



Flavours In Harmony

International Migrants Day 2023





FOREWORD

Migrant Domestic Workers (MDWs) have been an integral part of Singapore's workforce for several decades, providing essential services to households across Singapore. MDWs come from various countries, such as India, Indonesia, Sri Lanka, Myanmar, and the Philippines, and bring along their rich cultural backgrounds and cuisines.

In every kitchen, stories unfold, traditions are passed down, and a unique blend of cultures emerges. The recipes in this Cookbook are a testament to the harmonious relationships between MDWs and their Employers coming together to form a tapestry of flavours that reflect the beauty of cultural exchange. These recipes not only showcase the skilful hands that prepare them but also symbolise the unspoken connections that form when people from different walks of life come together through a shared love for food.

In the pages that follow, you will also discover the stories that make the recipes so unique. We are heartened to hear of the active involvement of Employers in encouraging their MDWs to pursue their interest in cooking.

"Flavours in Harmony" is the Centre for Domestic Employees' (CDE) theme for this year's International Migrants Day Celebrations. It is more than just a collection of recipes. Through this cookbook, we hope to promote understanding, respect, and appreciation for the unique talents and backgrounds of MDWs and their Employers. Find a recipe you connect with and adapt it to your home kitchen!

A big thank you to all our MDWs and their Employers for their support. We dedicate this Cookbook to all of them and wish all our migrant sisters a very warm and happy International Migrants Day!



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Sushi Rice Balls



Ingredients

- 4 tsp sugar
- 40ml rice vinegar
- 1 cup luncheon meat, cubed
- 1.5 cups cooked sushi rice
- 1 cup sweet corn
- 1 cup cucumber, chopped
- 1 cup seaweed flakes
- Japanese mayonnaise, to taste

Dipping sauce:

- 1 tsp sesame oil
- 1 tsp honey
- 1 tbsp oyster sauce
- 1 tbsp soya sauce

Preparation

1. Dissolve sugar in rice vinegar, and mix with cooked rice.
2. Fry luncheon meat till brown.
3. In a bowl, mix rice and remaining ingredients together.
4. Shape rice mixture into balls.
5. Air fry rice balls for five minutes at 180°C.
6. Brush dipping sauce on rice balls. Air fry again for 10 to 15 minutes till rice balls are slightly brown or firm.
7. Enjoy rice balls as they are, or dip them in sauce and eat.



“This is special because it's fun to make together. It's colourful and fun to eat together on a weekend afternoon. It's also versatile as we can change the ingredients or modify the sauce to what we feel like eating each time. Same concept with many possibilities. It came about from eating frozen Bibigo rice triangles, and we decided to re-create our own version with ingredients we enjoy eating.”

SOE THIDAR & EMPLOYER

Yummy Bergerdil



Ingredients

- 10 mid-sized potatoes, around 2kg, peeled, rinsed, and sliced approximately 0.5cm thick
- Cooking oil
- 2 sprigs coriander, stalks and leaves chopped finely
- 50g fried shallots
- 3 tsp Hao Chi seasoning
- 1.5 tsp Cajun seasoning or paprika powder (optional)
- 2 eggs, beaten
- Salt and pepper, to taste

Preparation

1. Wash and pat dry potatoes on a kitchen paper towel.
2. Heat the frying pan. Add 100ml of cooking oil, add more if needed.
3. On medium heat, pan-fry potatoes in batches until softened and slightly golden brown. Transfer to a mixing bowl.
4. Add coriander, fried shallots and seasonings. Mash together with potatoes. Ensure the mashed mixture is not too fine; small lumps should be present. Add salt and pepper, if needed.
5. If the mixture is too dry, add some olive oil.
6. Roll into tight compact balls and flatten slightly, so that they will not fall apart when frying.
7. Coat with egg mixture. Deep fry or pan-fry in batches till golden brown.
8. Drain on kitchen towel. Serve when cooled.



JAYNALIN OJANO
LASCO & EMPLOYER

“This is our family's favourite recipe and it is my madam's favourite dish since young! It is easy to make and tastes great with any main dish such as, Nasi Lemak, Mee Soto, or on its own! We have experimented with this recipe for many years. We combined Indonesian, Malay, and Chinese ingredients and perfected it! Always a hit during our parties!!”

Fusion Burmese Vegetarian Khao Swe



Ingredients

Grinding:

Big onion - 2, Garlic - 6 cloves, Ginger - 1 inch,
Green chili - 1 or 2, Coriander stem - 1 tbsp

- Burmese Noodles - 1x
- Coconut milk - 800ml,
- Besan flour - 1 tbsp

Powder spices:

Turmeric powder - 2 tsp, Kashmiri chili powder
- 2 tsp, Coriander powder - 1 tsp, Cumin
powder - 1 tsp

- Vegetables of your choice
- Jaggery - 1 tbsp
- Salt to taste
- Topping:
- Fried onion, Fried garlic, Roasted peanut powder, Coriander leaves, Onion sliced - 1, Lemon, Chili oil (optional)

Soup Preparation

1. Grind all the grinding ingredients together.
2. In a pan, add a tablespoon of oil and add the grinded paste, powder spice as well, and sauté until oil separates.
3. Add the vegetables and mix well, add 1 glass of water, salt, and jaggery, and let it boil for 5 minutes.
4. Lower the flame, add in half the coconut milk as well as besan flour.
5. Add the balance of coconut milk to the vegetables and let us simmer for another 5 minutes. Soup is ready.
6. Assembly: In a bowl, place noodles, soup with vegetables and toppings as needed.



“Khao Swe is one of my favourite foods from my home country Burma and I miss my mom's preparation. When I told about this dish to my employer, she said we could try it at home, and we came up with this fusion vegetarian Indian version of Khao Swe. We both enjoy it and that's why this dish is so special to me.”

EL THINZAR KYAW & EMPLOYER

Bread Leftovers Upma



Ingredients

- Leftover bread (no filling) cut into cubes
- 2 tbsp cooking oil
- 1 tsp Jerra powder
- 2 white/red onions
- 2 tbsp ginger garlic paste
- Tomatoes, capsicums, carrots (cubed)
- Green chilies
- 1 tsp Turmeric
- Salt (to taste)
- Pepper powder (dashes)
- Coriander leaves (garnishing)

Preparation

1. Take your leftover bread in the fridge and cut them into cubes/bite-sized.
2. Heat the pan and put just a little oil to saute the spices, put approximately 1 tsp of Jerra powder.
3. Put in the cubed onions. Sauté until translucent and add 2 tbsp of ginger garlic paste. Allow oil and spices to integrate together.
4. Put in tomatoes and sauté well. Allow to simmer and cook and tomato juices will evaporate.
5. Add in cube capsicum and carrots. Slit 2 pcs of green chilies and add too.
6. Sauté until vegetables are well cooked and add 1 tsp of turmeric (make sure not too much as the dish will turn very yellow. We want it to be golden yellow).
7. Add salt and pepper powder to taste and garnish with chopped coriander leaves.



HAIDEE ROILES
& EMPLOYER

“This recipe is easy and taught by my previous Employer Madam Dhareenee. It has created a special bond between us. One fine day, we accidentally ordered too many loaves of bread and in those days my sir travels a lot, so it's just me, Madam and her 3 year old. We couldn't finish the slices of bread and as they were getting stale, we came up with this dish. Traditionally, Uppma is an Indian staple meal, and can be made in different ways that my boss taught me to make. But this leftover bread uppma is something we just came up with available ingredients at home. This is so special as it created a bonding between us and from that time my lady boss also started to asked me about Filipino recipes and we try them together.”

Hakka Yam Satay

Abacus Seed



Ingredients

- 500g yam, cut into small pieces
- 250g tapioca starch
- 1 tsp salt, 1 tsp sugar, warm water
- 5 cloves of garlic, chopped
- 5 dried mushrooms, soaked in water and cut into small pieces
- 25g dried shrimp, soaked in water
- 3 dried scallops, soaked in water
- 1 Dried cuttlefish (soak in water and cut into strips)
- 20g black fungus (soak in water and cut into strips)
- 150g minced meat, 2 tbsp light soy sauce, 2 tbsp chicken stock, a bit of white pepper
- Coriander leaves (for garnish)

Peanut sauce:

- 100g peanuts, 3 cloves garlic, 3 onions, 3 candlenuts, 2 lime leaves, 1 red chili pepper, 1 tsp sugar, a bit salt, 2 tbsp sweet sauce

Preparation

1. Steam the yam. Sprinkle with salt and sugar. Steam until cooked.
2. After it is cooked remove it and mash it. Mix it with flour. Mix well and add water little by little until it becomes a dough then make a small circle.
3. Boil abacus seeds in boiling water until cooked. Once cooked remove from heat and put in cold water. Sprinkle with oil so they don't stick to each other.
4. Heat the oil then fry the garlic until aromatic. Add the Chinese mushrooms, dried shrimp, scallops, and cuttlefish. Mix well.
5. Add minced meat, stir again, add the black fungus stir until cooked, add the light soy sauce, pepper, and chicken stock, stir again add the abacus seeds, and stir until cooked.
6. Once cooled, pierce using a skewer until it forms satay.

