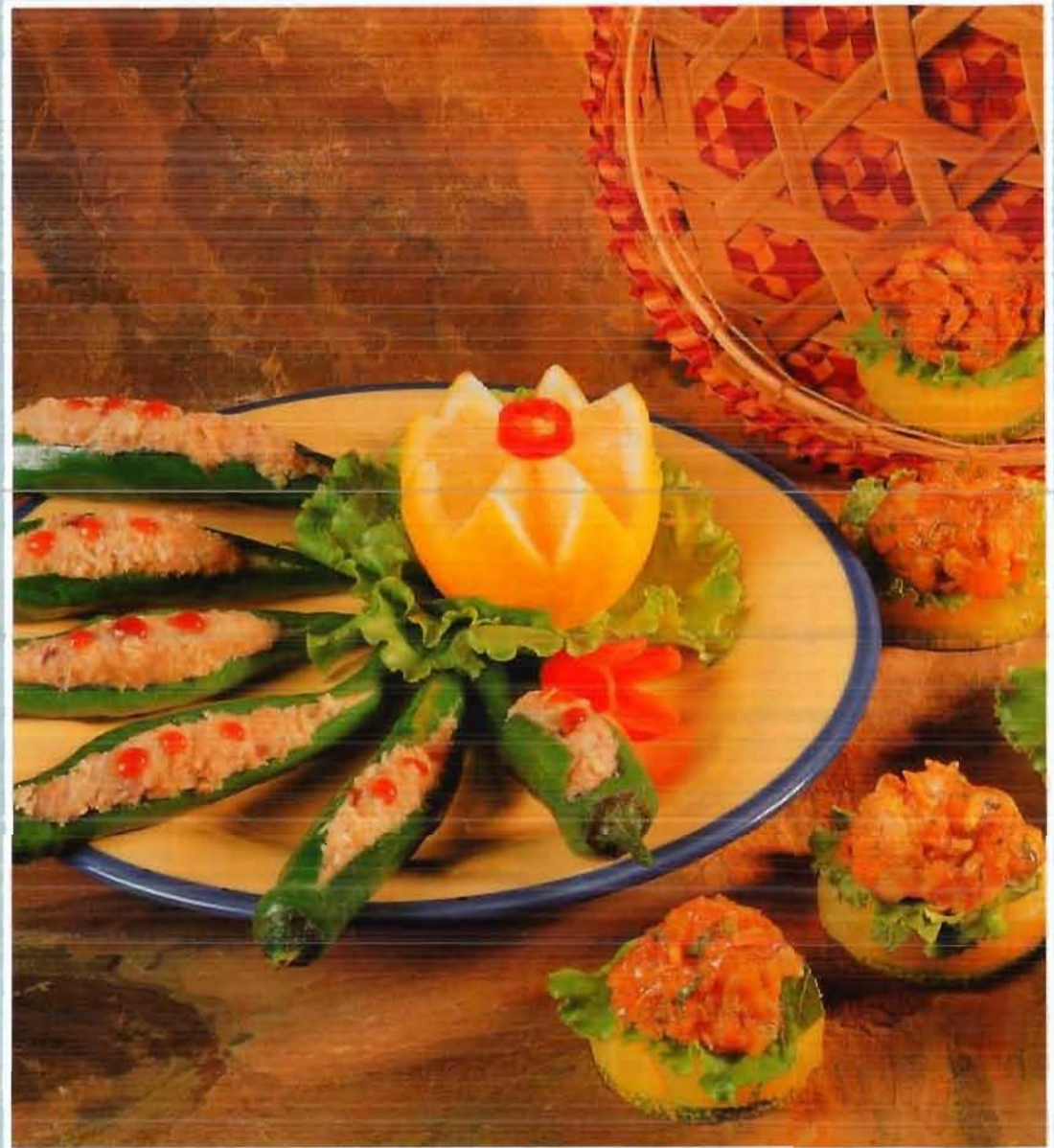
Method

1. Mix all ingredients well except vegetable oil and turmeric leaf. Shape into pingpong ball sizes.
2. Grease grilling tray with vegetable oil and arrange the balls on top. Sprinkle turmeric leaves on top and grill for 30 minutes at 180°C. (Microwave oven is recommended for softer result). Serve with chilli sauce.

Weight per serving: 120 g (5 pcs)

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	102 kcal
Lemak/Fat	4.6 g
Protein/Protein	8.5 g
Kalsium/Calcium	102 mg
Kolesterol/Cholesterol	1 mg
Zat Besi/Iron	2.1 mg



KIRI: Solok Lada Terengganu • KANAN: Debola Tautu Bakar
LEFT: Terengganu-style Stuffed Chillies • RIGHT: Grilled Beancurd Ball

Ayam Golek Sri Terengganu

Hidangan untuk 5 orang

Bahan-bahan

750 g (5 ketul) peha ayam, dibuang kulit
100 g (1 biji) bawang besar
100 g (10 ulas) bawang merah
4 g (2 sm) halla
20 g (2 batang) serai
20 g (2 sudu makan) cili giling
5 g (1 sudu teh) serbuk ketumbar
300 g (1 1/4 cawan) susu rendah lemak
50 g (1 sudu makan) asam jawa, dibancuh dengan 1/2 cawan air
1 g (1/4 sudu teh) serbuk kunyit
3 g (1 helai) daun kunyit, diracik halus
200 g (2 biji) tomato merah, dibelah 4
5 g (1 sudu teh) garam
5 g (1/2 sudu teh) halba
5 g (1 sudu teh) gula

Hiasan

350 g (3 biji) ubi kentang, direbus, kemudian dibuang kulit dan dipotong dua.

Cara memasak

1. Ayam dibersihkan dan digaul dengan bahan kisar, 1 sudu teh cili giling, serbuk kunyit, garam dan 2 sudu makan susu rendah lemak. Perap 2 jam.
2. Kukus ayam di dalam loyang sehingga setengah masak. Simpan air kukusan ayam.
3. Campurkan bahan kisar, susu rendah lemak, baki cili giling, serbuk ketumbar, air asam jawa, halba, air kukusan ayam, garam dan gula. Jerangkan ke atas api sederhana, kacau supaya tidak berketul.
4. Setelah mendidih, masukkan daun kunyit, tomato dan ayam yang telah dikukus tadi. Masak hingga pekat kuahnya.
5. Jika suka, ayam boleh juga dibakar.
6. Tuangkan kuah semasa menghidang. Hiaskan dengan ubi kentang.

