# Starters:

# Baked onion bhajis

A healthier alternative to the deep-fried onion bhajis you find in Indian restaurants. These are baked and exceedingly tasty. They are sweet, tender and very moreish. Serve as an appetiser or starter.

## Serves: 8

**Prep time**: 10 mins

**Cook time:** 1 hr

## Ingredients:

* For the bhaji mix
* 5 small onions, sliced 5mm thick
* 5 tablespoons chickpea flour
* 1 pinch salt
* 1/2 teaspoon ground cumin
* 1/2 teaspoon ground coriander
* Extra virgin olive oil, as needed
* 1 tablespoon tomato puree
* Water, as needed
* Spices for the pan
* 1/2 teaspoon ground turmeric
* 1/2 teaspoon ground coriander
* 1/4 teaspoon ground cumin
* 1/4 teaspoon ground ginger
* 1/4 teaspoon chilli powder

## Method

1. Preheat the oven to 200 C / Gas 6. Line a large baking tray with baking parchment.
2. Gently sweat the onions off in a frying pan with some oil until they turn translucent, about 6-8 minutes.
3. Sprinkle in the chilli powder and mix. Add the turmeric, cumin, ginger, and coriander and stir well. Remove from the heat.
4. Place the chickpea flour, salt, coriander, cumin into a medium bowl and mix well. Add the onions and tomato puree into a bowl and mix. Add a little bit of water to get the correct consistency, it should be wet and easy to stir, but not sloppy.
5. Drizzle some oil onto the prepared tray, place 2 tablespoons of the onion mix onto the tray for each bhaji, flatten slightly with the back of the spoon.
6. Bake on the middle shelf of the oven for 20-25 minutes, drizzle a little oil on top of the bhajis and bake for an additional 25 minutes or until golden brown. Serve hot, enjoy!

# Spicy Grilled Shrimp

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Simple and elegant starter! Chilli paste and fish sauce give these shrimp a Thai-inspired flavour. Both are available in the ethnic-food aisles at many supermarkets, in Asian grocery stores, and online.

PREP: 10 MINS

Cook time: 25 MINs

SERVINGS: 12

## INGREDIENTS

### FOR THE SAUCE (MAKES 3/4 CUP)

* 1/2 cup sugar
* 1 teaspoon finely grated lime zest, plus 1/4 cup fresh lime juice (from 3 to 4 limes)
* 1 tablespoon Asian chilli paste (such as sambal oelek)
* 1 tablespoon Asian fish sauce (such as nam pla)
* Coarse salt

### FOR THE SHRIMP

* Safflower oil, for brushing
* 36 large shrimp (about 3 pounds), peeled and deveined (tails left intact; optional)
* Coarse salt

## DIRECTIONS

1. Soak 12 wooden skewers in water for 30 minutes to prevent charring.
2. Meanwhile, make the sauce: Bring sugar and lime juice to a simmer in a small saucepan. Cook, stirring, until sugar dissolves, about 2 minutes. Remove from heat; stir in lime zest, chilli paste, and fish sauce. Season with salt.
3. Make the shrimp: Heat grill to high. Brush grates with oil. Thread 3 shrimp onto each skewer; season with salt. Divide sauce in half; reserve half for serving. Grill shrimp for 1 minute; brush with sauce. Flip, and grill for 1 minute more; brush with sauce again. Flip, and grill, brushing occasionally with sauce, until opaque, 1 to 3 minutes more. Serve with reserved sauce.

# Sweet-and-Sour Chicken Wings



Serve these baked chicken wings as an appetizer; their sweet glaze of honey is counterbalanced by soy sauce and vinegar. Garlic and ginger add a welcome kick, elevating the wings to game-day territory.