Peanut Sauce

1. Heat the oil, and fry the peanut once cooked remove and set aside then continue frying the onions, garlic, chili, candlenut, and lime leaves.
2. Once cooled, blend all the ingredients until smooth.
3. Heat the oil then fry ground spices again, add sugar and a little salt and fry until fragrant.
4. Place in the bowl, add sweet soy sauce, stir until smooth.



"My employer always buys satay when they have parties, and had taught me how to make yam abacus seeds. One day, I came up with the idea of making abacus seeds satay with peanut sauce. My employer really liked it and so I think this is special for me because i can combine my recipes with that of my employer together. This recipe is a combination between me and my employer."

SUANAH & EMPLOYER

Bacon & Egg Quiche



Ingredients

- 2 sheets of short crust pastry
- 250g grated cheddar cheese
- 4 eggs
- 450g chopped bacon
- 400g chopped tomatoes
- A pinch of black pepper
- Salt (optional)
- Butter
- Flour, for dusting (optional)

Preparation

1. Preheat the oven to 180°C.
2. Use a pie dish or any available baking dish that is about 2-inch tall.
3. Grease the pie dish and dust with some flour.
4. Line the pie dish with the crust pastry. Trim any excess pastry.
5. Sprinkle half of the cheddar cheese on the pastry.
6. Mix 4 eggs, bacon, and tomatoes thoroughly. Add some black pepper and a pinch of salt to taste.
7. Pour the bacon and egg mixture into the pie dish. Cover with the remaining cheese.
8. Bake uncovered for 30 minutes. Baking time may vary, depending on the oven.
9. Bake till it is golden brown on top and bubbles start forming in the middle!
10. Remove from the oven and leave to cool a little before slicing!
11. Serve warm or cold, depending on personal preferences!



"This recipe is so special to me because it's my own recipe and not many love it. But when my employer's mom visited from England, she taught me how she baked hers. Everyone ended up dancing, clapping, and laughing about my previous quiche attempt. As this one was made perfectly for them, I wish you all would enjoy and love this too 🥰😊"

**VIOLA TUMANDAY
MACAWIWILI & EMPLOYER**

Kueh Pie Tee



Ingredients

- 200g small cabbage
- 1 big carrot
- 400g turnip
- 10 pieces of French beans
- 1 square tofu
- 1 stalk of spring onions
- 4 cloves of shallots and garlic, respectively
- ½ tsp oyster sauce
- 200g sliced pork marinated in 1 cup of corn starch, 2 tsp sesame oil, 2 tsp soya sauce, and 1 tsp peppermint leaves
- 50g prawns, skinned and boiled
- Kueh Pie Tee shells (pre-made)

Preparation

1. Cut the cabbage, carrot, turnip, and French beans into short strips.
2. Do the same to the tofu, spring onions and garlic.
3. Fry the tofu till golden brown. Set aside.
4. Pan-fry the shallots and garlic. Add the rest of the chopped ingredients and minced pork. Mix thoroughly. Add the oyster sauce.
5. Mix for 2 minutes, then add half a cup of water from the boiled prawns for extra taste. Boil them together until cooked.
6. Let it cool, then scoop the mixture into the Kueh Pie Tee pastry shells.



“This dish is not easy to prepare, but it is full of vitamins because most of the ingredients are all vegetables.”

MARÉDIE MAZA & EMPLOYER

Gyoza (non-halal)

Ingredients

Gyoza filling:

- 100g Chinese cabbage
- 250g minced pork
- 50g spring onions
- 1 tsp garlic, grated
- 1 tsp ginger, grated

Seasoning for filling:

- 1 tbsp sake
- 1 tbsp mirin
- 1 tbsp sesame oil
- 1 tbsp soya sauce
- 1 tbsp salt
- 1 tbsp pepper

Gyoza wrapper:

- 1 pack of gyoza wrappers
- 1 egg white

Dipping sauce:

- Soy sauce
- Black vinegar
- Chilli oil



Preparation

1. Wash the cabbage, and drain well. Mince the cabbage and set aside.
2. Wash the spring onions, and cut it into small pieces. Set aside.
3. In a big bowl, mix the Chinese cabbage, spring onions, minced pork, garlic, and ginger. Add the sake, mirin, sesame oil, soy sauce, salt, and pepper. Mix thoroughly.
4. Add the filling to the gyoza wrappers and fold the gyozas until the filling is used up.
5. Boil some water in the pot. When the water boils, add in gyoza. Ensure there is sufficient space between each gyoza. Boil for 4 to 5 minutes.
6. Transfer to a serving plate. Alternatively, pan-fry the gyozas with 1 tablespoon of sesame oil.



"I started working for a Japanese family in 2019. That time I cannot cook well. My employer patiently taught me many Japanese dishes, and it's very useful for me as I can apply in my work and every day life. I choose gyoza/dumpling to submit because there is a similarity between Japanese and Singaporean cuisine. Gyoza/Dumpling represent wealth and prosperity. Cooking homemade dumplings helps me bond with my second family here in Singapore. I prepare the fillings and we wrap it together while having a funny conversation 😊"

MEDINA ANALIZA GERVACIO & EMPLOYER

Fried Vietnamese Spring Rolls



Preparation

1. Soak the dried fungus, dried prawn, dried mushroom, and glass noodles separately. When the first 3 ingredients are soft mince it together.
2. Mince the shallot and cut the yam into small dice. In a small pan, add the oil on medium heat and sauté the shallot until fragrant. Add the yam and stir until the colour changes. Set aside to cool down.
3. Grate the carrot and radish or parsnip.
4. Mix all the ingredients and keep in the fridge to marinate for 30 minutes to 1 hour.
5. For wrapping - dip the rice paper into the water to soften it and scoop 1 tbsp of marinated ingredients and wrap it.
6. Fry on medium heat until golden brown.
7. Serve while hot.
8. For dipping sauce, mix all the ingredients listed.
9. We usually eat it with lettuce/butter cup lettuce, coriander leaves, mint basil, and Vietnamese *bigaon*.

Ingredients

- 500g minced pork or chicken
- 150g carrots, 200g radish or parsnip
- 300g taro/yam, 50g glass noodles
- 15g dried prawn, 20g dried fungus
- 3 pcs dried shiitake mushrooms, 3 pcs shallots
- 4 eggs, bunts of spring onion, 1 tbsp salt, 2 tbsp sugar
- 1 tbsp seasoning (optional), 1 tbsp sesame oil
- Rice paper and Vegetable oil to fry.

Dipping sauce:

- 2 tbsp sugar, 1 tbsp lemon juice, 1 tbsp vinegar
- 2 tbsp fish sauce, 150ml warm water, Garlic, Chilli (optional)



"This dish is special to me because when I started working with my current employer, I don't have knowledge in cooking but with the trust and patience of my boss, I gained confidence to cook. Spring roll is the first dish my boss taught me to do and now is my favourite."

MADONNA ANZURES

Grandma's Quiche



Ingredients

Quiche crust:

- 185g of plain flour
- 100g butter, chilled and chopped
- 2 tbsps ice water

Filling:

- 1 tbsp olive oil
- 4 rashers of bacon, chopped
- 1 leek, sliced
- 1 onion, finely diced
- 200g white mushrooms, sliced
- 100g grated cheddar cheese
- 1 red capsicum, sliced into long strips
- ½ cup fresh parsley, chopped
- Salt and pepper to taste

Egg mixture:

- 4 eggs
- 125ml cooking cream
- 125ml of fresh milk

Preparation

Quiche crust:

1. Mix the flour and the butter, and rub until it resembles breadcrumbs. Add the ice water. Mix well. Roll into a small ball. Cover with plastic wrap, and chill for 30 minutes. Then, roll it out and line baking tin with the dough.

