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|  | **Ingredients** | **steps** |
| *Special Beef Stew* | * 2 tbsp butter * 1 kg beef (sliced to 1 cm thickness) * 2 tbsp oil * 1 onion (roughly chopped) * 2 cloves garlic (finely chopped) * 1 tomato (chopped) * 2 bay leaves * 3 tbsp ABC Sweet Soy Sauce * 200ml yogurt * 100ml water * 1 tsp salt * ½ tsp nutmeg * ½ tsp white pepper | * Boil the beef until tender. * Fry beef with butter. Cook and stir on low heat until all sides are brown. Remove from pan and drain. * Saute onion and garlic in heated oil until fragrant. Add tomato, bay leaves and ABC Sweet Soy Sauce. Stir to combine. * Add water and bring to boil. Add beef, salt and pepper to taste. Cook on low heat for about an hour, or until ingredients are infused. Add the yoghurt and stir well. Remove from heat then serve.   Tip: Use a pressure cooker to speed up the process of tenderising the meat. It is a delicacy to use ox tongue when making this Special Beef Stew. |
| *Mushroom Tofu Stew* | * 3 tbsp oil * 3 cloves garlic (finely chopped) * 50g minced meat (sauteed) * 1 tsp Chinese five spice powder * 3 tbsp ABC Sweet Soy Sauce * 1 cm ginger (finely chopped) * 1 red chilli (deseeded, sliced) * 300ml water * 50g shiitake mushrooms (thinly sliced) * ½ tsp salt * ¼ tsp pepper * ½ cup corn flour * ¼ fresh pineapple (skin removed, cut into triangles) * 1 red capsicum (cut into squares) * 1 pack silken tofu | * Carefully remove tofu from packaging. Cut tofu into 2x2cm cubes. * Place corn flour in a bag and coat tofu cubes in flour a few pieces at a time. Shallow fry in hot oil until golden brown. Drain and set aside. * Saute chopped garlic, ginger and chilli until fragrant, add five spice powder, ABC Sweet Soy Sauce and water, and bring to boil. * Add mushroom slices and meat, simmer until liquid is condensed to half. * Add pineapple and red capsicum and bring back to boil. Add salt and pepper to taste.   Add fried tofu and heat through. |
| ***Tuna Stew*** | * 500g tuna (cubed) * 1 tsp salt * 1 tbsp lemon juice * 5 tbsp cooking oil * 200ml Chaokoh Coconut Cream * 3 kaffir lime leaves * 4 tbsp ABC Sweet Soy Sauce * 200ml water * 3 green chillies (deseeded and diagonally sliced)  Spice  * 5 shallots * 2 cloves garlic * 1 tbsp pepper * 1/8 tsp nutmeg * 2 buds cloves * 1cm ginger | * Rub tuna with salt and lemon juice. Let it rest for a moment. Then pan-fry in 3 tbsp of oil until colour changes. Remove from pan and set aside. * In a mortar, coarsely pound together the seasoning ingredients. * In the same saucepan, remove oil residue and add remaining 2 tbsp of oil. Sauté seasoning ingredients, cinnamon and kaffir lime leaves until fragrant. Add water, coconut cream and sweet soy sauce. Bring to the boil.   Add fish and green chillies and cook until sauce is reduced. Remove from heat and serve. |
| ***Black Pepper Chicken Wing Stew*** | * 10 chicken wings * 1 tsp salt * 2 tbsp black pepper (coarsely grind) * 3 tbsp oil * 1 onion (julienne) * 2 cloves garlic (finely chopped) * 4 tbsp ABC Sweet Soy Sauce * 300ml water * 100g canned champignon mushrooms (sliced) * 150g frozen bamboo shoots (par boiled and chopped) * 1 tsp sesame oil | * Rub salt into chicken wing pieces and set aside for 15 mins. The, shallow fry until light golden brown or half done. Remove from frying pan. * Saute onion and garlic until fragrant. Add sweet soy sauce and water. Bring to boil. * Add chicken wings, mushrooms and bamboo shoots and cook until sauce is condensed and thick. Add salt to taste. Add black pepper and sesame oil.   Stir to combine and remove from heat. Serve. |
| ***Vegetarian nasi goreng with marinated paneer*** | **Paneer**   * **25 g** chilli jam * **1-2 tsp** dark soy sauce * **125 g** paneer-style cottage cheese, cut into slices about 1 cm thick   **Nasi goreng**   * **250 g** basmati rice * **1 tsp** ghee, plus a little extra * **25 g** garlic paste * **5 g** lemongrass, chopped * **5 g** kaffir lime leaf, finely shredded * **50 g** onion, finely sliced * **125 g** vegetarian yellow curry paste (see Note) * **100 g** beans, finely chopped * **100 g** carrot, finely diced * **2 tsp** dark soy sauce * **150 g** rice pappadums (see Note) * **1** spring onion, thinly sliced on diagonal | * Cook basmati rice according to packet directions. * For the paneer, combine chilli jam and dark soy sauce in a bowl. Add paneer steaks and turn gently to coat. Set aside. * Meanwhile, heat a large wok over high heat. Add 1 ghee and heat until just smoking. Add garlic, lemongrass, lime and onion and stir-fry for 1-2 minutes or until brown and fragrant. Add yellow curry paste, followed by beans and carrot, and cook, stirring, for 1 minute. Add soy sauce, stir to combine, and set aside. * Add an extra drizzle of ghee to the pan, then cook the paneer steaks for a few minutes each side. * Spoon nasi goreng into serving bowls. Top with cottage cheese steaks. Sprinkle over spring onion and top with pappadums. Serve immediately.   **Note**  • Check the ingredient list of the yellow curry paste - some have shrimp paste as an ingredient.  • When making this dish on My Second Restaurant in India, Sarah served her dish with rice pappadums, but you can use any pappadums. |