PREP: 10 MINS

Cook time: 30 MINS

SERVINGS: 4

## INGREDIENTS

* 1/2 cup soy sauce
* 1/2 cup white vinegar
* 1/2 cup clover or wildflower honey
* 3 garlic cloves, smashed and peeled
* 2-inch piece peeled fresh ginger, thinly sliced
* 3 pounds chicken wings, cut in half at joint (wing tips removed)
* 1 teaspoon sesame seeds, toasted
* 2 teaspoons chopped fresh chives (optional)

## DIRECTIONS

1. Preheat oven to 475 degrees. In a small saucepan, whisk together soy sauce, vinegar, honey, garlic, and ginger. Bring to a simmer over medium-high and cook, stirring occasionally, until mixture thickens and is reduced by half, 30 minutes. Pour through a fine-mesh sieve into a large bowl; discard solids. You should have 2/3 cup sauce.
2. Meanwhile, arrange chicken wings in a single layer on a rimmed baking sheet. Bake until golden, crisp, and cooked through, 35 minutes. Drain fat from sheet and, with tongs, transfer wings to bowl with sauce. Toss until wings are coated and most of sauce is absorbed, about 3 minutes. To serve, sprinkle with sesame seeds and chives, if desired.

# Asian Crab Cakes

Mini crab cakes encrusted with sesame seeds get a kick from wasabi and soy sauce. The toppings of wasabi, mayonnaise, cucumber, and pickled ginger add creaminess, crispness, and tang, as well as colour.

**Serves**: About 24

**Prep time**: 15 mins

**Cook time**: 5 mins

## INGREDIENTS

* 8 ounces jumbo lump crabmeat, picked over well and rinsed
* 1/4 cup plus 3 tablespoons mayonnaise
* 2 scallions, trimmed and finely chopped
* 2 tablespoons soy sauce
* 2 teaspoons wasabi paste
* 1 teaspoon finely grated lime zest
* 1/2 cup plus 2 tablespoons plain fresh or dried breadcrumbs
* 1 English cucumber, for garnish
* 1/2 cup all-purpose flour
* Gold Medal Flour All-Purpose
* 1/2 teaspoon coarse salt
* 1/2 teaspoon freshly ground pepper
* 2 large eggs
* 1 tablespoon water
* 1/4 cup sesame seeds
* 2/3 cup safflower oil, plus more if needed
* 1/2 cup drained pickled ginger, for garnish

## DIRECTIONS

1. Flake crabmeat with a fork in a medium bowl; stir in 1/4 cup mayonnaise, scallions, soy sauce, 1/2 teaspoon wasabi, and zest. Stir in 2 tablespoons breadcrumbs. Cover with plastic wrap; refrigerate 1 hour.
2. Meanwhile, stir together remaining 3 tablespoons mayonnaise and 1 1/2 teaspoons wasabi in a small bowl. Using a vegetable peeler, make 3/4-by-2-inch ribbons from cucumber (you'll need about 24 ribbons, or 1 for each cake). Fold each ribbon into thirds.
3. In a medium bowl, whisk together flour, salt, and pepper. In a small bowl, beat eggs with the water. In a shallow bowl, stir together sesame seeds and remaining 1/2 cup breadcrumbs.
4. Form 1 scant tablespoon crab mixture into a ball; dip in seasoned flour. Flatten into a 3/4-inch-thick disk about 1 1/4 inches in diameter. Repeat with remaining crab mixture. Dip cakes in egg mixture, then dredge in breadcrumb mixture.
5. Heat oil in a large skillet over medium until hot but not smoking. Add half the crab cakes; cook, turning once, until golden and crisp on both sides, about 1 1/2 minutes. Using a slotted spatula, transfer to paper-towel-lined plates to drain. Repeat with the remaining cakes, adding more oil if needed.
6. To serve, dot each crab cake with wasabi mayonnaise, and top with a cucumber ribbon and a piece of ginger.

#### COOK'S NOTES:

To prepare in advance, cook the crab cakes as directed, and then let cool completely. Place on a baking sheet and freeze until firm, about an hour, then transfer to an airtight container and freeze up to 6 weeks. Bake, without thawing, in a 425-degree oven until heated through, 10 to 15 minutes.

# Broiled Shrimp Toasts

This simple and quick version of the dim sum favourite is a healthier, less greasy appetizer than the usual fried shrimp toasts.