2. Preheat the oven to 200°C. Bake the crust for 15 minutes. Remove from oven and cool. Reduce the temperature to 180°C.

Filling:

1. Heat a pan. Add the olive oil. Fry the bacon, leek, onion, and mushrooms in a pan till aromatic.

2. Sprinkle it onto the crust, together with the grated cheese, and pour egg mixture (eggs, cream, and milk).

3. Add the sliced capsicum, season with salt and pepper then top with chopped parsley.

4. Bake for 20 minutes or until just set. Let it cool down for 10 minutes before serving.

5. Serve with freshly tossed green salad.



"This recipe is special because this is my madam mother's recipe. Every time I make this dish, my madam is very happy because it gives her a taste of 'home'. I add a little twist by adding leek and capsicum in the filling and use homemade crust instead of ready-made ones. I also use half milk and half cream to make it taste lighter."

EVELYN OBILLO & EMPLOYER

Nasi Kuning



Ingredients

- 4 cups rice
- 2 1/2 cups water
- 500ml coconut milk
- 2 bay leaves
- 1 stalk lemongrass
- 2 tsp salt
- 2 tsp turmeric powder

Preparation

1. Wash the rice. Soak the rice for about 15 minutes. Rinse. Steam rice for 10 minutes.
2. In another pot, boil some water, coconut milk, bay leaves, lemongrass, salt, and turmeric powder. Keep stirring until it boils, then turn off the fire.
3. After rice is steamed, mix it with the boiled coconut milk mixture. Stir well and leave the rice to soak.
4. Steam the rice again for about 30 minutes.
5. Serve nasi kuning with baked chicken, sambal goreng, omelette, sambal chilli, and serundeng.



“This dish is so special to me because it represents the essence of my Indonesian heritage and the connection to my roots. It’s a dish that I grew up with, and every bite is like a taste of home. While I didn’t create the recipe myself, I learnt to prepare ‘nasi kuning’ from my family and the talented cooks from my community in Indonesia. It’s a treasured recipe that’s been passed down through generations, and each time I prepare it, I feel a deep sense of pride and nostalgia. I may be far from home, but through this dish, I can bring a piece of Indonesia to my life in Singapore. Thank you! 😊”

LINA KRISTINA

Popo's Yam Cake



Preparation

1. Lightly rub the sliced shallots with salt before frying. Fry over medium heat and fry until golden. Drain the oil.
2. Soak the dried shrimp for 5 minutes. Wash and drain, then grind the dried shrimp until fine. Fry in a little oil until foamy and golden brown.
3. Mix the rice flour with water in a pot, stir until evenly mixed, and set aside about 1 hour. After the rice flour has settled to the bottom of the pot, discard the water on the surface add more water and stir until evenly distributed.
4. Soak the salted pickled radish for 5 minutes. Wash thoroughly and drain.
5. Cut the yam into cubes and set aside. Cut the chicken thighs into small cube-sized pieces and set aside.
6. Heat the wok. Add some cooking oil, then add the chicken. Stir-fry until it changes colour, add the salted pickled radish, stir-fry until well mixed. and add the soy sauce, along with pepper to taste. Then, add 3 tbsp of fried dried shrimp. Stir until evenly mixed, add the yam and mix well. Add water to cover the yam and salt to taste. Cover the wok and bring to a boil.
7. After the yam has become soft, lower the heat. Then, add the rice flour mixture little by little, stirring until the rice flour mixture is well blended with the yam. Continue using low heat.
8. Put the yam mixture into a steaming pan. Smoothen the surface with a bit of water using a spoon.
9. Steam for 45 minutes. Let it cool down before serving. (*Note: Steam for 30 minutes when using a rectangular pan*).
10. Take a piece of yam cake and add the toppings i.e., fried shrimp, fried shallots, spring onion, parsley, and chilli sauce.

Ingredients

- 2 medium-sized Yam or taro
- 500g onion/shallot, sliced thinly
- 500g dried shrimp
- 250g rice flour
- 1L Water (to soak rice flour)
- 2 boneless chicken thighs
- 1 packet salted pickled radish
- 1 tbsp soya sauce
- Cooking oil
- Salt and white pepper to taste

To steam yam cake:

- 1 round pan: 30cm diameter
- 1 rectangular pan: 24cm × 4cm

Garnish/Sauce:

- Spring onions or parsley
- Red chilli sauce or Kimball chilli sauce



"I learnt this recipe from my employer's mother, who has since passed away. It is sentimental as it was passed down from generation to generation in my employer's family."

**KHAERIATUR ROHMAH
& EMPLOYER**

Bitter Gourd with Pineapple Soup



Ingredients

- 1 large bitter gourd
- 1 inch ginger, sliced thinly
- 1 tbsp sesame oil
- 1 whole chicken with bones, cut into pieces
- 1 tbsp yellow lentils
- 1 quarter pineapple, cut into chunks
- 1 tbsp miso paste
- Salt, to taste
- Sugar, to taste

Preparation

1. Slice the bitter gourd into large chunks. Remove the seeds and white stuff.
2. Boil some water and blanch the bitter gourd.
3. Heat the frying pan. Pan-fry the ginger with sesame oil until brown.
4. Add the chicken pieces. Remove the chicken once brown on the outside. Pour water into the pot and wait until the water boils.
5. Add the yellow lentils, pineapple, and miso paste. Boil for 10 minutes.
6. Add the chicken and bitter gourd. Add salt and sugar to taste.
7. Serve warm.



“Our dish is special because it is good for maintaining blood sugar levels. It kills pancreatic cancer cells, purifies blood, supports liver health, and lowers cholesterol.”

**DWI ASTUTI &
EMPLOYER**

Mak Amy Chocolate Mug Cake



Ingredients

- 3 tbsp all-purpose flour
- 1 tbsp milk powder
- 1 ½ tbsp caster sugar
- 1 ½ pinch baking powder
- ½ pinch baking soda
- 2 tbsp Hershey's chocolate syrup
- 5 tbsp fresh milk
- 2 tbsp cooking oil
- ½ tsp vinegar
- ½ tsp vanilla essence
- 2 tbsp chocolate chips
- Rainbow sprinkles (optional)

Preparation

1. Combine all the dry ingredients in a bowl. Mix well.
2. Add the rest of the ingredients, except the chocolate chips.
3. Mix well, until consistent.
4. Add the chocolate chips and mix well.
5. Add the rainbow sprinkles.
6. Put the mixture into a ceramic cup. Microwave for about 2 minutes.



“This snacks recipe is special because it makes it easier for mom when we don't have much time to cook for the kids. Mak Amy Mug cake is my own recipe with my love. Before I made this recipe, I compared with many recipes. This final recipe is the best, tastes good, and takes only two minutes to cook in the microwave.”

AMINIYATI

Ayam Buah Keluak



Ingredients

- 10 pieces *buah keluak*
- 1 whole chicken
- Cooking oil

Blending ingredients:

- 10-15 cloves shallots
- 1 whole garlic
- 10 pieces dried chilli
- 5 pieces candlenut
- 1cm fresh turmeric
- 1cm galangal
- 2 stalks lemongrass
- 5 Kaffir lime leaves
- 2 tbsp salt
- 3 tbsp sugar
- 1 tsp Knorr chicken cube

Preparation

1. Soak the *buah keluak* in water for 4 to 5 days. Wash it every day with a brush, so dust from the *buah keluak* can be cleaned.
2. Then, cut the chicken into pieces. Add salt. Let it rest for 30 minutes.
3. After that, cut a 1-2 cm slit in each *buah keluak*.
4. Blend all the blending ingredients.
5. Heating a pan. Add some cooking oil. Add the blended ingredients. Fry until aromatic. Add the *buah keluak*.
5. Cook for 20 minutes, then add in the chicken.



“This dish is so unique ranging from the cooking process, colour, looks and tastes so much different from other dishes. It is also tasty.”

ERNAWATI

Carbonara ala Joy



Ingredients

- 2 tsp of salt
- 1 tsp cooking oil
- 100g angel hair pasta
- 200g bacon strips
- 2 egg yolks

Preparation

1. In a pot, boil water with salt and oil, then add the angel hair pasta. Cook for 2 minutes.
2. Remove from the fire and drain. Set aside some of the pasta water.
3. Fry the bacon till crispy then cut into smaller strips.
4. In a frying pan, whisk the egg yolks then pour over the pasta. Mix until well coated then add a bit of pasta water. Season with pepper and salt then add the bacon strips.