Berat satu hidangan: 260 g

Roast Chicken Sri Terengganu

Serves 5

Ingredients

750 g (5 pcs) chicken drumstick, skin removed
100 g (1) onion
100 g (10) shallots
4 g (2 cm) ginger
20 g (2 stalks) lemon grass
20 g (2 tbsps) chilli paste
5 g (1 tsp) coriander powder
300 g (1 1/4 cups) low fat milk
50 g (1 tbsp) tamarind paste, mixed with 1/2 cup of water
1 g (1/4 tsp) turmeric powder
3 g (1) turmeric leaf, shredded finely
200 g (2) red tomatoes, quartered
5 g (1 tsp) saji
5 g (1/2 tsp) fenugreek
5 g (1 tsp) sugar

Garnishing

350 g (3) potatoes, boiled and then peeled and halved.

Method

1. Clean chicken and mix with blended ingredients, 1 tsp of chilli paste, turmeric powder, salt and 2 tbsps of low fat milk. Leave to marinate for 2 hours.
2. Steam chicken in a dish until half cooked. Retain the steaming liquid.
3. Mix blended ingredients, low fat milk, remaining chilli paste, coriander powder, tamarind juice, fenugreek, chicken steaming liquid, salt and sugar. Cook over medium heat, stirring to avoid curdle.
4. Once boil, add turmeric leaves, tomatoes and steamed chicken. Cook until the sauce thickened.
5. Alternatively, the chicken can also be grilled.
6. Pour sauce before serving and garnish with potatoes.

Weight per serving: 260 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie 274 kcal
Kalsium/Calcium 152 mg

• Lemak/Fat 5.8 g
• Kolesterol/Cholesterol 32 mg

• Protein/Protein 27.0 g
• Zat Besi/Iron 5.2 mg



ATAS: Slingang Daging Terengganu • BAWAH: Ayam Golek Sri Terengganu
TOP: Spicy Braised Beef Terengganu Style • BOTTOM: Roast Chicken Sri Terengganu

Singgang Daging Terengganu

Hidangan untuk 5 orang

Bahan-bahan

500 g daging, tanpa lemak

Bahan-bahan A

5 g (1 sudu makan) biji ketumbar } ditumbuk
2 g (1 sudu teh) lada hitam } kasar

Bahan-bahan B

4 g (2 sm) lengkuas } dihiris
4 g (2 sm) halia }
4 g (2 sm) kunyit }
4 g (4 biji) cili kering, dipotong anggaran 2 sm dan dibuang biji
10 g daun kesom, tanpa batang
5 g (3 keping) asam keping
60 g (5 biji) bendi, dipotong tangkai dan hujung ekor
210 g (2 biji) ubi kentang, dipotong 2.5 sm x 2.5 sm
3 g (1/2 sudu teh) garam
2 liter (8 cawan) air, untuk merebus daging

Cara memasak

1. Daging dibersihkan dan dipotong nipis (1/2 sm – 3/4 sm).
2. Rebus daging hingga empuk. Sekiranya daging tidak empuk, tambahkan air dan biarkan sehingga air rebusan menjadi 4 cawan. Masukkan bahan-bahan (A), (B), ubi kentang dan rebus lagi dengan api perlahan.
3. Masukkan asam keping dan garam secukupnya.
4. Bila mendidih, masukkan cili kering yang dipotong. Bila daging dan ubi kentang sudah cukup empuk, masukkan bendi, daun kesom dan kacau balik-balikkan.
5. Bila bendi sudah agak masak, angkat dan hidangkan.

Berat satu hidangan: 280 g

Spicy Braised Beef Terengganu Style

Serves 5

Ingredients

500 g lean beef

Ingredients A

5 g (1 tbsp) coriander seed } pounded
2 g (1 tsp) black pepper } coarsely

Ingredients B

4 g (2 cm) galangal } sliced
4 g (2 cm) ginger }
4 g (2 cm) turmeric }
4 g (4) dried chillies, cut into 2 cm pieces lengthwise and seeded
10 g kesom leaves, discard stem
5 g (3) dried tamarind
60 g (5) ladies' finger, discard 'head and tail'
210 g (2) potatoes, cut into 2.5 cm x 2.5 cm pieces
3 g (1/2 tsp) salt
2 litre (8 cups) water, to cook beef

Method

1. Clean beef and sliced thinly (1/2 cm – 3/4 cm thickness).
2. Boil beef with water until tender. If the meat is still not tender, add more water and boil until water is reduced to 4 cups. Add ingredients (A), (B), potatoes and boil over low heat.
3. Add in dried tamarind and salt to taste.
4. When boiling, add in dried chillies. When the meat and potatoes become tender, add in the ladies' finger, kesom leaves and stir occasionally.
5. Once the ladies' finger is cooked, remove and serve.

Weight per serving: 280 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	161 kcal	• Lemak/Fat	2.2 g	• Protein/Protein	24.0 g
Kalsium/Calcium	46 mg	• Kolesterol/Cholesterol	58 mg	• Zat Besi/Iron	3.6 mg



Zon Tengah

Central Zone

Negeri Sembilan & Selangor

- 100** Pecal *Pecal*
- 102** Ayam Lemak Minang *Lemak Minang Chicken*
- 104** Gulai Ikan Tenggiri dengan
Pucuk Pegaga *Tenggiri Fish Curry with Pegaga Shoots*
- 106** Dumpling Shanghainese *Shanghainese Dumpling*
- 108** Ayam Masak Palembang *Palembang Style Chicken*
- 110** Daging Salai *Smoked Beef*
- 112** Ayam Bakar Berkuah Kacang *Roast Chicken with Peanut Sauce*
- 114** Kuih Sepang *Kuih Sepang*
- 116** Agar-agar Berlapis Mangga Pandan *Layered Jelly with Pandan and Mango*
- 118** Apam Gula Anau *Palm Sugar Apam*
- 118** Puteri Mandi *Puteri Mandi*
- 120** Sambal Cili Padi Tempoyak Daun Kayu *Sambal Cili Padi Tempoyak Daun Kayu*
- 122** Ikan Keli Salai Masak Lemak Cili Padi dengan Daun Asam Gelugor
Spicy Smoked Cat Fish with Asam Gelugor Leaves

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Puan Siti Murtapeah Khayun,
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Pecal

Hidangan untuk 5 orang

Bahan-bahan untuk kuah

- 250 g (1½ cawan) kacang tanah
- 50 g (7 ulas) bawang merah
- 12.5 g (3 ulas) bawang putih
- 10 g (7 biji) cili kering
- 13 g (sebesar ibu jari) belacan
- 10 g (2.5 sm) cekor
- 5 g (1 sudu teh) garam
- 30 g (2 sudu makan) gula
- 25 g (sebesar ibu jari) asam jawa, dibancuh bersama ¼ cawan air untuk mendapatkan jusnya
- 250 ml (1 cawan) air suam
- 90 ml (9 sudu makan) minyak sayuran

Bahan-bahan untuk sayuran

- 200 g (16 batang) kangkung
- 150 g (8 batang) kacang panjang
- 150 g (1 biji) timun
- 150 g (1 biji) sengkuang, dibuang kulit
- 100 g (1 mangkuk kecil) taueh
- 200 g (2 keping) tauhu
- 150 g (2 keping) tempe

Cara membuat kuah

1. Goreng kacang tanah, cili kering, bawang merah, bawang putih, cekor dan belacan bersama 4 sudu makan minyak sehingga naik baunya.
2. Kisar semua bahan-bahan yang digoreng.
3. Bancuh bahan-bahan yang dikisar dengan air suam.
4. Masukkan jus asam jawa, garam, gula dan kacau hingga sebati.