SERVINGS: 4

PREP: 20 MINS

## INGREDIENTS

* 4 ounces rock shrimp (or peeled medium shrimp, deveined)
* 1 tablespoon minced shallot
* 2 teaspoons finely chopped peeled fresh ginger
* 1 tablespoon mayonnaise
* 1/2 teaspoon Sriracha (Asian chilli sauce) or other chilli sauce
* 1 teaspoon finely grated lime zest, plus 2 teaspoons fresh lime juice
* 1/2 medium baguette, sliced into 20 thin slices (less than 1/4 inch thick)
* 3 tablespoons unsalted butter, melted

## DIRECTIONS

1. Pulse shrimp, shallot, and ginger in a food processor until a coarse paste forms. Transfer to a bowl. Stir in mayonnaise, Sriracha, and lime zest and juice.
2. Heat broiler. Working in 2 batches, toast bread slices on a rimmed baking sheet 8 inches from heat source until golden brown, about 30 seconds. Remove from oven. Flip bread, generously brush tops with butter, and spread with a thin layer of shrimp paste (about 1 teaspoon each).
3. Broil until shrimp mixture is opaque and cooked through and toasts are browned, about 1 minute. Serve warm.

# Mains: Rice

# Chicken tikka masala

This chicken tikka masala is an easy but flavoursome version of everyone's favourite mild-medium curry! To crank up the heat, add a few more chilli’s!

**Serves:**4

**Prep time**: 20 mins

**Cook time:** 20 mins

## Ingredients

* 4 chicken breast fillets, cut into 2.5cm cubes
* 2 garlic cloves, roughly chopped
* 2.5cm piece root ginger, roughly chopped
* 400g tin chopped tomatoes
* 4 tablespoons natural yoghurt
* 1 onion, chopped
* 2 tablespoons vegetable oil
* 2 tablespoons masala curry paste
* Salt and pepper to season
* 1 tablespoon plain flour
* 50ml water
* 3 tablespoons fresh coriander, chopped
* Coriander leaves to garnish

## Method

1. Put the tomatoes, garlic, ginger and yoghurt into a blender or food processor and process until the mixture is smooth and set aside.
2. Heat the oil in a large frying pan, add the onion and fry over a medium heat for 3 to 4 minutes, stirring constantly.
3. Stir in the masala curry paste and fry for a further 1 minute over a medium heat, stirring once or twice.
4. Add the tomato mixture and chicken to the pan and mix together. Season with salt and pepper. Mix the flour and water together and stir into the pan off the heat. Return to the heat and bring to the boil stirring constantly. Cover and cook over a gentle heat for 15 minutes.
5. Sprinkle in the chopped coriander and serve immediately garnished with coriander leaves.

# Chicken biryani

This is a delicious Pakistani/Indian rice dish, which is often reserved for very special occasions such as Ramadan, weddings or parties. It has a lengthy preparation, but the work is definitely worth it.

**Serves:**6

**Prep time**: 1 hr

**Cook time:** 1 hr 30 mins

## Ingredients

* 4 tablespoons oil or ghee, divided
* 4 small potatoes, peeled and halved
* 2 large onions, finely chopped
* 2 cloves garlic, minced
* 1 tablespoon minced fresh root ginger
* 1/2 teaspoon chilli powder
* 1/2 teaspoon ground black pepper
* 1/2 teaspoon turmeric
* 1 teaspoon ground cumin
* 1 teaspoon salt
* 2 medium tomatoes, peeled and chopped
* 2 tablespoons plain yoghurt
* 2 tablespoons chopped fresh mint leaves
* 1/2 teaspoon ground cardamom
* 1 (5cm) cinnamon stick
* 1.3kg chicken breast chunks
* 450g basmati rice
* 2 1/2 tablespoons vegetable oil
* 1 large onion, diced
* 1 pinch saffron
* 5 pods cardamom
* 3 whole cloves
* 1 (2.5cm) cinnamon stick
* 1/2 teaspoon ground ginger
* 1 litre chicken stock
* 1 1/2 teaspoons salt