“It is very easy to prepare and there are not many ingredients to use.”

**ARCHIE JOY &
EMPLOYER**

Stuffed Peppers



Ingredients

- 400g minced pork - 400g (optional) [can use minced chicken]
- Minced chicken - 500g, Oats - 1 bowl, Cooked rice - 1 bowl
- Sweet peppers - 10 pcs (Seeds removed)
Set aside the edge, and cut into cubes.
- Onion - 1 big (half for mixing - blended; half for stir fry - cut into small pcs)
- Carrots - 2 pcs (shredded)
- Pork Belly - 3 strips (cut into 1inch) (optional) [can use chicken]
- Ketchup - 4 tbsp mix in a bowl of hot water
- Oil - 2 tbsp
- Salt - 1 tbsp (half for mixing and half for sauce)

Preparation

1. Mix the first 4 ingredients with blended half onion and half tbsp salt. Stuff into pepper and set aside.
2. Heat the frying pan. Add the oil, stir fry the onion until tender. Add the pork belly and fry a bit. Add the shredded carrots and cubed pepper edge.
3. Mix well and simmer until tender. Turn off the fire.
4. In another pan, put half of the ingredients from frying pan, put on base then add the stuffed pepper upward and add the remaining stir fry ingredients.
5. Add the ketchup mixture and more hot water until almost covering the pepper. Add salt.
6. Boil for 10 minutes in medium fire and simmer for 20-30 minutes in low fire. Add salt as preferred for your taste. Turn off the fire.



"I think this dish is special because this dish consists of many vitamins in the ingredients. It's a flavourful and colourful dish and easy to prepare. Most of all, I prepared it with my employer."

**PAYOS DONNA
FUNDEMEERA & EMPLOYER**

Cauliflower Chapati with Kadai Fish Curry



“Chapatti is special to me because I am a Panjabi; it is my hometown food. Kadai fish is special to my sister (employer) because she is really good at making Indian recipes.”

**MANJINDER KAUR
& EMPLOYER**

Ingredients

Dry roasting spices

- 1 inch cinnamon stick
- 3 cloves
- 3 pods green cardamom
- Tiny piece of mace
- 8-10 black peppercorns
- ½ tsp turmeric powder
- 2 tsp red chilli powder
- 2 tsp coriander powder
- 1 tbsp cumin powder

- A generous pinch of garam masala powder
- 1 tbsp oil
- 3 tbsp curry leaves
- 5 pieces dried bay leaf
- 2 green or red capsicums, 1 de-seeded and cut into thick strips
- 1 large brown onion, finely chopped
- 2 tbsp ginger-garlic paste: made from a 2-inch knob of ginger and 8-10 cloves of garlic
- 2-3 green chilies
- 2 large tomatoes, chopped
- 500g boneless white fish, cut into chunks
- 1 cup water
- Salt

For garnish:

- 1-inch fresh ginger, julienned
- A few cilantro leaves

Preparation

1. Dry roast the spices on low heat till they are fragrant. Cool slightly. Coarsely grind them using a mortar and pestle or spice grinder.
2. Set aside. Dry roast the masala powder on low heat and keep aside. Heat 1 tbsp of cooking oil in a wok and sauté the capsicums for 1-2 minutes.
3. Remove and set aside. Heat some oil in the same pan.
4. Add the onions and sauté till lightly golden. Add the ginger-garlic paste and green chilies. Sauté till fragrant. Add the tomatoes and sauté till they turn mushy.
5. Add the ground whole spices and the roasted masala powder. Sauté for another minute. Add a cup of water and bring the gravy to a boil.
6. Add the fish and mix lightly. Season with salt. Cover and simmer for 5-7 minutes, to cook the fish.
7. Open the lid, simmer further to thicken the gravy to your liking. Add in the sautéed capsicums. Sprinkle garam masala powder. Remove from the heat.
8. Serve hot, garnish with slices of ginger and torn coriander.

Pearl Rice



Ingredients

- 1 cup glutinous rice
- 1 carrot
- 2 stalks spring onions
- 1 thumb ginger, grated
- 400g minced pork
- 2 tbsp light soya sauce
- 2 egg whites
- 1 pack plain biscuits, crushed
- ½ tsp salt
- 1 tbsp rice wine
- 1 tbsp oyster sauce
- ½ tsp white pepper

Preparation

1. Wash the glutinous rice and soak in water overnight.
2. Slice the carrots into small pieces or use grated carrots. Slice the spring onions thinly. Add the grated ginger and mix with the minced pork.
3. Add the soya sauce, egg whites, plain biscuits, salt, rice wine, oyster sauce, and white pepper. Mix well and let it stand for at least 1 to 2 hrs.
4. Drain the water of the glutinous rice mixture and let it dry.
5. Make a ball (any size) using the minced pork mixture. Coat it with the glutinous rice. Repeat until you finish coating all the minced pork coated with glutinous rice.
6. Steam the balls over medium heat for 30-45 minutes.



"This dish is very special to me because it's the first Chinese food I learnt and it's the only memory with the Ah Mah I cared for in Taiwan. She patiently taught me to make this because she always said someday my kids will love it. When I went back home, I made this dish and not only my kids love it, all the people who ate this loved it too."

MYLENE MENDOZA CAMINGAY

Creamy Soup with Salmon Cubes, Crab Stick, Garlic Bread



Ingredients

- 200g salmon fillet
- 1 carrot
- ½ large leek
- 7 cloves garlic
- 1 medium-sized brown onion
- A few sprigs of parsley
- 4 tbsp butter
- 500g chicken stock
- 1 tbsp corn starch
- 1 tsp salt
- 1 tsp sugar
- ½ tsp black pepper
- 300g cooking cream
- 200g crab stick

Garlic Bread:

- 2 large cloves of garlic
- 112g salted butter
- 1 loaf coarse bread

Preparation

(15min preparation, 30min cooking)

1. First, cut the salmon into squares. Cut the carrots into thin slices. Cut the leek into thin strips. Chop the garlic, onion, and parsley.
2. Heat the frying pan, add 1 tablespoon of butter then fry salmon cubes. When salmon is half-cooked, remove and set aside.
3. Add 2 tablespoons of butter to the same pan. Add chopped garlic and onion. Fry until fragrant then add the carrots.
4. Add the chicken stock and let it boil. Add corn starch, salt, sugar, black pepper, leek, salmon, and cooking cream. Let it come to a boil.
5. Add crab stick and parsley.

Garlic Bread:

1. Mix salt, garlic, and butter in a bowl. Cut the bread coarsely, if needed. Spread the garlic butter on the bread slices.
2. Bake in the oven for 5 to 10 minutes at 160-175°C.
3. Serve with creamy soup.



“This my favourite food when I’m not in the mood to eat rice. When I cooked this for my employer, they all liked it. Now, I cook this dish often.

Thank you. 😊”

SITI SYARIDHO TIAH

Lemper Ayam



Ingredients

- 2 cups sticky rice
- 1 whole chicken breast
- 1 pack of coconut milk
- 2 stalks Lemongrass
- Kaffir lime leaves
- Salt and pepper to taste - your own preference
- 2 onions
- 5 cloves of garlic
- Banana leaf/aluminum foil optional

Preparation

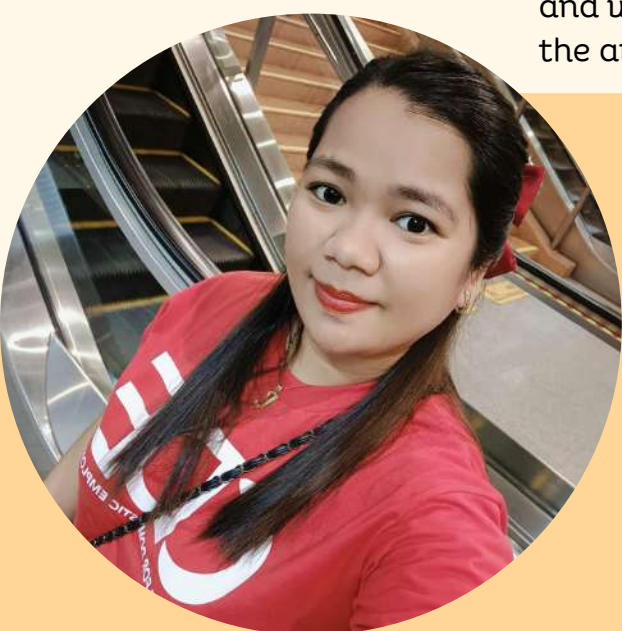
1. Soak sticky rice for an hour, after that steam it for 30 minutes. Mix with coconut milk and steam for another 10 minutes. Add pounded lemongrass to the rice.