Cara menyediakan sayur-sayuran

1. Timun dan sengkuang diracik halus.
2. Kangkung dan kacang panjang dipotong dalam ukuran 2.5 sm.
3. Dididihkan air. Celur sebentar kacang panjang, taueh dan kangkung secara berasingan. Angkat dan toskan airnya.
4. Tauhu dan tempe digoreng bersama 5 sudu makan minyak. Potong kiub tauhu dan tempe.

Cara menghidang

1. Susun sayur-sayuran, tauhu dan tempe ke dalam pinggan.
2. Hidangkan bersama kuah pecal yang disediakan tadi.

Berat satu hidangan: 80 g



Pecal

Serves 5

Ingredients for sauce

- 250 g (1½ cups) groundnut
- 50 g (7) shallots
- 12.5 g (3 pips) garlic
- 10 g (7) dried chillies
- 13 g (thumb size) shrimp paste
- 10 g (2.5 cm) cekor
- 5 g (1 tsp) salt
- 30 g (2 tbsps) sugar
- 25 g (thumb size) tamarind paste, mixed with ¼ cup water for juice
- 250 ml (1 cup) warm water
- 90 ml (9 tbsps) vegetable oil

Ingredients for vegetables

- 200 g (16 stalks) kangkung (water convulvulus)
- 150 g (8) long bean
- 150 g (1) cucumber
- 150 g (1) yam bean, skin removed
- 100 g (1 small bowl) beansprout
- 200 g (2 pcs) beancurd
- 150 g (2 pcs) tempe (fermented beancake)

To make sauce

1. Fry groundnut, dried chillies, shallots, garlic, cekor and shrimp paste together with 4 tbsps oil until fragrant.
2. Blend all the fried ingredients.
3. Mix blended ingredients with warm water.
4. Add tamarind juice, salt, sugar and mix well.

To prepare vegetables

1. Slice thinly cucumber and yam bean.
2. Cut kangkung and long bean into 2.5 cm.
3. Boil water to blanch long bean, bean sprout and kangkung separately. Remove and drain.
4. Fry beancurd and tempe with 5 tbsps oil. Cut into cubes.

To serve

1. Arrange vegetables, beancurd and tempe on a plate.
2. Serve with pecal sauce.

Weight per serving: 80 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*:
NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	592 kcal	• Lemak/Fat	38.0 g	• Protein/Protein	24.0 g
Kalsium/Calcium	238 mg	• Kolesterol/Cholesterol	9 mg	• Zat Besi/Iron	5.9 mg



Ayam Lemak Minang

Hidangan untuk 5 orang

Bahan-bahan

800 g (1/2 ekor) ayam, dibuang kulit dan lemak dan dipotong 5
100 g (10 ulas) bawang merah
20 g (5 ulas) bawang putih
30 g (2 sm) halia
10 g (2.5 sm) kunyit hidup
15 g (15 biji) cili padi
10 g (10 biji) cili kering, direndam di dalam air panas atau dicelur sebentar
100 g (1 biji) tomato, dibelah 5
2 g (6 helai) daun limau purut, diracik halus
10 g (2 helai) daun kunyit, diracik halus
20 g (1 batang) serai, dititik
250 ml (1 cawan) susu skim, 250 ml (1 cawan) air + 30 g susu tepung skim
6 g (2 sudu makan) minyak sayuran
5 g (1 sudu teh) garam
cili merah dan tomato untuk hiasan

dikisar

Cara memasak

1. Panaskan minyak dan tumis bahan yang telah dikisar sehingga garing. Masukkan serai.
2. Masukkan ayam, daun limau purut dan daun kunyit. Masukkan garam.
3. Masukkan susu skim. Tutup kuili dan biarkan ayam masak. Kacau sekali sekala.
4. Masukkan tomato. Biarkan sebentar.
5. Angkat. Hiaskan dengan cili merah dan tomato dan hidangkan.

Nota:

Lazimnya masakan Negeri Sembilan adalah pedas. Walaubagaimanapun, kuantiti cili padi boleh dikurangkan atau ditambah mengikut kesukaan.

Berat satu hidangan: 150 g

Lemak Minang Chicken

Serves 5

Ingredients

800 g (1/2 bird) chicken, clean, discard skin and fats and cut into 5 portions
100 g (10) shallots
20 g (5 pips) garlic
30 g (2 cm) ginger
10 g (2.5 cm) fresh turmeric
15 g (15) bird's eye chillies
10 g (10) dried chillies, soak in hot water/blanched
100 g (1) tomato, cut into 5
2 g (6) limau purut leaves, sliced thinly
10 g (2) turmeric leaves, sliced thinly
20 g (1 stalk) lemon grass, crushed
250 ml (1 cup) skim milk, 250 ml (1 cup) water + 30 g skim milk powder
6 g (2 tbsps) vegetable oil
5 g (1 tsp) salt
red chillies and tomatoes for garnishing

blended

Method

1. Heat oil and stir-fry the blended ingredients until fragrant. Add lemon grass.
2. Add chicken, sliced limau purut and turmeric leaves. Add salt.
3. Pour in skim milk. Cover and cook until chicken is soft. Stir occasionally.
4. Add in tomatoes and leave awhile.
5. Remove. Garnish with red chillies and tomatoes and serve.

Note:

Traditionally Negeri Sembilan cuisine is hot. As such, the quantity of bird's eye chillies can be adjusted according to taste.