## Method

1. In a large frying pan, in 2 tablespoons oil (or ghee) fry potatoes until brown, drain and reserve the potatoes. Add remaining 2 tablespoons oil to the pan and fry onion, garlic and ginger until onion is soft and golden. Add chilli, pepper, turmeric, cumin, salt and the tomatoes. Fry, stirring constantly for 5 minutes. Add yoghurt, mint, cardamom and cinnamon stick. Cover and cook over low heat, stirring occasionally until the tomatoes are cooked to a pulp. It may be necessary to add a little hot water if the mixture becomes too dry and starts to stick to the pan.
2. When the mixture is thick and smooth, add the chicken pieces and stir well to coat them with the spice mixture. Cover and cook over very low heat until the chicken is tender, 35 to 45 minutes. There should only be a little very thick sauce left when chicken is finished cooking. If necessary, cook uncovered for a few minutes to reduce the sauce.
3. Wash rice well and drain in colander for at least 30 minutes.
4. In a large frying pan, heat vegetable oil (or ghee) and fry the onions until they are golden. Add saffron, cardamom, cloves, cinnamon stick, ginger and rice. Stir continuously until the rice is coated with the spices.
5. In a large saucepan, heat the chicken stock and salt. When the mixture is hot pour it over the rice and stir well. Add the chicken mixture and the potatoes; gently mix them into the rice. Bring to boil. Cover the saucepan tightly, turn heat to very low and steam for 20 minutes. Do not lift lid or stir while cooking.
6. Spoon biryani into a warm serving dish and serve.

# Slow cooker beef curry

This hearty, spicy beef curry is only for those that can handle the heat. It can be made hob or a slow steam cooker. Great served over mashed potatoes or rice.

**Serves: 4**

**Prep time**: 15 mins

**Cook time:** 8 hrs 10 mins

## Ingredients

## 

* 1 tablespoon olive oil
* 450g beef stewing steak
* Salt and pepper to taste
* 2 cloves garlic, minced
* 1 teaspoon chopped fresh ginger
* 1 fresh green chilli, diced
* 1 tablespoon curry powder
* 1 (400g) tin chopped tomatoes
* 1 onion, sliced and quartered
* 250ml beef stock

## Method

1. Heat the olive oil in a frying pan over medium heat, and brown the beef on all sides. Remove from pan, reserving juices, and season with salt and pepper. Cook and stir the garlic, ginger and chilli in the pan for 2 minutes, until tender, and season with curry powder. Mix in the chopped tomatoes.
2. Place the onion in the bottom of a slow cooker, and layer with the browned beef. Scoop the pan mixture into the slow cooker, and mix in the beef stock.
3. Cover, and cook 6 to 8 hours on Low.

# Vegetarian korma

This is an easy and exotic curry. It's rich, creamy, mildly spiced and extremely flavourful. Serve with naan and rice.

## Serves: 4

**Prep time**: 25 mins

**Cook time:** 30 mins

## Ingredients

* 1 1/2 tablespoons vegetable oil
* 1 small onion, diced
* 1 teaspoon minced fresh root ginger
* 4 cloves garlic, minced
* 2 potatoes, cubed
* 4 carrots, cubed
* 1 fresh green chilli, seeded and sliced
* 3 tablespoons ground unsalted cashews
* 100g passata or diced tomatoes
* 2 teaspoons salt
* 1 1/2 tablespoons curry powder
* 150g frozen garden peas
* 1/2 green pepper, chopped
* 1/2 red pepper, chopped
* 225ml double cream
* 1 bunch fresh coriander for garnish

## Method

1. Heat the oil in a frying pan over medium heat. Stir in the onion, and cook until tender. Mix in ginger and garlic, and continue cooking 1 minute. Mix potatoes, carrots, green chilli, cashews and passata. Season with salt and curry powder. Cook and stir 10 minutes, or until potatoes are tender.
2. Stir peas, green pepper, red pepper and cream into the pan. Reduce heat to low, cover, and simmer 10 minutes. Garnish with coriander to serve.

# Beef vindaloo

Definitely well worth the time and effort of marinating the meat overnight. Once you tweak it to your spice levels - this spicy hot curry that will rival any Indian restaurant!

