

# VanGohan Recipe: Week of 2025-03-03

## Beef Stew

### Things you need to prepare

- Cooking oil
- 250ml water

### Instructions

1. Coat beef with flour, then stir-fry in a pot with cooking oil
2. When beef is browned, add and cook vegetables③
3. Add Seasoning② for a few mins. Add 250ml water and stew it
4. When beef gets soft, add Seasoning④ and cook on low heat for a while until the sauce gets thick
5. Mix butter at the end

## Japanese Fried Chicken

### Things you need to prepare

- Cooking oil
- 1 Beaten egg
- 70ml water

### Instructions

1. Marinade chicken with Seasoning① for 15mins
2. Mix a beaten egg, 70ml water, and Potato starch② in a bowl
3. Coat Chicken entirely with 1
4. Pre-heat about 3cm of cooking oil in a pan or a pot at 340F (dip the handle of a wooden spoon or a chopstick into the oil, and the oil starts steadily bubbling, then the oil is hot enough)
5. Fry chicken about 7 mins on medium heat. Drain excess oil when cooked
6. Arrange on a plate with vegetables
7. Please make sure chicken is well cooked

## Starchy Ramen Sauce

### Things you need to prepare

- Water (50ml each bowl)
- Soy sauce
- Salt
- Sesame oil/ cooking oil

## Instructions

1. Boil ramen noodles for 6 mins and drain the water then coat the noodles with sesame oil or cooking oil
2. Heat starchy sauce② in a pan
3. Pour 50ml boiled water in each bowl of noodles. Add soy sauce (about 1/2 tea spoon) and salt (about 1/4 tea spoon) mix well. \* Add more or less as you want
4. Pour heated starchy sauce on it and mix when you eat!