For the filling:

1. Steam chicken breast and shred it in small pieces.
2. Blend the onion, garlic, and lemongrass together to make a paste.
3. Sauté the shredded chicken and the paste you made.
4. Add the kaffir lime leaves, salt, and pepper to taste.

For making a roll:

1. Put the first layer of sticky rice on a board, the next layer with chicken, and cover the top with another layer of rice like making a sandwich. Divide the layered rice into your desired measure and wrap it with a banana leaf! Steam again for 15 minutes for the aroma 🍴



“This recipe is special as it reminds me of one of my Indonesian good friend (I am a Filipino). So this is a remarkable and significant symbol of friendship. We have a lot of delicious recipes. The moment I tried this dish, I can’t forget it and it’s instilled in my heart. From then on, I started to make my own based on how I remember the taste. I always crave for this especially if I don’t have the appetite to eat. It serves as a comfort food for me.”

**JENELYN ALEGONERO LEYBLE
& EMPLOYER**

Stir Fried “Annvyhon”



Ingredients

- 500g rice noodles
- Hot water
- 15 dried anchovies or dried shrimp
- 2 cloves of garlic, chopped
- 2 big fish cakes
- 1/2 Chinese cabbage
- 1 carrot
- Cooking oil
- 2 eggs (optional)

To taste:

- 2 tsp of light soya sauce (can add more if not enough)
- 1 tsp dark soya sauce, white pepper

Preparation

1. Soak rice noodles in hot water for 2 minutes.
2. Slice all ingredients except the dried anchovies.
3. Heat the wok. Add 3 tsp cooking oil and deep fry the dried anchovies.
4. Add garlic and fish cakes and fry until little bit brown.
5. Add the cabbage and carrot. Add rice noodles.
6. Add the light soya sauce, dark sauce, and white pepper.
7. Stir fry for 5 minutes and add in 2 scrambled eggs (optional).
8. Your Stir fry Annvyhon is ready to serve and eat 😊😊



“One day, I asked my employer what to cook for lunch. We have plenty of food inside the fridge that I'm able to cook but I wanted to cook a simple and lovable dish. Ma'am suggested that we cook beehoon but we need to add a twist to make it more delicious. Ma'am said that I can add any ingredients I wanted including dried anchovies and eggs. It's my first time eating stir-fried beehoon with dried anchovies and scrambled eggs. Our recipe came out very yummy and everyone at home loved it! From that day on, I call it "ANNVYHON" and I cook it once a week. It's special because my employer gave me the idea to create this simple yet yummy, nutritious, and affordable dish. 🙌”

SIDON CHARO GABAY & EMPLOYER

Chicken Rica Rica with Spicy Paste



Ingredients

- 1 whole chicken (about 1kg, cut into 15 pieces or use drumsticks, quarters, thighs, etc.), 1 lime and 1 tsp salt
- Combine the above three ingredients and marinate for 5 minutes then fry briefly
- 5 tbsp oil
- 3 lemongrass, bruised and knotted, and 7 kaffir lime leaves
- 1 turmeric leaves and 2 bay leaves and 1 tomato

Grind the following into spicy paste:

- 10 large red chilies, 5 chilli padi
- 100g shallot and 6 cloves garlic
- 2 inches ginger and 2 inches turmeric
- 3 candlenuts and 1 tsp of salt
- 1 tsp seasoning (optional) and 500ml water

Preparation

1. Heat 5 tablespoons of oil, saute 3 lemongrass, kaffir lime leaves, turmeric leaves, bay leaves and tomatoes until fragrant.
2. Then add the ground spices, and saute until the oil breaks down.
3. Then add the fried chicken, and the water, and wait until it boils.
4. Add salt and seasoning (optional).
5. Wait until the water has reduced, sprinkle with spring onions, and remove from heat.
6. Serve while hot with a plate of warm rice.

"This is my employer's favorite childhood dish and her parents taught me how to cook it."

HIJRA SRIYANTI & EMPLOYER



Lemak Chili Padi



Ingredients

- Cooking oil
- 1 Knorr chicken cube
- 2 sticks lemongrass
- 1kg chicken, cut into pieces
- Water
- Lime leaves
- 3-4 dried tamarind slices/asam flower
- 200ml coconut cream

Blended spices:

- 2 large red onions
- 5 cloves of garlic
- 1cm fresh ginger
- 2 large green chilies

Preparation

1. Heat the frying pan, add a little cooking oil.
2. Add the blended spices, chicken cube, and lemongrass. Sauté until brown.
3. Add the chicken pieces. Add enough water, and cover the frying pan until the spices are absorbed.
4. Add the lime leaves, tamarind slices, and coconut cream. Stir over low heat.
5. Once cooked, serve with hot rice.

“This food is my boss's favorite food, especially my ma'am. My ma'am taught me the spices and cooking method. This dish is a recipe handed down from my employer's family.”

NURYATI



Waragenab (Arabic dish)



Ingredients

- Grape leaves (30pcs), 1 cup of rice (round rice)
- Coriander leaves, dill, parsley, Oregano
- 4 cloves of garlic, 1 onion, 2 tomatoes, lemon juice (½ cup), Olive oil (2 tbsp)
- Tomato paste (2 tbsp), 1 chicken cube
- For Sauce: Lemon juice (1 cup), Water (3 cups), Tomato paste (2 tbsp), Oregano powder (1tsp), Cumin (1 tsp), Salt (1 tsp), Pepper (½ tsp)
- Chili (optional), Tamarind paste (3 tbsp), Pomegranate paste (3 tbsp), Olive oil

For toppings and the dip (pink):

- Carrots/potatoes, Lemons, Yogurt, Beetroot, Garlic,
- For the dip (green): Yogurt, Mint, Garlic, Chili

Preparation

1. In a cauldron, put 2 tbsp of olive oil and saute the onion and garlic until it become golden brown.

2. Add the tomato and chicken cubes and mix for a bit. Add the drained rice and mix. Put the tomato paste and lemon juice and mix cook for 5-7mins only. After that, you can add all the vegetable leaves. Set aside and let it cool before you wrap it in grape leaves.

3. While waiting to cool it down, you can prepare the sauce for the waragenab; In a pot mix all the ingredients. Water, lemon juice, tomato paste, salt, pepper, oregano powder, cumin, tamarind paste, pomegranate paste, chili (cut in small size).

4. Cook for 10 minutes or until it boils. In a pot put leftover grape leaves or potatoes in the bottom. Wrap the rice mix with grape leaves and put it in the pot. After you finish it, put some olive oil on the top and put the ready sauce together. You can put a heavy plate on the top so that the rice wrap will not break. Cook for 1 ½ hours on medium fire.

5. Prepare the dip: Mix all the pink dip in a mixer grinder until all ingredients have mixed and transfer it to the bowl. Mix all the green dip in a mixer grinder until all ingredients have mixed and transfer it to the bowl. Check the waragenab and let it cool and transfer it to the plate. You can put carrots, lemons, and kubuz (Arabic bread or pita bread already toast) for toppings.

Enjoy your waragenab with a different colour dip 😊
Cooking and preparation time is 2-3 hours.



“Waragenab is a very famous and specialty dish of Arabs. On every occasion, there is always waragenab on their table especially Ramadan days and Eid. Waragenab is made of mixed rice wrapped in grape leaves with a mix of spicy and sour sauces. I also added pomegranate and tamarind paste which makes it special. The sauce will caramelize and dips also add a taste when you mix it in waragenab.”

MARICEL MOLINOS

Chinese-Style Steamed White Pomfret



Ingredients

- 1 large white pomfret
- 1 tsp light soya sauce
- 2 sour plums
- 30g of ginger, julienned
- 2 red chilies, julienned
- 1 large tomato, sliced
- Coriander (for garnishing)
- spring onions

Preparation

1. Clean and pat dry the pomfret. Make a few slits on each side of the pomfret. This is to ensure the fish will cook evenly.
2. Rub the sour plum onto the pomfret.
3. Place ginger slices on steaming plat. Place pomfret on top of ginger slices. Add remaining ginger slices on top of the pomfret. This is to prevent the fish from sticking to the steaming plate.
4. Add 1 tsp of light soya sauce.
5. Steam the fish at medium-high heat for about 15 to 20 minutes (depending on the fish's size) or until cooked.
6. Add the coriander and spring onions, then cook for another 5 minutes.
7. Serve hot, with steamed rice.