Weight per serving: 150 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie 177 kcal
Kalsium/Calcium 114 mg

• Lemak/Fat 3.6 g
• Kolesterol/Cholesterol 34 mg

• Protein/Protein 25.0 g
• Zat Besi/Iron 2.4 mg



Ayam Lemak Minang / Lemak Minang Chicken

Gulai Ikan Tenggiri dengan Pucuk Pegaga

Hidangan untuk 5 orang

Bahan-bahan

500 g (5 potong) ikan tenggiri, dibersihkan dengan air asam
10 g (10 biji) cili padi
3 g (1 sm) kunyit hidup
60 g (4 biji) limau kasturi, ambil airnya
100 g (1 ikat) pucuk pegaga, dibuang akar, dibersihkan dan ditoskan airnya
30 g (3 ulas) bawang merah
250 ml (1 cawan) santan, 80 g kelapa + 250 ml (1 cawan) air
375 ml (1½ cawan) susu rendah lemak
10 g (2 sudu teh) garam

Cara memasak

1. Tumbuk bawang merah, cili padi dan kunyit.
2. Gaulkan ikan dengan bahan-bahan yang telah ditumbuk, air limau kasturi dan garam di dalam periuk.
3. Masukkan santan dan jerang di atas api.
4. Sesudah mendidih, masukkan susu rendah lemak. Kacau perlahan.
5. Masukkan pucuk pegaga. Biarkan sebentar.
6. Angkat dan hidangkan.

Nota:

Lazimnya masakan Negeri Sembilan adalah pedas. Walaubagaimanapun, kuantiti cili padi boleh dikurangkan atau ditambah mengikut kesukaan.

Berat satu hidangan: 250 g

Tenggiri Fish Curry with Pegaga Shoots

Serves 5

Ingredients

500 g (5 pcs) tenggiri fish, washed with tamarind juice
10 g (10) bird's eye chillies
3 g (1 cm) fresh turmeric
60 g (4) lime (limau kasturi), extract juice only
100 g (1 bunch) pegaga shoots, roots removed, washed and water drained
30 g (3) shallots
250 ml (1 cup) coconut milk, 80 g coconut + 250 ml (1 cup) water
375 ml (1½ cups) low fat milk
10 g (2 tps) salt

Method

1. Pound shallots, bird's eye chillies and turmeric.
2. In a pot, mix fish with pounded ingredients, lime juice and salt.
3. Pour in coconut milk and cook.
4. Once boil, pour in low fat milk. Stir slowly.
5. Add in pegaga shoots. Wait awhile.
6. Remove from heat and serve.

Note:

Traditionally Negeri Sembilan cuisine is hot. As such, the quantity of bird's eye chillies can be reduced or increased according to taste.

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	301 kcal	• Lemak/Fat	15.0 g	• Protein/Protein	21.8 g
Kalsium/Calcium	182 mg	• Kolesterol/Cholesterol	8 mg	• Zat Besi/Iron	3.0 mg



Gulai Ikan Tenggiri dengan Pucuk Pegaga / Tenggiri Fish Curry with Pegaga Shoots

Dumpling Shanghainese

Hidangan untuk 5 orang

Bahan-bahan

450 g kobis panjang
150 g isi udang, dicincang halus
100 g daging (ayam tanpa kulit atau daging tanpa lemak), dicincang halus
400 g (50 keping) kulit wantan atau kulit "soi kau"

Perasa

10 g (1 sudu makan) jus halia (20 g halia ditumbuk dan dibancuh dengan 2 sudu makan air)
10 g (1 sudu makan) kicap cair
5 g (1 sudu teh) minyak bijan
5 g (1/2 sudu makan) sos tiram
3 g (1/2 sudu teh) lada sulah
3 g (1/2 sudu teh) garam

Bahan-bahan optional

Cendawan hitam dan/atau tauhu dihiris halus dan digoreng dengan sedikit minyak dalam kualiti "non-stick".

Bahan-bahan untuk sos

10 g (1 sudu makan) minyak bijan
80 g (6 biji) cili merah, ditumbuk
10 g (1/2 ketul sebesar Ibu jari) halia
30 g (3 sudu makan) kicap cair
125 ml (1/2 cawan) air masak

Cara memasak

1. Celur kobis panjang sebentar dan potong halus.
2. Campur ayam, kobis dan udang dengan perasa yang telah disediakan.
3. Ambil 1 sudu teh campuran tadi dan letakkan di atas kulit wantan. Basahkan sedikit tepi kulit wantan dengan air, lipat dan putarkan bahagian atasnya untuk membentuk 'dumpling'.
4. Didihkan air di dalam periuk dan masukkan 'dumpling' selama 3 – 5 minit.
5. Cedok 'dumpling' menggunakan penapis dan letakkan di atas pinggan.
6. Hidangkan dengan sos.

Nota:

1. *Kesipi noten menghasukan 10 biji dumpling untuk seorang.*
2. *Dumpling yang dihasilkan bergantung kepada saiz kulit wantan yang digunakan.*
3. *Dumpling juga boleh dihidangkan bersama sos cili/tomato mengikut citarasa masing-masing.*

Berat satu hidangan: 200 g

Shanghainese Dumpling

Serves 5

Ingredients

450 g chinese cabbage
150 g prawn meat, chopped finely
100 g meat (chicken without skin or beef without fat), chopped finely
400 g (50 pcs) wantan skin or "soi kau" skin

Seasoning

10 g (1 tbsp) ginger juice (20 g ginger, pounded and mix with 2 tbsps of water)
10 g (1 tbsp) soy sauce
5 g (1 tsp) sesame oil
5 g (1/2 tbsp) oyster sauce
3 g (1/2 tsp) pepper
3 g (1/2 tsp) salt

Optional Ingredients

black mushroom and/or beancurd, sliced thinly and fried with small amount of oil in a non-stick pan.

For sauce


10 g (1 tbsp) sesame oil
80 g (6) red chillies, pounded
10 g (1/2 thumb size) ginger
30 g (3 tbsps) soy sauce
125 ml (1/2 cup) boiled water

Method

1. Blanch cabbage until soft and slice thinly.
2. Mix meat, cabbage and prawn with seasoning.

KANDUNGAN NUTRIEN SETIAP HIDANGAN:
NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	111 kcal	• Lemak/Fat	5.0 g	• Protein/Protein	12.8 g
Kalsium/Calcium	96 mg	• Kolesterol/Cholesterol	29 mg	• Zat Besi/Iron	1.6 mg

- 
3. Scoop 1 tsp of the mixed ingredients onto the wantan skin. Apply a small amount of water at the side of the wantan skin, fold and shape as dumpling.
 4. Boil water in a pot and cook dumplings for 3 – 5 minutes.
 5. Scoop dumplings and place on a plate.
 6. Serve with sauce.

Note:

1. This recipe makes about 10 dumplings per person.
2. The quantity also depends upon the size of the wantan skin.
3. Chilli tomato sauce can also be served, depending on individual's taste.

