

VanGohan Recipe: Week of 2024-09-02

Hamburg Steak

Things you need to prepare

- Cooking oil
- 75ml milk or an egg

Instructions

1. Mix
2. ◦ microwaved and cooled onion
3. ◦ ground pork
4. ◦ Seasoning①
5. ◦ EITHER 75ml milk OR 1 egg
6. until it gets white ish and sticky
7. Form and make 2 thick round shaped patties and remove the air by tossing it back and forth one hand to the other for several times.
Make sure the surface is smooth
8. Cook patties on a pan with cooking oil on slightly stronger low heat for a few mins. Flip them when one side is browned
9. Cook a lid on for 8-10 mins on low heat
10. Boil Vegetables with salt for a few mins or cook with meat
11. Insert a skewer to see if patties are cooked, then put hamburger & vegetables on a plate.
12. Add Seasoning⑦ into the pan with cooked oil, and cook them until it gets sticky then sauce is done

Sweet & Sour Chilli Fried Chicken

Things you need to prepare

- Cooking oil
- 2 tablespoon water (30ml)

Instructions

1. Season Chicken with Seasoning① then coat it with potato starch
2. Heat a pan with oil and cook Chicken until the colour changes
3. Add Vegetables, Seasoning③, and 2 tablespoon water and stir-fry
4. Please make sure chicken is cooked through

Sweet Soy Saucy Udon

Things you need to prepare

- 水

Instructions

1. Heat Package①
2. Boil Udon noodle for 1 min (Cool the noodle with cold water if you prefer the cold noodle)
3. Drain the water well, then mix seasoning③ with noodle, and arrange it on a plate/ bowl
4. Put cucumber and package① on top
5. Make a hole on tuna and add an egg yolk if you like