"I love this simple and delicious dish. I was taught by another helper who learnt to cook this dish from her first employer."

**ALMA DIARIOS CABALBAL
& EMPLOYER**



Homemade Pappardelle Bolognese Pasta



Ingredients

For pasta dough:

- 2 free-range eggs (at room temperature)
- "00" flour (250g) or APF (all-purpose flour)
- Water (1/2 cup)

For Bolognese tomato pasta sauce:

- 250g ground beef
- 400g fresh vine tomatoes
- 400g mutti tomato sauce
- 20g fresh basil
- 5 crushed cloves garlic
- 1 yellow onion medium
- 1/4 tsp black pepper & 1 tsp salt
- 5 tbsp olive oil & 2 cups water.

Tools:

- Wood cutting board or countertop
- Rolling pin or pasta machine
- Sharp knife
- Lightweight towel (thin cloth)
- Kitchen scale (recommended)

Preparation of pasta dough:

1. Make a well in the center of the flour. Crack the eggs into the center of the well and use a fork to mix the eggs and flour.
- 2) Mix the dough slowly and knead it for 10 minutes.
- 3) Wrap the dough with cling film and keep it in the fridge for 30 minutes.

Preparation

For pasta sauce:

1. Pour 500ml cold water into a medium pot and bring it to a boil. When the water is boiling, add the vine tomatoes then boil for 6 to 7 minutes. Set aside the tomatoes to let them cool.
2. Peel off the tomatoes' skin after cooling and chop the tomatoes into cubes. Meanwhile, dice the garlic and onion.
3. Heat up a large pan over medium heat. Add olive oil, onion, and garlic. Saute until the garlic is fragrant and add the salt and black pepper. Saute them well.
4. Add the ground beef into the pan and cook for 5 minutes until the beef colour is changed. Add basil, chopped tomatoes and sauce. Stir well to combine and allow the sauce to simmer over low heat for 30 minutes. If you cook tomato sauce for a longer time, the flavour is tastier. After the sauce is done, taste it and season it with salt and pepper, if needed.
5. Boil the salted water in a very large pot for pasta. When the water is boiling, add the fresh pasta to the pot and boil it until the pasta floats to the surface. Boil 1 to 3 minutes for fresh pasta. When the pasta is ready, add to the tomato sauce pan and combine the pasta and the sauce very well. Serve it with spread little of great pecorino cheese on the pasta.



"This dish gives me a lot of motivation and determination. Making fresh pasta requires practice. You need patience, time, and motivation to learn from the start and you can't give up halfway. You are going to fail the first time, but don't give up and continue with what you're doing. I have failed once but I tried again and again to get the right texture. Because of my motivation and determination, I can now make most pasta and even some other noodles by myself. I love homemade food. I love to see when others are enjoying them. I feel contented and joyful."

THIDAR TUN

Spaghetti Sauce with Ground Pork



Ingredients

- Spaghetti - 300g
- Ground Pork - 2 packets
- Button Mushroom - 200g (Sliced)
- Prego Tomato sauce - 400g
- Chicken stock- 1 cube
- Salt & pepper
- Onion - One Medium Chopped.
- Bay leaf - 3x
- Sugar - Half tsp
- Water- 2 Cup (to boil Chicken stock)
- Carrot - 1 (Chopped in to small cube)
- Olive Oil (2 Tbsp)

Preparation

Frying ground pork:

1. Heat the pan. Add the ground meat and cook/fry until brown for about 7 minutes.
2. Add Salt & and pepper to taste. Stir well until brown. (Use a wooden spoon)
3. Take out and place aside. (No need to wash the pan)

Cooking chicken stock:

1. Boil 2 cups of water in a small pot. Add Chicken stock and boil. Set aside.

Cooking Spaghetti:

1. Boil water and add in the spaghetti and a pinch of salt. Cook for 10 to 13 minutes.

Making sauce:

1. Heat the pan. Add olive oil, chopped onions, and carrots. Fry until slightly cooked.
2. Add the fried ground pork. Stir well.
3. Add the Prego Tomato sauce, bay leaves, and sugar. Stir well.
4. Add the chicken stock water and cook for 30 minutes.



“Spaghetti is better than rice because it provides more fiber and protein than rice, is easy to make, and is healthy. Kids & Adults love to eat it. If you cook more portions, you can keep in the fridge too. When the sauce is cooked longer, it tastes better. I learned this recipe from my employer, Conny. Also, sometimes, I use ground beef instead of ground pork.”

THIDAR SUN & EMPLOYER

Shrimp Rendang with Green Peas



Ingredients

- 3 tbsp olive oil
- 800g-1kg fresh or thawed prawns, shelled and deveined
- 1 medium-sized brown onion, chopped
- 2 cloves garlic, chopped
- 500g green peas or baby peas
- 1 pack Prima Taste Rendang Complete Sauce
- 360g coconut powder
- Hot water
- 1 Knorr beef cube
- 1 Knorr chicken cube
- 2 sprigs coriander, chopped
- 1 cup hot water

Preparation

1. Heat the wok. Add 2 tablespoons of olive oil, sauté the prawns until they turn pink. Drain the excess liquid. Set aside the prawns.
2. In the same wok, add 1 tablespoon of olive oil. Sauté the onion, add the garlic. Sauté for 2 minutes, until aromatic. Add in the peas, sauté for 3 minutes (baby peas) or 5 minutes (normal green peas).
3. Under high heat, add in cooked prawns and rendang sauce. Mix thoroughly, ensure the sauce fully coats the prawns and peas.
4. Dissolve the coconut powder in the hot water. Add into the prawn mixture. Mix it thoroughly until it boils for 3-4 minutes. Let the liquid evaporate partially, until it forms a thick gravy. Add the beef and chicken cubes and mix thoroughly. Finally, add the chopped coriander. Serve warm..

“There are a number of very special reasons why I consider this dish an extra special one! It is highly flavourful and weirdly came to my mind 🤔. As weird as it sounds, once you’ve tasted it, you’ll realise that everything is possible with our creativity in the kitchen. It’s authentic and palatable. As Rendang always uses beef, I decided to use other types of meat, such as shrimp as it is cheaper and more tender. It requires less time to cook. This dish is not complicated and the ingredients are always available and affordable.”

**BASAN MAKRISTINA CASSANDRA
PANUDA & EMPLOYER**



Sweet Pork Ribs



Ingredients

- 3 pieces of pork ribs
- 2 tbsp light soya sauce
- ½ cup water
- 2g sugar

Preparation

1. Wash the pork ribs and boil in water. Add soya sauce.
2. In a bowl add half cup of water. Add the sugar and dissolve in the water.
3. When the pork is soft add the sugar and water mixture.
4. Simmer the pork until the sauce becomes sticky.

“This is my bonding time with my employer’s grandmother. She taught me how to cook since my employer’s child really likes sweet meat.”

ERICA TORRES



Chicken Thigh with Herbs



Ingredients

- 500g boneless chicken thighs
- 1 tsp onion powder
- 1 tbsp ground cayenne pepper
- 1 tsp salt
- 1 tsp paprika powder
- ½ green capsicum & ½ red capsicum
- 2 sprigs fresh rosemary
- 2 sprigs fresh thyme
- 2 sprigs coriander
- ½ lemon, rind removed
- 1 brown onion
- 2 cloves of garlic
- 2 tbsp red wine
- 3 tbsp black rice vinegar
- 1 tbsp olive oil

Preparation

1. Cut the chicken thighs into bite-sized pieces.
2. Marinate the chicken thighs with onion powder, ground cayenne pepper, salt, paprika, pepper.
3. Grind the capsicums, rosemary, thymes, coriander, lemon, onions, garlic, red wine, black vinegar.
4. Mixed all the ingredients with the chicken and add 1 tablespoon of olive oil.
5. Preheat the oven at 200°C. Bake for 45 minutes.

“This dish is tasty, depending on the way you cook.”