Weight per serving: 200 g



Dumpling Shanghaiense / Shanghaiense Dumpling

Ayam Masak Palembang

Hidangan untuk 5 orang

Bahan-bahan

- 600 g dada ayam, tanpa kulit dan lemak
- 100 g (8 biji) cili merah
- 100 g (8 ulas) bawang merah
- 40 g (2 ketul sebesar ibu jari) kunyit hidup
- 40 g (2 batang) serai
- 5 g (3 helai) daun kunyit muda
- 3 g (5 helai) daun limau purut
- 60 g (1 biji) bawang besar, dihiris bulat
- 20 g (2 sudu makan) asam jawa, dicampur dengan 1/2 cawan air untuk mendapatkan jusnya
- 60 ml (1/4 cawan) susu rendah lemak
- 5 g (1 sudu teh) garam

bahan (A)
ditumbuk

bahan (B)
dihiris halus

Cara memasak

1. Ayam dipotong sebesar kotak mancis. Cuci dan toskan.
2. Gaulkan ayam bersama bahan (A) dan (B), kemudian perap selama 15 minit.
3. Masukkan bawang besar, jus asam jawa, susu rendah lemak dan garam ke dalam ayam yang telah diperap tadi. Gaul hingga sebatii.
4. Masukkan campuran ke dalam kerajang aluminium. Balut kemas dan bakar di dalam oven pada suhu 240°C selama 20 – 30 minit.
5. Hidangkan semasa panas.

Berat satu hidangan: 180 g

Palembang Style Chicken

Serves 5

Ingredients

- 600 g chicken breast, discard skin and fat
- 100 g (8) red chillies
- 100 g (8) shallots
- 40 g (2 thumb size) fresh turmeric
- 40 g (2 stalks) lemon grass
- 5 g (3) young turmeric leaves
- 3 g (5) limau purut leaves
- 60 g (1) onion, cut into rings
- 20 g (2 tbsps) tamarind paste, mix with 1/2 cup water for juice
- 60 ml (1/4 cup) low fat milk
- 5 g (1 tsp) salt

(A) pounded

(B) sliced thinly

Method

1. Cut chicken into pieces of matchbox sizes. Wash and drain.
2. Mix chicken with ingredients (A) and (B) and marinate for 15 minutes.
3. Add in onion rings, tamarind juice, low fat milk and salt to the chicken and mix well.
4. Place the mixed ingredients in aluminium foil. Wrap securely and bake in oven for 20 – 30 minutes at 240 °C.
5. Serve warm.

Weight per serving: 180 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie 223 kcal
Kalsium/Calcium 46 mg

• Lemak/Fat 8.3 g
• Kolesterol/Cholesterol 32 mg

• Protein/Protein 25.0 g
• Zat Besi/Iron 3.8 mg



Ayam Musak Palembang / Palembang Style Chicken

Daging Salai

Hidangan untuk 5 orang

Bahan-bahan

- 300 g daging salai, dihiris nipis
- 375 ml (1½ cawan) santan, 120 g kelapa + 375 ml (1½ cawan) air
- 250 ml (1 cawan) susu rendah lemak
- 20 g (30 biji) cili padi
- 3 g (1 sm) kunyit hidup
- 100 g (5 biji) terung
- 100 g (10 biji) belimbing buluh
- 20 g (2 batang) serai, dititik
- 5 g (1 sudu teh) garam
- 2 biji cili merah, untuk hiasan
- 1 helai daun kunyit, jika suka

Cara memasak:

1. Campurkan daging, cili padi, kunyit hidup, serai, daun kunyit, santan, susu rendah lemak dan garam di dalam periuk. Jerangkan sehingga mendidih.
2. Masukkan terung. Biarkan sehingga terung agak lembut. Kacau sekali sekala.
3. Masukkan belimbing. Biarkan sebentar.
4. Angkat, hiaskan dengan cili merah dan hidangkan.

Nota:

1. *Cara menyediakan daging salai:*
Bersihkan daging dan salai di atas bara api atau bakar di dalam oven sehingga masak.
2. *Lazimnya masakan Negeri Sembilan adalah pedas. Walaubagaimanapun, kuantiti cili padi boleh dikurangkan atau ditambah mengikut kesukaan.*

Berat satu hidangan: 250 g

Smoked Beef

Serves 5

Ingredients

- 300 g smoked beef, sliced thinly
- 375 ml (1½ cups) coconut milk, 120 g coconut + 375 ml (1½ cups) water
- 250 ml (1 cup) low fat milk
- 20 g (30) bird's eye chillies
- 3 g (1 cm) fresh turmeric
- 100 g (5) brinjal
- 100 g (10) belimbing buluh
- 20 g (2 stalks) lemon grass, crushed
- 5 g (1 tsp) salt
- 2 red chillies, for garnishing
- 1 turmeric leaf, optional

Method

1. Mix beef, bird's eye chillies, fresh turmeric, lemon grass, turmeric leaf, coconut milk, low fat milk and salt in a pot. Cook until boil.
2. Add in brinjals and cook until quite soft. Stir occasionally.
3. Add in belimbing and leave awhile.
4. Remove, garnish with red chillies and serve.

Note:

1. *To prepare smoked beef:*
Clean beef and smoke over fire or grill in an oven until cooked.
2. *Traditionally Negeri Sembilan cuisine is hot. But the quantity of bird's eye chillies can be adjusted according to taste.*

Weight per serving: 250 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	319 kcal	Lemak/Fat	15.0 g	Protein/Protein	19.0 g
Kalsium/Calcium	126 mg	Kolesterol/Cholesterol	40 mg	Zat Besi/Iron	2.9 mg



Daging Salal / Smoked Beef

Ayam Bakar Berkuah Kacang

Hidangan untuk 5 orang

Bahan-bahan

750 g (5 keping) dada ayam, tanpa kulit dan lemak

100 g (1 cawan) kacang tanah

125 ml (1/2 cawan) susu rendah lemak

30 ml (3 sudu makan) minyak sayuran

5 g (1 sudu teh) gula

10 g (1 sudu makan) asam jawa, dicampur dengan 1/2 cawan air untuk mendapatkan jusnya

10 g (2 sm) kunyit hidup, ditumbuk halus

20 g (2 baling) serai

70 g (6 ulas) bawang merah

5 g (1 sm) lengkuas

5 g (1 sm) halia

10 g (7 – 8 biji) cili kering

5 g (1 sudu teh) garam

dikisar bersama
1/2 cawan air

Bahan-bahan untuk hiasan

1 biji timun, dipotong nipis-nipis

1 biji tomato, dipotong bulat

5 helai daun salad

Cara memasak

1. Ayam dibersihkan, digaul dengan garam dan kunyit. Perap selama 15 minit.
2. Bungkus ayam dalam kerajang aluminium dan bakar di dalam ketuhar selama 30 minit pada suhu 220°C.
3. Sementara itu sediakan kuah kacang mengikut cara yang diberi di bawah.

