My Family KHOOKBOOK

 $A\ compilation$

AARON KHOO

To my lovely parents Cheng Ling and Teng Siew,
my sisters Alyssa and Aleney,
family Yee Poh,
friends none yet,
& the internet communities,
who have supported me over the years.

Abstract

Everyone loves eating good food. Cooking good food can be extremely tricky requiring a pantry full of food, lots of time, and a recipe. Family recipes are often handed down through word of mouth with vague units of measurement, and thus are lost to time. This inspired my idea to compile many recipes that I personally enjoy which predominantly come from my mother and household. Due to this, most dishes will reflect my Chinese-Malaysian heritage, but also the multicultural Australia where I live which is a mixing pot for many cultures.

It contains some quick & easy student dishes and also some difficult but worthy for entertaining recipes. These are sourced from my family, friends, and the world wide web. So I'd like to especially thank the many food blogs who post the most delicious recipes for everyone to enjoy.

This also proved as an opportunity to try out making a cookbook in IATEX.

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Part I

Meat

Turmeric Chicken

 \bigcirc 20 mins

© 12-16 Portions

Mum

Quick and easy, turmeric chicken is an excellent choice f or entertaining.

Preparation

122

Marinate the chicken with everything.

After 10 mins add oil and refrigerate overnight.

Fry.

Ingredients

1 tsp Turmeric

4 kg Chicken

2 tbsp Coriander

2 tsp Fennel

2 tsp Cumin

2 tbsp Salt

12 tbsp Sugar

2 tbsp Blended lemon

grass

4 tbsp Blended onion

2 tsp Blended garlic

Hint

Cook it at an outdoor barbeque (e.g. at the park) which are hot and have a much larger surface area than a pan to minimise cooking time!

Bak kua



 $1\,\mathrm{h}$



5-6 Portions



Malaysian beef jerky. Tastes really good.

Preparation

Mix everything together until gooey then roll out into a thin strip.

Leave in the fridge overnight.

Dry outside under the sun until dry. Takes a couple $\,$ of hours in the Australian summer.

Cut it up into 10 cm squares then fry.

Ingredients

 $300\,\mathrm{g}$ Lean pork mince

 $300\,\mathrm{g}$ Poon fei san mince

 $135\,\mathrm{g}$ Sugar

3 tbsp Fish sauce

1 tsp Soy sauce

 $\frac{1}{4} \operatorname{tsp}$ $\frac{1}{4} \operatorname{tsp}$ Salt

Pepper

Wine 1 tsp

Hint

Get fly swatters ready for the inevitable onslaught.

Honey sriracha wings



 $20\,\mathrm{mins}$



 $50\,\mathrm{mins}~200\,^{\circ}\mathrm{C}$



4 Portions

Internet somewhere

Not very spicy wings but they are really sweet. Have to adjust recipe a bit.

Preparation

Marinate the ingredients for the **Wings** together and leave for a while (longer the better).

Preheat oven to 200°C.

Bake the wings until browned and crisp (45 to 55 mins).

Mix the ingredients for **Sauce** together. Dip the wings in the **Sauce** and serve.

Ingredients

Wings

1 kg Chicken wings 2 tbsp Melted unsalted

butter

1 tsp Garlic

Salt and pepper Cumin and turmeric Vegetable oil

Sauce

5 tbsp Unsalted butter

 $\frac{1}{3}$ cup Honey $\frac{1}{4}$ cup Sriracha 1 tbsp Soy sauce 2 tsp Lime juice

Lor ark

 \varnothing

 $2 \, \mathrm{h}$

5-6 Portions

Mum

Traditional teochew duck from mums childhood.

Preparation

- Rub salt over the whole duck and let it marinate for half an hour or more to get rid of some of its odour.
- Wash off salt and also wax from the under wing and thighs of the duck and remove any feathers. Drain well.
- Rub the black soya sauce and five spice powder all over the duck including the cavity and let it marinate for an hour.
- Hardboil the eggs and set aside.
- Heat up wok and add sugar till caramelized.
- Transfer duck and coat the breast side first with the caramelized sugar and then turn to the other side and repeat till the whole duck is nicely coated with the sugar.
- Then turn back the duck, breast side down and add the rest of the ingredients.
- Bring to boil and lower to medium heat, cover and let it braise for an hour. Turn the duck every 30 mins.
- Add the hardboiled eggs in. Turn the duck again and braise for another 10 mins. Meat usually good now, if you want it to be softer then braise for another 10 mins.
- Let the duck rest for at least an hour or more in the sauce.
- Combine all the ingredients for the dipping sauce and mix well.
- Then take it out from the gravy and drain before cutting it into pieces. Transfer them on a serving plate.

Ingredients

Large duck

3 tbsp Sea salt

1 tbsp Five spice powder

2 tbsp Black soy sauce

40 g White sugar

100 g Galangal (cut into thick slices)

 $\frac{1}{2}$ tsp Five spice powder

2 Cinnamon sticks

2 Star anises

Cloves

5 cloves Garlic

1 to 1.5 cups Dark soy sauce

1 cup Light soy sauce

Water

Salt/sugar

7 cloves Garlic

2 Birdseye chillies

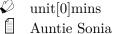
10 tbsp White vinegar

10 Hardboiled eggs

1 Sliced cucumber

13 Cut any additional ingredients such as eggs, gizzards or bean curd puff and transfer them to the same serving plate as the duck and pour some gravy over them and garnish. Goes well with the traditional garlic chilli vinegar dipping sauce.