**Serves**: 6

**Prep time**: 30 mins

**Cook time:** 1 hr

**Extra time**: 1 day marinating

## Ingredients

* 1 (5cm) piece fresh ginger, peeled and diced
* 4 garlic cloves, diced
* 1 1/2 teaspoons hot chilli powder
* 2 teaspoons turmeric
* 1 teaspoon salt
* 1 tablespoon cardamom seeds
* 6 whole cloves
* 6 whole peppercorns
* 1 (5cm) cinnamon stick
* 2 tablespoons coriander seeds
* 2 tablespoons cumin seeds
* 2 tablespoons wine vinegar
* 1kg beef fillet steak
* 4 curry leaves, optional
* 3 tablespoons vegetable oil
* 1 teaspoon mustard seeds
* 150ml water

## Method

1. Put the ginger, garlic, chilli powder, turmeric, salt, cardamom, cloves, peppercorns, cinnamon, coriander and cumin seeds with the vinegar into a blender and blend to a puree.
2. Scrape down the sides of the blender and blend for a further 30 seconds. Add more vinegar if necessary to form a smooth liquid paste.
3. Put the beef in a large bowl and pour over the spice paste. Cover and set aside to marinate for 1 hour.
4. Lay the curry leaves, if you are using them, on top. Re-cover and put the bowl into the refrigerator for 24 hours, turning the meat two or three times during the period.
5. Two hours before cooking time remove the bowl from the fridge and set aside.
6. Heat the oil in a large saucepan then add the mustard seeds and cover the pan.
7. Fry the seeds until they pop then add the beef, marinade and water. Bring to the boil stirring constantly. Reduce the heat to low then cover the saucepan and simmer for 30 minutes.
8. Uncover and simmer for a further 30 minutes or until the beef is cooked through and tender.
9. Transfer the vindaloo to a warmed serving dish and serve at once.

# Mains: Noodles

# Asian Garlic Noodles

Easy peasy Asian noodle stir-fry using pantry ingredients that you already have on hand. Quick, no-fuss, and made in less than 30 mins!

YIELD: 4 SERVINGS

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

**Ingredients**:

* 8 ounces spaghetti
* 12 ounces medium shrimp, peeled and deveined
* 1 tablespoon olive oil
* 8 ounces cremini mushrooms, sliced
* 1 red bell pepper, diced
* 2 zucchinis, diced
* 1 carrot, grated
* 2 tablespoons chopped fresh cilantro leaves

**For the Sauce:**

* 1/3 cup reduced sodium soy sauce
* 3 cloves, garlic, minced
* 2 tablespoon browns sugar, packed
* 1 tablespoons sambal oelek (ground fresh chilli paste), or more, to taste\*
* 1 tablespoon oyster sauce
* 1 tablespoon freshly grated ginger
* 1 teaspoon sesame oil

**Method**:

1. In a small bowl, whisk together soy sauce, garlic, brown sugar, sambal oelek, oyster sauce, ginger and sesame oil; set aside.
2. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
3. Heat olive oil in a large skillet over medium high heat. Add shrimp and 2 tablespoons soy sauce mixture, and cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
4. Stir in mushrooms, bell pepper, zucchinis and carrot to the skillet. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in spaghetti, shrimp and remaining soy sauce mixture until well combined, about 2-3 minutes.
5. Serve immediately, garnished with cilantro, if desired.

# Stir-fried beef with fine noodles

Tangy tamarind and lemongrass infuse a Thai-inspired sauce for tender strips of beef and fine rice noodles. Chilli brings a little heat. With mange-tout and baby sweetcorn adding pleasing colour and crunch, as well as all-important vegetable balance, this is a quick and easy dish that is a meal in itself.

## Serves: 2

**Prep time**: 20 mins

**Cook time:** 10 mins

## Ingredients

* 1 tsp tamarind paste
* 3 tbsp boiling water
* 2 tbsp soy sauce
* 2 tsp toasted sesame oil
* 1 tbsp rice wine (sake or mirin) or sherry
* 100 g (3½ oz) fine rice noodles, such as vermicelli
* 1 tbsp sunflower oil
* 225 g (8 oz) lean rump steak, cut into strips
* 85 g (3 oz) onion, cut into wedges
* 2 tsp chopped lemongrass
* 1 fresh red chilli, seeded and chopped
* 2 large garlic cloves, crushed
* 85 g (3 oz) mange-tout, halved diagonally
* 6 baby sweetcorn, sliced
* 100 g (3½ oz) fresh shiitake or chestnut mushrooms, sliced
* Soy sauce, for serving

