

VanGohan Recipe: Week of 2024-07-22

Okra And Grated Yam Bowl

Things you need to prepare

- Cooked rice (2 cups)

Instructions

1. Mix Sauce well and pour on rice
2. Add green onion and seaweed on top
3. You can add Soy sauce Natto or an egg yolk/ poached egg as you like!

Simmered Chicken With Broccolis & Eggs

Things you need to prepare

- 3 cups of water

Instructions

1. Put chicken and 3 cups water in a pot, then cook on medium heat
2. Skim off the scum and stew for 15-20 mins
3. Add eggs, vegetables and Seasoning③, and drop a piece of aluminum foil to cover it entirely
4. We recommend to let it cool once (not more than 2 hours) to let the flavour soak into the dish well (Re-heat well right before you eat)
5. Chicken would taste better if you boil them for 5 mins beforehand.

Twice-cooked Pork

Things you need to prepare

- Cooking oil

Instructions

1. Heat Seasoning① on a pan on low heat until it smells well (add more cooking oil if needed)
2. Cook pork on medium heat until it's cooked, then add cabbage and bell pepper on high heat
3. Mix Seasoning③ when vegetables are cooked