

# Nasi Goreng (Thai)

**Type:** Main

**Serves:** 30 tastes

**Recipe source:** SAKGF

**Fresh from the garden:** bok choy or Asian greens, eggs, snake beans, Asian herbs such as Thai basil, Vietnamese mint, coriander

## EQUIPMENT:

Whisk  
Wok  
Mortar and pestle  
Egg flip  
Grater  
Measuring spoons  
Measuring cups  
Wooden spoons  
Bowls  
Knives  
Chopping boards

## INGREDIENTS:

8 eggs, lightly whisked  
6 tablespoons sunflower oil  
8 garlic cloves  
12 spring onions  
400g chicken meat, bite sized  
2 carrots  
8 snake beans  
1 capsicum  
500g bok choy or Asian greens  
1 tablespoon chilli sauce  
1 tablespoon palm sugar  
1kg cold cooked rice (500g dry rice)  
handful Asian herbs

## What to do:

1. Cut the spring onions into diagonal slices.
2. Julienne the carrots, or grate if you prefer.
3. Crush the garlic and thinly slice the beans, capsicum and bok choy or Asian greens.
4. Cut the chicken (if using) into bite sized pieces.
5. Whisk the eggs in a bowl.
6. Heat the oil in the wok and when hot, add the garlic and spring onion and cook for 1 minute.
7. Add the chicken and fry for another minute.
8. Now add the garden greens and cook for 1 minute.
9. Add the chilli sauce and palm sugar and mix well.
10. Add the eggs and stir continuously for 30 seconds.
11. Increase to a high heat, then add the rice and salt to taste.
12. Fry for 3 more minutes, stirring continuously.
13. Chop up the Asian herbs and shallots.
14. Garnish with mixed Asian herbs and shallots.

# Sang Choy Bow (Chinese)

**Type:** Main

**Serves:** 30 tastes

**Recipe source:** Healthy Food Fast

**Fresh from the garden:** Lettuce, shallot, ginger, garlic, celery, capsicum, mung bean shoots, mushrooms.

## EQUIPMENT:

Wok or frypan  
Measuring spoons  
Garlic crusher  
Measuring cups  
2 x wooden spoons  
Bowls  
Knives  
Chopping boards

## For serving:

Serving platter  
Large serving spoon

## INGREDIENTS:

500g pork mince  
1 Tablespoon olive oil  
6 spring onions, finely chopped  
2 Garlic cloves, crushed  
1 capsicum, seeded & diced  
2 small pieces ginger, peeled & chopped  
1 stick celery, diced  
100g mushrooms, diced  
1 cup cooked rice  
1 teaspoon cornflour  
2 Tablespoons soy sauce  
1 Tablespoon fish sauce  
1 Tablespoon rice wine vinegar  
1 Tablespoon chilli sauce  
1 cup bean sprouts  
Lettuce leaves/cups

## What to do:

1. Heat oil in a wok or frypan.
2. Cook pork quickly until separate and cooked through, then set aside leaving oil in pan.
3. Place onions, garlic, ginger, celery, capsicum, mushrooms and rice into the hot pan gently stirring until softened.
4. Return the pork to the pan and mix well.
5. Combine cornflour, sauces and vinegar in a small bowl and add to the pork mixture with the bean sprout and stir through until bean sprouts are wilted and mixture has thickened slightly.
6. Spoon the filling onto the lettuce leaves.

## Serving suggestion:

Place leaves on a platter and pork mixture in a bowl and allow diners to fill each leaf with mixture, roll into a parcel and eat with their fingers.

# Spring Rolls

**Type:** Main/Snack

**Serves:** 30

**Recipe source:** Taste.com.au

**From the garden:** garlic, wom bok, carrot

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Bowls	1 cup vegetable oil (for frying)
Chopping board	3 garlic cloves, finely chopped
Cooks knives	3 cups finely shredded wombok (Chinese cabbage)
Wooden spoon	2 Tablespoons dried wood ear
Measuring cups & spoons	2 medium carrots, peeled, grated
Frypan/Wok	½ teaspoon freshly ground black pepper
Clean tea towel	3 shallots, finely chopped
Pastry brush	1 cup beansprouts, trimmed
Baking tray	20 rice paper wrappers, thawed
Slotted spoon	4 eggs, beaten
Baking paper	

## What to do:

1. Heat a wok over high heat. Add 1 Tablespoon of oil.
2. Swirl to coat.
3. Stir-fry garlic, wood ear, shallots, cabbage, and carrot for 1 to 2 minutes or until just wilted.
4. Add cornflour, oyster sauce, soy sauce and beansprouts to wok.
5. Stir-fry for 1 minute or until slightly thickened.
6. Transfer mixture to a heatproof bowl.
7. Set aside to cool.
8. Wash and dry wok.
9. Place 1 spring roll wrapper on a flat surface and brush beaten egg over the entire surface of rice paper.
10. Leave for a few seconds until soft and flexible.
11. Place wrapper with 1 corner facing you.
12. Cover remaining wrappers with a dry tea towel to prevent them from drying out.
13. Place 2 tablespoons of cabbage mixture across corner.
14. Fold corner over filling. Roll up firmly to enclose, folding in edges.
15. Brush final corner with beaten egg if needed.
16. Place on a tray lined with baking paper.
17. Repeat with remaining ingredients.
18. Pour remaining oil into wok. Heat over medium-high heat.
19. Cook spring rolls, in batches, for 3 to 4 minutes or until golden.
20. Using a slotted spoon, remove from wok. Drain on paper towel.
21. Serve spring rolls with Nuoc Cham sauce.