Untuk kuah

1. Goreng kacang tanpa minyak.
2. Buang kulit dan tumbuk kacang hingga hancur (tidak terlalu halus).
3. Panaskan minyak dan tumis bahan yang dikisar sehingga wangi.
4. Masukkan jus asam jawa, kemudian tambahkan 1/4 cawan air, kacau dan biarkan seketika.
5. Masukkan kacang yang telah ditumbuk, susu rendah lemak, garam dan gula. Kacau dan biar selama lebih kurang 5 minit.
6. Angkat kuah kacang dan dihidangkan bersama ayam yang telah dibakar. Hiaskan dengan daun salad, hirisan timun dan tomato.

Berat satu hidangan: 200 g



Roast Chicken with Peanut Sauce

Serves 5

Ingredients

750 g (5 pcs) chicken breast, skin and fat removed

100 g (1 cup) groundnut

125 ml (1/2 cup) low fat milk

30 ml (3 tbsps) vegetable oil

5 g (1 tsp) sugar

10 g (1 tbsp) tamarind paste, mixed with 1/2 cup of water for juice

10 g (2 cm) fresh turmeric, pounded finely

20 g (2 stalks) lemon grass

70 g (6) shallots

5 g (1 cm) galangal

5 g (1 cm) ginger

10 g (7 – 8) dried chillies

5 g (1 tsp) salt

blended with
1/2 cup water

Garnishing

1 cucumber, sliced thinly

1 tomato, cut into rings

5 leaves of lettuce

Method

1. Clean chicken well, rub in salt and pounded turmeric. Marinate for 15 minutes.
2. Wrap chicken with aluminium foil and roast in oven for 30 minutes at 220°C.
3. In the meantime, prepare peanut sauce as given below.

Peanut sauce

1. Fry groundnut without oil.
2. Remove skin and pound groundnut but not too fine.
3. Heat oil and stir-fry the blended ingredients until fragrant.
4. Stir in tamarind juice and 1/4 cup of water, stir and leave awhile.
5. Add pounded groundnut, low fat milk, salt and sugar. Stir and leave for about 5 minutes.
6. Remove the peanut sauce and serve with roast chicken. Garnish.

Weight per serving: 200 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN* NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	424 kcal	• Lemak/Fat	20.8 g	• Protein/Protein	37.0 g
Kalsium/Calcium	103 mg	• Kolesterol/Cholesterol	42 mg	• Zat Besi/Iron	3.3 mg



Ayam Bakar Berkuah Kacang / Roast Chicken with Peanut Sauce

Kuih Sepang

Hidangan untuk 5 orang

Bahan-bahan

125 g (1 cawan) tepung pulut
5 g (1 helai) daun pandan, dimesin dengan 250 ml (1 cawan) air dan ditapis

Untuk inti

50 g (1/2 cawan) kelapa muda parut
100 g (1 keping) gula anau
125 ml (1/2 cawan) air

Untuk kuah

125 ml (1/2 cawan) santan pekat, iaitu 125 ml (1/2 cawan) air dengan
40 g kelapa parut
125 ml (1/2 cawan) susu rendah lemak
secubit garam

Cara menyediakannya

1. Untuk membuat inti kelapa, masak gula anau dengan 1/2 cawan air sehingga gula anau hancur. Kemudian masukkan kelapa parut dan masak lagi sehingga inti agak kering. Kacau sekali sekala untuk mengelakkan inti daripada hangus. Ketepikan.
2. Untuk membuat kuah, campurkan santan, susu rendah lemak dan garam. Ketepikan.
3. Bancuh tepung pulut dengan air daun pandan dan uli sehingga menjadi doh.
4. Bentukkan doh seperti bola ping pong, leperkan dan masukkan inti kelapa ditengahnya.
5. Bentukkan seperti karipap dan aturkan di dalam dulang pengukus and terus dikukus selama lebih kurang 5 minit.
6. Kemudian curahkan kuah tadi dan kukus sehingga masak selama lebih kurang 20 minit.

Berat satu hidangan: 120 g

Kuih Sepang

Serves 5

Ingredients

125 g (1 cup) glutinous rice flour
5 g (1) screwpine leaf, blended with 250 ml (1 cup) water and sieved

To make filling

50 g (1/2 cup) grated young coconut
100 g (1 pc) palm sugar
125 ml (1/2 cup) water

To make gravy

125 ml (1/2 cup) thick coconut milk, i.e. 125 ml (1/2 cup) water +
40 g grated coconut
125 ml (1/2 cup) low fat milk
a pinch of salt

Method

1. To make filling, cook palm sugar with 1/2 cup of water until sugar has melted. Add in grated coconut and cook until slightly dry. Stir occasionally to prevent filling from being burnt. Set aside.
2. To make gravy, mix together coconut milk, low fat milk and salt. Set aside.
3. Mix flour with screwpine juice and knead into dough.
4. Shape dough into a ping pong ball, flatten and place coconut mixture in the centre.
5. Shape it like a curry puff and arrange onto a steaming tin. Steam for about 5 minutes.
6. Pour gravy over it and steam for about 20 minutes or until cooked.

Weight per serving: 120 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	247 kcal	• Lemak/Fat	7.7 g	• Protein/Protein	3.6 g
Kalsium/Calcium	46 mg	• Kolesterol/Cholesterol	2 mg	• Zat Besi/Iron	0.9 mg



Kuih Sepang / Kuih Sepang

Agar-agar Berlapis Mangga Pandan

Hidangan untuk 5 orang

Bahan-bahan

- 20 g agar-agar kering
- 20 g (2 helai) daun pandan
- 250 g (1 biji) buah mangga
- 250 ml (1 cawan) susu rendah lemak
- 1.5 liter (6 cawan) air
- 45 g (3 sudu makan) gula

Cara memasak

1. Kupas mangga dan ambil isinya. Kisar mangga bersama 1/2 cawan air dan ketepikan.
2. Kisar daun pandan bersama 1/2 cawan air dan tapis untuk mendapatkan patinya. Ketepikan.
3. Masak agar-agar bersama air hingga larut.
4. Masukkan gula dan biarkan sehingga gula larut.
5. Masukkan susu dan kacau hingga sehati.
6. Ambil 1/3 bahagian agar-agar (campuran a) dan tuang kedalam loyang/bekas.
7. Bahagikan baki agar-agar kepada 2 bahagian, iaitu:

Campuran (b): campurkan agar-agar dengan pati daun pandan	}	campuran sentiasa dipanaskan pada api perlahan
Campuran (c): campurkan agar-agar dengan pes mangga		
8. Apabila campuran (a) hampir beku, tuangkan campuran (b). Setelah campuran (b) hampir beku, tuangkan pula campuran (c).
9. Biarkan semua lapisan agar-agar beku.
10. Hidangkan sejuk.