**NORILLYN CRUCILLO
& EMPLOYER**



Baked Pork Ribs



ingredients



marinated sauce



marinate overnight



baked whole pork ribs



slice baked pork ribs



cooked pork ribs result

Ingredients

- 1kg pork ribs
- Onion/Garlic/Ginger
- 1 tbsp sugar
- 1 tsp cooking wine & 1 tbs Oyster Sauce
- 2 tbsp light sauce & 1 tbs dark sauce
- 1 tbsp sesame oil
- 2 tbsp tomato paste and tomato sauce
- 1 tsp salt
- 1 tsp white pepper and black pepper
- 1 tbsp cinnamon powder
- 1 tsp mixed Herb
- Star anise seed cinnamon stick cloves, cardamom
- Butter
- 500ml 7-up soda

Preparation

1. Butter is used to fry onion, garlic, and ginger you cook until golden brown, remove from pan.
2. All ingredients mixed in pork ribs after that you fry pork ribs until golden brown.
3. Then marinate in 500ml 7-up overnight.
4. Preheat the oven in 10 mins at 250°C.
5. Then put the marinated pork in the oven for 45 mins cover with aluminium foil and then remove aluminium.
6. Wait for 10 mins to become golden brown or like look light red.

"This is my special recipe which I always make for my employer and her family and they all like it."

MARY JOY CADANGIN



Vege Momo



Ingredients

- Cabbage
- Carrot
- Onion
- Garlic
- Coriander leaves
- Spring onion
- Black pepper powder and white pepper powder
- Vegetable oil
- Salt
- For the dough plain flour and water
- For sauce red chili padi garlic tomato

Preparation

1. Chop all veggies and mix with other ingredients.
2. Make a momo skin (like roti) by taking small ball from dough fill up with mixed veggies.
3. Wrap and steam and cook.

“This dish is special for me because this is our local and very famous dish back in India.”

NAMITA TAMANG



Black Sauce Chicken



Ingredients

Marinade:

- 500g chicken wings
- 3 tbsp light soya sauce
- 1 tsp dark soya sauce
- 1 tbsp sweet sauce
- ½ tsp white pepper
- 1 tsp sugar
- 2 tbsp cooking oil
- Water

Preparation

1. Mix all ingredients for the marinade with the chicken and wait for 1 hour.
2. Heat the frying pan and add 2 tablespoons of cooking oil. Once the pan begins to smoke, add the chicken wings, without the sauce. Sit constantly, until the chicken is half-cooked. Add the remaining sauce.
3. Add a bit of water and stir until the chicken is well cooked. Wait for the sauce to thicken,
4. Serve warm with rice.

“The first time I joined my employer, I didn't know what to cook for them. My employer taught me to cook a simple dish, called black sauce chicken. What makes this recipe special is that we are Indonesian and we usually use spices but in this recipe, my employer taught me to only use sweet sauce and soya sauce. It was delicious!! I want to save this recipe as it's easy to make. When I go back to Indonesia, I can cook this simple dish for my children.”

LINA & EMPLOYER



Chicken with Chili Malaysia-Style



Ingredients

- 1kg chicken thighs
- 2 tbsp blue ginger (a bit)
- Onion
- Lemongrass
- Chili spicy (3 tsp)
- Ginger (a bit)
- 1 tsp Sugar & Salt
- Galangal plain oil (2 tbsp)
- Coconut milk (small packet)

Preparation

1. Cut the chicken thighs into smaller pieces.
2. Fry chili and curry leaves with 2 tbsp of oil.
3. Add in the chicken and continue frying.
4. Add half a cup of hot water and cook for 15 minutes to get chicken curry.🍲
5. Add in coconut milk (optional).



“My boss likes this dish.”

MARY NYUNT

Hanoi-Style noodles with Grilled Pork



Ingredients

- 500g minced (Pork Shoulder)
- 500g Pork Belly (sliced)
- 500g Rice Vermicelli Noodles (cooked)
- Lettuce Salad and A bunch of Herbs like Coriander, Perilla leaves, Mint, and Asian Basil.

For the Marinade:

- 1/3 cup (80ml) fish Sauce and 1 tbsp Caramel Sauce
- 1/2 cup minced shallots, 1/3 cup minced garlic, and 1 tsp black pepper

For Dipping Sauce:

- 2 tbsp fish sauce then 2 tbsp sugar and 1 tbsp lime juice
- 2 tbsp white vinegar and 1/2 cup water
- 2 cloves of garlic (finely chopped) 1 fresh red chili (finely chopped)

Preparation

1. First, prepare caramel sauce by combining 2 tbsp sugar and 2 tbsp water in a small saucepan. Swirl over high heat to dissolve the sugar but do not stir. Keep boiling until the colour turns golden brown. Remove from the heat and add 2 tbsp of water to stop further browning. Let it cool down before using.
2. Marinade the minced pork with half the ingredients mentioned in the marinade ingredients list for at least 2 hours. Mix well. Marinade the sliced pork belly with the remaining half of the marinade ingredients. Remove the meat from the marinade, draining any excess liquid. Remove marinade solids from the pork belly slices to prevent them from getting burnt while grilling later.
3. Form minced pork into small patties (like slightly flattened meatballs).
4. Traditionally, Vietnamese People grill the pork patties and pork belly over the charcoal. For a modern apartment kitchen, I always grill in the oven on a wire rack. Brush the grill rack with cooking oil to prevent the meat from sticking. When one side of the pork patties/pork belly slices has become nicely golden brown, turn them over and grill until the other side is also golden brown. Make the dipping sauce by mixing all the ingredients for it.

Serving suggestion: Place the pork, salad, and noodles on 3 separate serving plates. Each guest should have their own small bowl of dipping sauce and a pair of chopsticks. Enjoy this dish by dipping the pork salad and noodles into the dipping sauce .



“Bun Cha is a dish from my employer’s hometown in Ha Noi. She lived in Vietnam for 25 years and her mother always makes it for us whenever she visits Singapore. She introduced the recipe and I loved it. I always cook it every time we have guests at home. My employer said that this is the humble dish that has gained a bit of “celebrity” status after Barack Obama had dinner with Anthony Bourdain at a simple restaurant in Ha Noi.”

JOY MAY EDROSO & EMPLOYER

Gluten-free Pearl Ball Rice



Ingredients

- 350g glutinous rice
- 8 dried Shiitake mushrooms
- 500g pork, minced
- 1 egg
- 1 tsp salt
- ½ tsp black pepper
- 1 tsp corn starch
- 600g fresh prawns, minced
- 500g water chestnuts, minced
- ½ cup chopped spring onions
- Chili oil
- Soya Sauce
- Lime juice

Preparation

1. Soak the glutinous rice in water overnight. Drain and spread out the rice to ensure that the rice does not dry out too much.
2. Soak the dried mushrooms in water till soft then drain. Mince the mushrooms.
3. Prepare a steamer for steaming by adding water and bringing it to a boil.
4. In a large bowl, combine the minced pork, egg, salt, pepper, corn starch, and the rest of the ingredients. Mix till well combined.
5. Take 1 tbsp of the pork mixture, form into a ball, roll it over the glutinous rice and place it on a plate 1 inch apart.
6. Oil the steaming plate. Place the pearl ball rice on the steaming plate one at a time. Steam for about 30 to 40 minutes.
7. Serve it with chili oil or soya sauce with lime juice.

“This dish is special to my heart because it is an inspired dish taught by my late grandmother. I chose this dish because my employers are on a strict gluten-free diet.”

**MARITESS CARRASCA
MIGUEL & EMPLOYER**



Ban Mian

Minced Pork Noodle Soup



Ingredients

- **Dough:** 1 1/2 cups all-purpose flour, 1/2 cup of tapioca starch, 1/2 tsp salt, 1 egg (large size), 1/4 cup of water (add little water if it is dry) 1 tbsp cooking oil
- **Marinate the Meat:** 300g ground pork, 1 tbsp sesame oil, pinch of salt, dash of white pepper powder, Pinch of sugar, 1 tbsp cornstarch
- **Ingredients of Soup base:** 300g soya bean seeds, 250g of dried anchovies, 15 cups of water, 7 dried shitake mushrooms, 8 cloves garlic (peeled and smashed), 4 slices of ginger, 1 1/2 tsp salt, 1 1/2 tsp sugar, and a dash of white pepper powder
- **Other ingredients:** Cooking oil, 400g chye sim, 250g dried anchovies (for deep fried), 4 eggs,
- **Garnishes:** 6 stalks green onion, shallots (sliced and fried), splash of sesame oil, white pepper powder, red chili -chopped

Preparation

Marinate the Meat:

Combine the ground pork, sesame oil, a pinch of salt, a pinch of sugar, a dash of white pepper powder, and cornstarch. Mix until well combined. Marinate it in 10 minutes. After 10 minutes, scoop about 1 tbsp of marinated meat paste and form a circle shape. Set it aside.