Red vingear pork spare ribs



unit[0]mins

Insert text inside a box

Preparation

On low heat boil everything together.

Cover and simmer for $1\frac{1}{2}$ hours.

If too thick add water.

Ingredients

Red vinegar (can 2 tbsp

use black)

4 tbsp Chinese wine

1 block Rock sugar

6 tbsp Soy sauce (light)

Pork spare ribs 1 rack

Hint

Never cooked so have no tips at all.

Part II

Vegetarian

Crunchy Noodle Salad



 $20\,\mathrm{mins}$

Nikki

I've only tried it once and it ended up bad, but Nikki can make this really nicely so go for it son.

Preparation

Combine all of the dressing ingredients and stir until the sugar has dissolved. Taste to see if that's the tartness you like or else, add a bit more vinegar.

2 In a salad bowl, combine the cabbage, almonds and shallots.

3 1 Pour cooled dressing over and toss to coat.

Just before serving, toss through the fried noodles.

Ingredients

 $\frac{1}{2}$ Wombok sliced thinly

1 packet Crunchy fried noodles

6 Shallots, sliced

1 cup Toasted almonds (optional)

Dressing

 $\frac{1}{4}$ cup White vinegar $\frac{1}{4}$ cup White sugar

1 tbsp Soy sauce (reduce)

2 tsp Sesame oil $\frac{1}{4}$ cup Olive oil

Kimchi

 \emptyset

 $2 \, \mathrm{h}$

Website with music

Korean favourite. Tastes delicious and can basically be eaten with any rice dish. Fermented stuff is good for you.

Preparation

1 Cut the cabbage lengthwise into quarters and remove the cores. Cut each quarter crosswise into 5 cm wide strips.

Place the cabbage and salt in a large bowl. Mix until it softens, then add water to cover the cabbage. Put a plate on top and weigh it down. Let stand for 1 to 2 hours.

Rinse the cabbage under cold water and drain in a colander for 15 to 20 minutes. Rinse and dry the bowl you used for salting, and set it aside to use in step 5.

A Make the paste: combine the garlic, ginger, sugar, and fish sauce in a small bowl and mix to form a smooth paste. Mix in the gochugaru, using 1 tbsp for mild and up to 5 tbsp for spicy.

Squeeze any remaining water from the cabbage and return it to the bowl along with the radish, scallions, and seasoning paste.

Mix paste with the vegetables until they are coated.

Pack the kimchi into the jar, pressing down on it until the brine rises to cover the vegetables. Leave at least 2.5 cm at the top. Seal the jar with the lid.

 \bigcirc Let the jar stand at room temperature for 3 to 5 days.

Check the kimchi daily, pressing down on the vegetables to keep them submerged under the brine and release the gases.

1 When ready refrigerate.

Hint

Can add other vegetables such as 2 carrots. Just make sure it is cut into a rectangular prism.

Ingredients

1 Medium head (1kg) wombok

 $\frac{1}{4}$ cup Salt Water

1 tbsp Grated garlic (5 to 6 cloves)

1 tsp Grated ginger

1 tsp Sugar

3 tbsp Fish sauce

5 tbsp Gochugaru (korean red chilli flakes)

250 g Daikon (white radish) peeled and cut into 2.5cm strips

4 Spring onions cut into 2.5 cm strips

Part III

Dessert

Fruit crumble



 $20\,\mathrm{mins}$



 $25\,\mathrm{mins}~180^\circ\mathrm{C}$



4 Portions

Mum

Apple crumble is super nice in winter when it is cold.

Preparation

Preheat oven to 180°C.

Mix dry ingredients together.

Add melted butter to the dry mixter and mix well.

Spoon fruit into a 1L ovenproof dish then top with the crumble mixter.

Bake 25-30 mins.

Ingredients

 $425\,\mathrm{g}$ Drained canned fruit

(or stewed apples)

Plain flour

 $\frac{1}{2} \operatorname{cup}$ $\frac{1}{2} \operatorname{cup}$ $\frac{1}{4} \operatorname{cup}$ $\frac{1}{2} \operatorname{tsp}$ Rolled oats

Brown sugar Cinnamon (optional)

3 tbsp Melted butter

Hint

Mum doubles the recipe for "8" people.

Apple slice



 $45\,\mathrm{mins}$



50 mins ?°C



8-12 Portions

Aunty Gina

Aunty Gina's apple slice. Figure out how hot the oven has to be, polish heritage maybe.

Preparation

2345

Sift flour and baking powder.

Soften butter and work into flour.

Add eggs, yolk, cream then work into flour.

Divide pastry into two and roll to suit baking tray.

Bake for 20 mins or until golden.

Peel apples, mix with sugar, and cinnamon then spread on top of pastry.