# Nuoc Cham

**Type:** Sauce

**Serves:** 30 tastes

**Recipe source:** Margaret Fulton Oriental Cooking

**Fresh from the garden:** garlic, chilli, lime

No Vietnamese meal is served without Nuoc Cham - a hot, tangy sauce which is incorporated into many recipes. The sauce can be stored in the refrigerator for up to 1 week.

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Mortar & pestle Bowls Measuring cups Measuring spoons	2 garlic cloves, peeled  4 dried red chillies or 1 fresh chilli  Juice & pulp of $\frac{1}{4}$ lime  4 Tablespoons fish sauce  5 Tablespoons water

## What to do:

1. Pound the garlic, chilli and sugar using a mortar & pestle.
2. Add the lime juice and pulp.
3. Then add the fish sauce and water.
4. Mix well to combine the ingredients.
5. Serve with the Spring Rolls.

# Mandarin Pancakes

**Type:** Side/Snack

**Serves:** 30 tastes

**Recipe source:** Margaret Fulton Oriental Cooking

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Frypan Wooden spoon or chopsticks Bowls Rolling pin Measuring cups Measuring spoons Serving platter	4 cups plain flour  Little vegetable oil  1 $\frac{1}{4}$ cups water

## **What to do:**

1. Sift the flour into a bowl.
2. Mix the water with 1 teaspoon oil then slowly stir into the flour, using chopsticks or a wooden spoon.
3. Knead the mixture into a firm dough and then divide into 3 equal portions.
4. Roll each portion into a long 'sausage' then cut each sausage into 8 equal pieces. Press each piece into a flat pancake with the palm of your hand.
5. Brush one pancake with a little oil then place another on top to form a sandwich.
6. Repeat with the remaining dough to make 12 sandwiches.
7. Flatten each 'sandwich' on a lightly floured surface with a rolling pin into a 15cm circle.
8. Place on ungreased frying pan over moderate heat. When it is very hot, fry the 'sandwiches' one at a time.
9. Turn the pancakes as soon as air bubbles appear on the surface. Cook the other side until brown spots appear underneath. Remove and peel the layers apart gently and fold each into 4.

# Rice Fritters (Filipino)

“Bombones De Arroz”

**Type:** Dessert    **Serves:** 30 tastes    **Recipe source:** Margaret Fulton Oriental Cooking  
**Fresh from the garden:** eggs

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Knife	1 cup cooked medium grain rice
Chopping board	2 eggs, beaten
Whisk	3 Tablespoons sugar
Bowls	$\frac{1}{2}$ teaspoon vanilla essence
Wooden spoon	$\frac{1}{2}$ cup plain flour
Measuring cups & spoons	1 Tablespoon baking powder
Frypan	Pinch salt
Sifter	$\frac{1}{4}$ cup dessicated coconut
	vegetable oil for frying
	Sifted icing sugar for sprinkling

## What to do:

1. Put the rice, eggs, sugar and vanilla in a bowl and mix well.
2. Sift together the flour, baking powder and salt.
3. Stir into the rice mixture.
4. Stir in the coconut.
5. Heat the oil in a frypan to 180 degrees celcius.
6. Drop tablespoonfuls of the mixture into the hot oil, one at a time.
7. Deep-fry until golden brown on all sides and then drain on kitchen paper towels.
8. Transfer the fritters to a serving dish then sprinkle with a generous amount of icing sugar.
9. Serve hot.

# Coconut Ice Cream

**Type:** Dessert

**Serves:** 30 tastes

**Recipe source:** Margaret Fulton Oriental Cooking

**Fresh from the garden:** eggs

<b>EQUIPMENT:</b>	<b>INGREDIENTS:</b>
Food processor	1 $\frac{1}{2}$ cups milk
Saucepan	1 cup dessicated coconut
Sieve	1 $\frac{1}{2}$ cups cream
Knife	2 eggs
Bowls	2 egg yolks
Measuring cups	$\frac{1}{2}$ cup sugar
Measuring spoons	$\frac{1}{4}$ teaspoon salt
Electric beater	
Metal ice cream trays	

## What to do:

1. Scold the milk, dessicated coconut and cream in a heavy saucepan over a low heat (takes about 15-20 minutes).
2. Push the mixture through a fine sieve squeezing out as much of the coconut as possible. Discard the coconut.
3. Using electric beaters, beat the eggs and egg yolks in a heatproof bowl until thick and mousse-like.
4. Place the bowl over a saucepan of boiling water, stir in some of the rich scolded coconut milk.
5. Keep adding the remaining coconut milk, stirring until thick. The mixture should coat the back of a spoon.
6. Remove from heat and cool quickly over cold water, stirring occasionally.
7. Pour into ice cream trays and cover with foil or waxed paper.
8. Place in freezer and allow to semi-freeze.
9. Transfer to chilled mixing bowl, break up and beat thoroughly and replace mixture in ice cream trays and freeze.