Ban Mian Dough:

1. In a medium mixing bowl, combine all-purpose flour, tapioca starch, salt, egg, water and cooking oil. Knead with your cleaned hands until it forms a dough. Let the dough rest for at least 30 minutes and cover it with a damp cloth or cling wrap. Set it aside.
2. After 30 minutes, lightly dust your working surface with some tapioca starch. By using the rolling wooden pin, flatten the dough into 1/8 inch thickness and cut or slice it by using a pizza cutter or knife with the dough wide around 3/4 inch of the noodle strands.

Frying dried anchovies and shallot:

Preheat a medium pan with some oil. First, stir fry sliced shallot. Take it out and set it aside. Put generously oil inside the wok just enough to cover the anchovies, and deep fry it until golden brown. Remove and place on an absorbent paper towel to absorb some extra oil.

Making the soup:

1. Wash the dried anchovies. Soak it with water for 1 hour and 3 times alternatively wash the anchovies. Sift and pat dry with a kitchen towel.
2. In a large pot, add water and soya bean seeds. Bring to a boil for 30 minutes. Set it aside.
3. In a separate frying pan, preheat the pan with 1 tbsp of oil. Add garlic and ginger, and stir fry until the garlic and ginger are lightly brown. Add the washed dried anchovies. Stir until it dries up.
4. Transfer the stir-fried anchovies and the mushrooms to the boiling pot (B). Lower the heat and let it simmer for about 20 minutes. (Note: cannot boil too long to prevent the bitterness of the soup base). Season with sugar and salt to taste. Strain the stock and discard the solid ingredients.
5. Ready to serve. (Cooking for 1 portion at a time). A ladle of about 3 cups of soup base along with a few slices of mushrooms in a saucepan. Bring the soup to a boil. Add the ban mian strand noodles, and marinated meat and continue to cook for another 6 to 8 minutes until the noodles are cooked. Add the chye sim. Gently transfer the ban mian noodles into a serving bowl. Garnish with fried shallot, fried anchovies, green onion, a dash of white pepper powder, and a splash of sesame oil. Ready to serve.

"This dish reminds me of my mother who passed away last February because she really likes to prepare dried anchovies or ikan bilis and give to my employer. Since my employer wanted to eat healthy food, I used ikan bilis stock to flavour the healthy meat and vegetables. Actually, my employer doesn't know how to cook but I slowly taught her until she knows how. I just finished my diploma in baking in June 2023 and graduated on 29 October. I learned how to make this recipe during my school days at The Master Training International (TMTI) school."

ZENITH ZATE DADOLE & EMPLOYER



Cottage Pie



Ingredients

- 3 tbsp olive oil
- 800g minced beef
- 2 brown onions, finely chopped
- 3 carrots, finely diced
- 2 cloves of garlic, finely chopped
- 3 tbsp plain flour
- 3 tbsp tomato purée
- 850ml beef stock

Mash:

- 1kg potatoes, chopped
- Cold water
- 1 tsp salt
- 225ml milk
- 25g butter
- 200g grated cheddar cheese
- Salt
- Pepper

“The kids like this dish because there's cheese. I love this recipe also because it is simple and yummy and they say it's a comforting dinner.”

RUSHELL BOSMEON

Preparation

1. Heat 1 tablespoon of olive oil in a large saucepan. Fry the minced beef until brown. You may need to do this in batches. Set aside.
2. Put the other 2 tablespoons of olive oil into the pan. Add the onions and carrots. Cook on gentle heat for about 20 minutes, until aromatic.
3. Add the garlic, plain flour and 1 tablespoon of tomato puree. Increase the heat and cook for a few minutes. Return the beef to the pan. Add the beef stock.
4. Bring to a simmer. Cook uncovered for 45 minutes. The gravy should be thick and coating the beef. After the first 30 minutes, check to see if excess liquid remains. Increase the heat slightly, to reduce the gravy a little. Season well with salt and pepper.
5. Meanwhile, make the mash. In a large saucepan, cover the potatoes with cold water and salt. Bring to boil and simmer until tender.
6. Drain well. Allow to dry for a few minutes. Mix in the milk, butter and 150g cheddar cheese. Mash well. Season with salt and pepper.
7. Spoon the meat into 2 ovenproof dishes. Pipe or spoon on the mash to cover the meat. Sprinkle on the remaining cheese. If eating straight away, heat oven to 200-220°C/Gas 7. Bake for 25-30 minutes or until the top is golden.
8. Alternatively, you can use a slow cooker. Brown the beef in batches. Slowly add in the vegetables, flour, purée, beef stock with salt and pepper. Cover and cook on high for 4-5 hours. Make the mash, as per the previous steps. Bake in the same way to finish.

Rasam

(South Indian Soup)



Ingredients

- 1 tsp turmeric powder
- 1 tsp asafoetida
- 1½ tsp salt
- ¼ cup *toor dhal/pigeon peas*
- 2 tsp tamarind
- 2 tsp ghee
- 1 tsp mustard seeds
- 8-10 curry leaves
- 1 dried red chilli
- 2 tomatoes, chopped
- 1 tsp *rasam powder*
- ¼ coriander leaves, chopped

Preparation



1. Add the turmeric powder, a pinch of asafoetida, and 1 teaspoon of salt to the pressure cooker. Add the *toor dhal* and 2 cups of water. Pressure cook all the ingredients. Mash the softly cooked dhal. Keep aside.

2. Soak the tamarind in 1 cup hot water for 20 minutes. Squeeze out the pulp and discard the seeds. Set aside about 1 cup of the tamarind mixture.

3. Heat 2 teaspoon of ghee in a pan and add in the mustard seed, curry leaves, and dry red chilies. Once the mustard seeds start to pop, add in asafoetida, chopped tomatoes. Add in the tamarind mixture. Cook until the tomatoes are soft.

4. Add in the *rasam powder* with a pinch of salt. Boil for 5 minutes.

5. Add the cooked dhal. Reduce the heat to low, simmer for 10 to 15 minutes.

6. Garnish with coriander leaves. Serve hot with rice.



“I made the decision to submit this recipe because my employer is always craving this soup after travel or whenever they're not feeling well. At first, I learnt how to make rasam from my employer. After some experimenting, I was able to improve the recipe. I'm really proud of the rasam I make now, and I think my employer is too.”

NURAINI & EMPLOYER

Uppu Kari

Kavuni Arisi Dessert

Ingredients

- Cooking oil
- 500g chicken, cut into pieces
- 50g red chilli, sliced
- 200g shallots, sliced
- Salt
- Gingilley oil.
- 200g kavuni arisi/black glutinous rice
- 10g grated coconut
- 1 tbsp ghee
- 1 tbsp palm sugar



Preparation

1. Soak black glutinous rice in water overnight.
2. Heat the frying pan. Add cooking oil, red chili, and shallots.. Fry till aromatic. Add the chicken pieces. Do not add water. Cook on low heat for 10 minutes.
3. Use a pressure cooker or rice cooker to cook the glutinous rice. When cooked, add grated coconut, ghee, and palm sugar.
4. Mix well and serve with the chicken.



“The dish doesn't not contain many ingredients but it is very tasty. It's healthy and people of all ages can have it.”

**SUBRAMANIAN AKILA
& EMPLOYER**

Abacus Yam

Ingredients

- 500g yam or taro
- 2 cups flour
- 1/8 tsp salt
- Cooking oil
- 5 cloves garlic, chopped
- 2 tbsp dried shrimp
- 2 dried mushrooms, sliced
- 30g roasted peanuts, chopped
- 5 tbsp minced meat
- 1/2 stalk coriander



"My employer taught me this recipe. It's special because even though she can't see and walk, she remembers the recipe. She loves to cook but now she is not able to do that again. She's a brave person."

VERONICA ALTILLO

Preparation

1. Boil yam . After that, mix it with flour.
2. Add salt for taste. Make into small circles. Boil for another 15 minutes.
3. Heat a frying pan. Add cooking oil. Fry with garlic, dried shrimp, dried mushrooms, peanuts, and minced meat.
4. After frying, put on a plate. Garnish with coriander.