## Method

1. In a small bowl, combine the tamarind paste and boiling water and leave to soak for 10 minutes, stirring frequently to break down the paste. Mix the resulting tamarind liquid with the soy sauce, sesame oil and rice wine or sherry.
2. While the tamarind is soaking, soak the rice noodles in boiling water for 4 minutes, or according to the packet instructions. Then drain, rinse under cold running water and set aside to drain thoroughly.
3. Heat the sunflower oil in a wok or very large frying pan and stir-fry the beef over a high heat for about 3 minutes or until cooked. Use a draining spoon to remove the beef from the wok and set it aside.
4. Add the onion, lemongrass, chilli and garlic to the wok and stir-fry over a high heat for 1 minute. Add the mange-tout, sweetcorn and mushrooms, and continue stir-frying for 2 minutes.
5. Return the beef to the wok. Add the tamarind liquid and the noodles and stir for about 1 minute to heat through. Serve immediately, offering soy sauce for extra seasoning as required.

# Asian Prawn and Noodle Soup

If you are looking for a noodle soup recipe that is bursting with flavour, then this recipe is definitely for you! For extra flavour, add a splash of rice wine or sake to the soup before serving.

## Serves: 6

**Prep time**: 15 mins

**Cook time:** 15 mins

**Ingredients:**

* 1 dessertspoon vegetable oil
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 tablespoon minced fresh root ginger
* 1 pinch dried crushed chillies
* 2L (3 pints) chicken stock
* 100g (4 oz) diagonally sliced carrots
* 100g (4 oz) diagonally sliced celery
* 100g (4 oz) mange-tout
* 350g (12 oz) fresh prawns, peeled and deveined
* 100g (4 oz) rice noodles
* 2 tablespoons soy sauce
* 1/4 teaspoon white pepper

## Method

1. In a large saucepan over medium heat cook onion, garlic, ginger and crushed chillies in oil for 2 minutes. Pour in stock, carrots and celery and bring to the boil. Reduce heat, cover and simmer 5 minutes. Stir in mange-tout and prawns, cover and cook 3 minutes.
2. Break noodles into 4cm (2 in) pieces and stir in to soup; cover and cook 3 minutes more, until vegetables are tender and prawns are pink. Stir in soy sauce and pepper and serve.

# Thai chilli chicken noodle soup

A satisfying and warming soup that's easy to prepare. Use the spicy Thai chilli sauce to add flavour rather than the sweet dipping sauce if you prefer to add some extra heat to your dish, but either will work.

## Serves: 6

**Prep time**: 10 mins

**Cook time:** 35 mins

## Ingredients

* 3 skinless, boneless chicken breast fillets
* 2L (3 1/4 pints) chicken stock
* 2 leeks, sliced
* 6 carrots, sliced
* 1 medium head cabbage, shredded
* 250g (9oz) egg noodles
* Thai chilli sauce to taste

## Method

1. Place chicken breasts and stock in to a stockpot or casserole. Bring to the boil and let simmer for about 20 minutes, or until chicken is cooked through. Remove the chicken from the stock and set aside.
2. Put the leeks and carrots into the pot and simmer them for 10 minutes, or until tender.
3. Shred the cooled chicken and return to the pot. Add the cabbage and egg noodles and cook another 5 minutes or until the noodles are soft. The soup should be thick like a stew. Serve hot and flavour to taste with Thai chilli sauce.

# Singapore noodles

So delicious and easy, and you can use any meat or veg you wish or omit the meat completely if you are vegetarian. Perfect for all occasions!

## Serves: 2

**Prep time**: 10 mins

**Cook time:** 10 mins

## Ingredients

* 1 chicken breast fillet, sliced into thin strips
* 2 tablespoons sesame oil
* 1/2 small onion, sliced thinly
* 1/2 red pepper, sliced into thin strips
* 1 clove garlic, grated
* 2 nests fine egg noodles
* 1 pinch dried chilli flakes
* 1 tablespoon sweet chilli sauce
* 2 tablespoons light soy sauce

## Method

1. Stir fry the chicken in the sesame oil until no longer pink at the centre, then remove from wok or pan.
2. Add in the onion and pepper and cook for about 5 minutes. You still want a bit of a bite to all the veggies. Add the garlic for the last minute of cooking; set aside.
3. Put the noodles in to cook as per packet instructions. Once cooked, place in pan with veggies, add in the chicken, chilli flakes, sweet chilli sauce and soy and stir till thoroughly heated and serve!