Berat satu hidangan: 185 g

Layered Jelly with Pandan and Mango

Serves 5

Ingredients

- 20 g agar-agar strips
- 20 g (2) screwpine leaves
- 250 g (1) mango
- 250 ml (1 cup) low fat milk
- 1.5 litre (6 cups) water
- 45 g (3 tbsps) sugar

Method

1. Peel mango and retain flesh. Blend flesh together with 1/2 cup water and set aside.
2. Blend screwpine leaves together with 1/2 cup water and sieve for juice. Set aside.
3. Cook agar-agar with water until dissolves.
4. Add sugar and cook until sugar dissolves.
5. Stir in low-fat milk and mix well.
6. Pour 1/3 portion of the agar-agar mixture into a tray, ie mixture (a).
7. Divide the remaining mixture into 2 portions, ie:

(b) mix agar-agar with screwpine leaves extract	}	mixture must be constantly warmed over low heat
(c) mix agar-agar with mango paste		
8. When mixture (a) is almost set, pour in mixture (b). When mixture (b) is almost set, pour in mixture (c).
9. Leave to set.
10. Serve cold.

Weight per serving: 185 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	96 kcal	• Lemak/Fat	1.0 g	• Protein/Protein	2.8 g
Kalsium/Calcium	93 mg	• Kolesterol/Cholesterol	4 mg	• Zat Besi/Iron	0.4 mg



Agar-agar Berlapis Mangga Pandan / Layered Jelly with Pandan and Mango

Apam Gula Anau

Hidangan Untuk 5 orang

Bahan-bahan

- 100 g (1 cawan) tepung beras
- 120 g (1 cawan) tepung gandum
- 80 g ($\frac{1}{2}$ cawan) nasi + 125 ml ($\frac{1}{2}$ cawan) air, dikisar
- 50 g ($\frac{1}{2}$ keping) gula anau, dihiris
- 125 g ($\frac{1}{2}$ cawan) air suam
- 5 g ($\frac{1}{2}$ bungkus) ibu roti segera
- 20 g gula merah
- 25 g gula pasir
- 30 g ($\frac{1}{4}$ cawan) kelapa muda parut, digaul dengan secubit garam

Cara memasak

1. Campurkan air suam dengan ibu roti dan kacau hingga sebatu.
2. Masukkan tepung beras, tepung gandum, nasi yang telah dikisar, gula anau, gula merah dan gula pasir ke dalam ibu roti tadi. Gaul sehingga rata.
3. Tuangkan adunan ke dalam loyang yang lebarnya lebih kurang 18 sm dan tinggi 8 sm.
4. Biarkan selama 1 hingga 2 jam.
5. Kukus sehingga masak selama 20 – 30 minit
6. Sejukkan sebentar dan potong kepada 5 bahagian.
7. Gaul dengan kelapa parut dan hidangkan.

Berat satu hidangan: 120 g

Palm Sugar Apam

Serves 5

Ingredients

- 100 g (1 cup) rice flour
- 120 g (1 cup) wheat flour
- 80 g ($\frac{1}{2}$ cup) rice + 125 ml ($\frac{1}{2}$ cup) water, blended
- 50 g ($\frac{1}{2}$ pc) palm sugar, chopped finely
- 125 ml ($\frac{1}{2}$ cup) warm water
- 5 g ($\frac{1}{2}$ packet) instant yeast
- 20 g brown sugar
- 25 g castor sugar
- 30 g ($\frac{1}{4}$ cup) grated young coconut, mixed with a pinch of salt

Method

1. Mix warm water with yeast and stir well.
2. Add rice flour, wheat flour, blended rice, palm sugar, brown sugar and castor sugar to the yeast mixture. Mix well.
3. Pour into a tray measuring 18 cm x 8 cm.
4. Leave aside for 1 – 2 hours.
5. Steam for 20 – 30 minutes or until cooked.
6. When cool, cut into 5 portions.
7. Mix with grated coconut and serve.

Weight per serving: 120 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	255 kcal
Lemak/Fat	0.8 g
Protein/Protein	5.3 g
Kalsium/Calcium	44 mg
Kolesterol/Cholesterol	0 mg
Zat Besi/Iron	3.1 mg

Puteri Mandi

Hidangan untuk 5 orang

Bahan-bahan

- 125 g (1 cawan) tepung pulut
- Lebih kurang 110 ml ($\frac{1}{2}$ cawan) air, untuk membancuh tepung pulut
- 80 g ($\frac{3}{4}$ cawan) kelapa muda parut
- 50 g ($\frac{1}{2}$ cawan) gula anau, dipotong kasar-kasar
- 125 ml ($\frac{1}{2}$ cawan) air kelapa muda
- 5 g (1 helai) daun pandan
- Sedikit garam

Cara memasak

1. Uli tepung pulut dengan $\frac{1}{2}$ cawan air dan sedikit garam.
2. Gentel tepung yang telah diuli sebesar guli dan leperkan dengan ibu jari. Aturkan di dalam bekas dan ketepikan.
3. Didihkan 2 – 3 cawan air di dalam periuk. Masukkan tepung yang telah digentel.
4. Apabila tepung telah terapung, angkat dengan penapis dan rendam sebentar di dalam air sejuk. Toskan.
5. Masak gula anau dengan air kelapa muda. Apabila gula telah larut, masukkan kelapa muda parut dan daun pandan. Biarkan sehingga agak pekat.
6. Masukkan tepung yang telah ditos tadi. Kacau sehingga tepung dan kelapa bercampur rata.
7. Angkat dan hidangkan.

Berat satu hidangan: 120 g

Puteri Mandi

Serves 5

Ingredients

125 g (1 cup) glutinous rice flour
110 ml (1/2 cup) water, to knead with flour
80 g (3/4 cup) young grated coconut
50 g (1/2 cup) palm sugar, cut coarsely
125 ml (1/2 cup) young coconut water
5 g (1) screwpine leaf
pinch of salt

Method

1. Knead glutinous rice flour with 1/2 cup of water and salt.
2. Roll the dough into the size of marbles and flatten with thumb. Arrange in a container and set aside.
3. Boil 2 – 3 cups of water in pot. Add in the dough.
4. When dough floats up, remove with strainer and soak in cold water for awhile. Drain.
5. Cook palm sugar with coconut water. Once sugar has melted, add in grated coconut and screwpine leaf. Stir until slightly thickens.
6. Add in the dough. Mix well.
7. Remove and serve.