# Shanghai chow mein

Like it or not, the chow mein you taste from the food stalls in Shanghai are very hard to replicate at home. Probably because they are fried twice! The good news is that this homemade chow mein recipe tastes amazing!

## Serves: 2

**Prep time**: 20 mins

**Cook time:** 10 mins

## Ingredients

* 340g pork fillet, sliced into strips
* 3 tablespoons light soy sauce
* 1 tablespoon Shaoxing rice wine
* 2 teaspoons cornflour
* 450g Chinese egg noodles
* 1 tablespoon vegetable oil or sesame oil
* More oil for frying
* 2 teaspoons freshly chopped root ginger
* 1 spring onion, chopped
* A handful of greens, such as chopped kale or spinach
* 2 tablespoons dark soy sauce
* 1 teaspoon sugar
* 2 teaspoons vinegar

## Method

1. Mix pork strips with 2 tablespoons of light soy sauce, rice wine and cornflour; marinate for 20 minutes.
2. Bring a pot of water to the boil, stir in a pinch of salt; add noodles and cook until nearly soft. Remove and immerse in cold water. Drain, stir in oil and mix well.
3. Heat more oil in a preheated wok. Add ginger and spring onions; fry until fragrant. Add the pork and stir-fry for 5 minutes. Remove and reserve. Heat more oil in the hot wok, add noodles and stir fry for 5 minutes. Remove and reserve. Heat the oil again in the hot wok, add greens and stir-fry until cooked. Add the pork, 1 tablespoon of light soy sauce, dark soy sauce, sugar and vinegar; stir well. Add egg noodles, stir well and serve.

# Dessert:

# Kulfi

This is a simple but delicious recipe for Kulfi (Indian ice cream) for both adults and children alike! For extra flavour, you could add a few drops of rose water or ground pistachios.

## Serves: 24

**Prep time**: 20 mins

## Ingredients

* 300ml (1/2 pint) evaporated milk
* 300ml (1/2 pint) condensed sweetened milk
* 450g whipped cream
* 4 slices white bread, torn into pieces
* 1/2 teaspoon ground cardamom

## Method

## Combine evaporated milk, condensed milk and whipped cream in a blender and blend in pieces of bread until smooth.

## Pour mixture into a 22x33cm (9x13 in) baking dish or two plastic ice cube trays, sprinkle with cardamom and freeze for 8 hours or overnight.

# Buttery Coconut Bars

## If you love coconut, you will definitely love these utterly buttery coconut bars. Simple and easy to make, yet rich and tasty to eat! These are a must eat!

## Serves: 36

**Prep time**: 20 mins

**Bake time:** 40 mins

**Ingredients:**

* 2 cups all-purpose flour
* 1 cup packed brown sugar
* 1/2 teaspoon salt
* 1 cup butter, melted

**For the Filling:**

* 3 large eggs
* 1 can (14 ounces) sweetened condensed milk
* 1/2 cup all-purpose flour
* 1/4 cup packed brown sugar
* 1/4 cup butter, melted
* 3 teaspoons vanilla extract
* 1/2 teaspoon salt
* 4 cups flaked coconut, divided

**Method:**

1. Preheat oven to 350°. Line a 13x9-in. baking pan with parchment paper, letting ends extend up sides.
2. In a large bowl, mix flour, brown sugar and salt; stir in 1 cup melted butter. Press onto bottom of prepared pan. Bake 12-15 minutes or until light brown. Cool 10 minutes on a wire rack. Reduce oven setting to 325°.
3. In a large bowl, whisk the first seven filling ingredients until blended; stir in 3 cups coconut. Pour over crust; sprinkle with remaining coconut. Bake 25-30 minutes or until light golden brown. Cool in pan on a wire rack. Lifting with parchment paper, remove from pan. Cut into bars.

# Chinese Almond Cookies

## The perfect cookie that suits all occasions! Whether you are celebrating Christmas or a birthday, these cookies are certainly going to wow your friends and family!

## Serves: 60

**Prep time**: 20 mins

**Bake time:** 40 mins

**Ingredients:**

* 1 cup butter, softened
* 1 cup sugar
* 1 egg
* 1 teaspoon almond extract
* 3 cups all-purpose flour
* 1 teaspoon baking soda
* 1/2 teaspoon salt
* 1/4 cup sliced almonds
* 1 egg white
* 1/2 teaspoon water

**Method**:

1. In a large bowl, cream butter and sugar. Beat in egg and extract. Combine the flour, baking soda and salt; gradually add to creamed mixture.
2. Roll into 1-in. balls. Place 2 in. apart on ungreased baking sheets. Flatten with a fork. Sprinkle with almonds.
3. In a small bowl, beat egg white and water. Brush over cookies. Bake at 325° for 14-16 minutes or until edges and bottoms are lightly browned. Cool for 2 minutes before removing from pans to wire racks.

**Homemade Fortune Cookies**

Make your own fortune with our tried and tested fortune cookie recipe! Simple and easy to make, guaranteed to impress your friends and family!

## Serves: 10

**Prep time**: 45 mins

**Bake time:** 5 mins

**Ingredients:**

* 3 tablespoons butter, softened
* 3 tablespoons sugar
* 1 large egg white
* 1/2 teaspoon vanilla extract
* 1/3 cup all-purpose flour

**Method**:

1. Preheat oven to 400°. Write fortunes on small strips of paper (3-1/2x1/4-in.); set aside. Line a baking sheet with parchment paper. Using a pencil, draw two 3-1/2-in. circles on a sheet of parchment paper. Place paper, pencil mark down, on a baking sheet; set aside.
2. In a small bowl, beat butter, sugar, egg white and vanilla. Add flour; mix well. Spread 1 tablespoon batter over each circle. Bake 4-5 minutes or until lightly browned.
3. Slide parchment paper onto a work surface. Cover one cookie with a kitchen towel. Place a fortune in the centre of the other cookie; loosen cookie from parchment paper with a thin spatula. Fold cookie in half over fortune strip so the edges meet; hold edges together for 3 seconds.
4. Place centre of cookie over the rim of a glass; gently press ends down to bend cookie in middle. Cool 1 minute before removing to a wire rack. Repeat with second cookie. If cookies become too cool to fold, return to oven to soften for 1 minute. Repeat with remaining batter and fortunes. **Yield:**10 cookies.

# Tropical Turnovers

Tuck into one of our fruity filling tender pastry pockets. Friends and family won't be able to stop nibbling on these tasty turnovers.

## Serves: 24

**Prep time**: 45 mins

**Bake time:** 20 mins

**Ingredients**

* 2 cups all-purpose flour
* 1/4 teaspoon baking powder
* 1/4 teaspoon salt
* 5 ounces cold cream cheese, cut into small pieces
* 3/4 cup cold butter, cut into small pieces
* 3 tablespoons cold water

**For the filling:**

* 1-1/4 cups finely chopped peeled mangoes
* 1/2 cup guava jelly
* 1 tablespoon chopped fresh mint
* 1/2 teaspoon grated lemon peel
* 1 egg, lightly beaten
* 2 teaspoons water
* 2 teaspoons sugar

**Method**:

1. In a large bowl, combine the flour, baking powder and salt; cut in cream cheese and butter until crumbly. Gradually add water, tossing with a fork until dough is moistened. Knead in bowl until a ball forms; flatten into a disk. Wrap in plastic wrap; refrigerate for at least 1 hour or until easy to handle.
2. In a small bowl, combine the mangoes, jelly, mint and lemon peel; set aside. In a small bowl, whisk egg and water.
3. On a floured surface, roll out dough to 1/8-in. thickness; cut into 4-in. circles. Spoon 2 teaspoons mango mixture into the center of each circle. Brush edges with water; fold dough over filling and seal with a fork. Brush with egg mixture; sprinkle with sugar.
4. Place on foil-lined baking sheets. Bake at 375° for 20-23 minutes or until golden brown. Remove to wire racks to cool.