Weight per serving: 120 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN*: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie	139 kcal
Lemak/Fat	0.5 g
Protein/Protein	1.9 g
Kalsium/Calcium	13 mg
Kolesterol/Cholesterol	0 mg
Zat Besi/Iron	0.6 mg



KIRI: Apam Gula Anau • KANAN: Puteri Mandi
LEFT: Palm Sugar Apam • RIGHT: Puteri Mandi

Sambal Cili Padi Tempoyak Daun Kayu

Hidangan untuk 5 orang

Bahan-bahan

- 10 g (5 helai) daun kadok
- 30 g (5 helai) daun labu
- 20 g (4 helai) daun kunyit
- 10 g (4 helai) daun mangun
- 10 g (4 helai) daun cekur
- 30 g (10 helai) pucuk ubi
- 60 g (4 batang) serai
- 5 g (1.5 sm) kunyit hidup
- 50 g ikan billis, buang kepala dan isi perut
- 20 g (20 biji) cili padi
- 4 papan petai, diambil bijinya (60 g)
- 130 g (5 sudu makan) tempoyak, yang tidak terlalu masam
- 250 ml (1 cawan) santan, 250 ml (1 cawan) air + 160 g kelapa
- 250 ml (1 cawan) susu skim, 30 g (3 sudu makan) tepung susu skim + 250 ml (1 cawan) air
- 5 g (1 sudu teh) gula
- 5 g (1 sudu teh) garam

dihiris halus

ditumbuk

Cara memasak

1. Masukkan kesemua bahan yang dihiris, petai, bahan yang ditumbuk, santan dan susu skim ke dalam periuk.
2. Masukkan tempoyak, garam dan gula. Masak sehingga pekat.
3. Angkat dan hidangkan.

Nota:

1. Lazimnya masakan Negeri Sembilan adalah pedas. Walaubagaimanapun, kuantiti cili padi boleh dikurangkan atau ditambah mengikut kesukaan.
2. Kurangkan tempoyak jika ianya terlalu masam.

Berat satu hidangan: 100 g

Sambal Cili Padi Tempoyak Daun Kayu

Serves 5

Ingredients

- 10 g (5) kadok leaves
- 30 g (5) labu leaves
- 20 g (4) turmeric leaves
- 10 g (4) mangun leaves
- 10 g (4) cekur leaves
- 30 g (10) tapioca shoots
- 60 g (4 stalks) lemon grass
- 5 g (1.5 cm) fresh turmeric
- 50 g anchovies, discard head and entrails
- 20 g (20) bird's eye chillies
- 4 strips petai, seeds only (60 g)
- 130 g (5 tbsps) tempoyak (fermented durian), not too sourish
- 250 ml (1 cup) coconut milk, 250 ml (1 cup) water + 160 g coconut
- 250 ml (1 cup) skim milk, 30 g (3 tbsps) skim milk powder + 250 ml (1 cup) water
- 5 g (1 tsp) sugar
- 5 g (1 tsp) salt

sliced thinly

pounded

Method

1. Add sliced leaves, petai, pounded ingredients, coconut milk and skim milk into a pot.
2. Add tempoyak, salt and sugar. Cook until gravy thickens.
3. Remove and serve.

Note:

1. Traditionally Negeri Sembilan cuisine is hot. As such, the quantity of bird's eye chillies can be adjusted according to taste.
2. Reduce tempoyak if it is too sour.

Weight per serving: 100 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: NUTRITIONAL CONTENT PER SERVING:

Kalori/Calorie 238 kcal
Kalsium/Calcium 263 mg

• Lemak/Fat 15.0 g
• Kolesterol/Cholesterol 0 mg

• Protein/Protein 10.9 g
• Zat Besi/Iron 2.4 mg



ATAS: Sambal Cili Padi Tempoyak Daun Kayu • BAWAH: Ikan Keli Salai Masak Lemak Cili Padi dengan Daun Asam Gelugor
TOP: Sambal Cili Padi Tempoyak Daun Kayu • BOTTOM: Spicy Smoked Cat Fish with Asam Gelugor Leaves

Ikan Keli Salai Masak Lemak Cili Padi dengan Daun Asam Gelugor

Hidangan untuk 5 orang

Bahan-bahan

- 500 g (5 ekor kecil) ikan keli
- 50 g (1 ikat) daun asam gelugor, diracik halus
- 15 g (15 biji) cili padi, ditumbuk
- 10 g (2.5 sm) kunyit hidup, ditumbuk
- 125 ml (1/2 cawan) santan, 80 g kelapa + 125 ml (1/2 cawan) air
- 375 ml (1 1/2 cawan) susu rendah lemak
- 2 biji cili merah, dibelah dua
- 5 g (1 sudu teh) garam

Cara memasak

1. Ikan keli dibersihkan dengan air asam. Kemudian dilumurkan dengan kunyit dan garam dan disalai di atas bara api. Setelah masak, angkat dan ketepikan.
2. Ramas daun asam gelugor dengan garam dan dicelur sebentar dengan air panas. Toskan.
3. Campurkan susu rendah lemak dengan santan di dalam periuk. Masukkan cili padi.
4. Masak di atas api yang sederhana sehingga menggelegak. Kacau sekali sekala.
5. Masukkan ikan, daun asam dan cili merah.
6. Masukkan garam.
7. Kacau sehingga masak.

Nota:

Lazimnya masakan Negeri Sembilan adalah pedas. Walaubagaimanapun, kuantiti cili padi boleh dikurangkan atau ditambah mengikut kesukaan.

Berat satu hidangan: 200 g

Spicy Smoked Cat Fish with Asam Gelugor Leaves

Serves 5

Ingredients

- 500 g (5 small size) catfish
- 50 g (1 bunch) asam gelugor leaves, shredded finely
- 15 g (15) bird's eye chillies, pounded
- 10 g (2.5 cm) fresh turmeric, pounded
- 125 ml (1/2 cup) coconut milk, 80 g coconut +125 ml (1/2 cup) water
- 375 ml (1 1/2 cups) low fat milk
- 2 red chillies, halved
- 5 g (1 tsp) salt

Method

1. Wash the fish with tamarind juice. Rub with pounded turmeric and salt. Grilled on firewood. Once cooked, remove and set aside.
2. Rub the asam gelugor leaves with salt and blanch with hot water. Drain.
3. Mix the low fat milk with coconut milk in a pot. Add in bird's eye chillies.
4. Cook under medium heat until boil. Stir occasionally.
5. Add in the fish, asam leaves and red chillies.
6. Add salt.
7. Stir occasionally until cooked.

Note:

Traditionally, Negeri Sembilan cuisine is hot. But the quantity of bird's eye chillies can be adjusted according to taste.

Weight per serving: 200 g

KANDUNGAN NUTRIEN SETIAP HIDANGAN: **NUTRITIONAL CONTENT PER SERVING:**

Kalori/Calorie	165 kcal	• Lemak/Fat	9.7 g	• Protein/Protein	12.9 g
Kalsium/Calcium	130 mg	• Kolesterol/Cholesterol	20 mg	• Zat Besi/Iron	1.7 mg