Roll second pastry on top, prick holes and bake on medium heat for approximately 30 mins.

Ingredients

 $500\,\mathrm{g}$

200 g Butter
2 Eggs
1 Egg yolk
150 g Caster sugar
5-6 tbsp Sour cream
5 tsp Baking powder
1 kg Granny smith

Plain flour

apples (stewed)
Sugar
Cinnamon

Chocolate terrine

Super rich chocolate terrine from a certain restaurant. Never made it but try mold to a lesser amount.

Preparation

12345

Put A in bowl over boiling water and melt.

 $Mix \mathbf{B}$ well.

Put \mathbf{B} into \mathbf{A} and mix well.

Add ${f C}$ into mixture and mix well.

Bake in oven at 85°C for 40 min with hot water bath?

Ingredients

 \mathbf{A}

2 kg Butter

 $1.8 \,\mathrm{kg}$ Chocolate (54%

cocao)

 \mathbf{B}

 $1.4\,\mathrm{kg}$ Sugar

40 Eggs

 \mathbf{C}

180 g Flour

Don't eat all this at once...

Mango pudding



 $30\,\mathrm{mins}$

Mum

An ancient recipe passed down through the ages (cut from some old newspaper magazine).

Preparation

1 Pure mangoes in a food processor.

Soften gelatin in cold water, then add hot water and mix until dissolved. Set aside to cool, then combine with mango puree.

Stir sugar and evaporated milk until sugar dissolves.
Add mango mixture.

Pour into a serving bowl and leave overnight.

Ingredients

3 Large mangoes

1.5 tbsp Gelatin

 $\frac{1}{2}$ cup Cold water

 $\frac{1}{2}$ cup Boiling water

 $\frac{3}{4}$ cup Sugar

 $\frac{3}{4}$ cup Evaporated milk

Pandan chiffon cake



 $40\,\mathrm{mins}$



40-45 mins 180°C



Mum

Donut shaped extremely fluffy cake. Takes lots of skill to make.

Preparation

5

Heat oven 170-180°C.

Sift \mathbf{C} twice then set aside.

Cream **A** until sugar is dissolved. Add **B** in the order listed. Mix well after each addition.

4

Add sifted flour and mix well.

Beat egg whites until frothy, add tartar then beat until soft peaks. Add sugar then beat until stiff peaks.

6

Fold $\frac{1}{2}$ egg white mixter into yolk mixture.

Pour yolk mixture into white mixture gently.

Pour into pan (donut shaped) and bang against the bench once to release bubbles. Bake for 40-45 mins.

Ingredients

 \mathbf{A}

4 Egg yolks

70 g Caster sugar

 $\frac{1}{4}$ tsp Salt

 \mathbf{B}

85 mL Corn oil $(\frac{1}{3} \text{ cup})$

115 mL Pandan

juice/essence

 \mathbf{C}

150 g Cake flour

1 tsp Baking powder

 \mathbf{D}

4 Egg whites

70 g Caster sugar

 $\frac{1}{2}$ tsp Tartar

Hint

Beating eggs is the most important part.

Tiramisu



 $30\,\mathrm{mins}$



Mum

Insert something good.

Preparation

Whisk mascarpone + vanilla + 50 mL coffee.

Whisk cream and icing sugar until smooth, then fold into mascarpone.

Pour remaining coffee into a bowl. Dip biscuits so they absorb the coffee then line the tin with biscuits.

Layer cream mixture, then biscuits, then cream mixture.

Ingredients

250 g Mascarpone
1 tsp Vanilla
3 tbsp Tia maria/marsala
150 mL Strong coffee cooled
to room
temperature
120 mL Cream
4 tbsp Icing sugar
16 Savioardi biscuits

Hint

Kuih bingka ubi



 $20\,\mathrm{mins}$



 $35\,\mathrm{mins}~190^{\circ}\mathrm{C}$



1 Mum

Cassava cake. Sweet like me.

Preparation

Mix ingredients into a mixing bowl, then microwave at 1 minute intervals until thick.

Bake at 190°C for 35 minutes

Ingredients

 $500\,\mathrm{g}$ Cassava

1 cup Sugar

1 cup Coconut milk

Butter (reduce to $125\,\mathrm{g}$

 $50\,\mathrm{g}$

Eggs

 $\frac{1}{4}$ tsp Salt

1.5 tbsp Corn flour

Hint

Kuih loyang

40-50 pieces PortionsInternet

Traditional Malay kuih. Honeycomb biscuits.

Preparation

Add coconut milk, eggs, sugar, water and salt in a mixing bowl and mix until well combined and all sugar are dissolved.

2 Sift and all all-purpose flour and rice flour into the mixture. Whisk until well combined with no lumps. If is too thick, add one tablespoon of water at a time until the mixture resembling of a pancake batter.

Heat up oil in a wok/saucepan on medium heat. Tips: dip a wooden chopstick into the hot oil, if the chopstick is bubbling up, it is ready.

Ingredients

 $\begin{array}{ccc} 400\,\mathrm{mL} & \mathrm{Coconut\ milk} \\ 200\,\mathrm{g} & \mathrm{All\text{-}purpose\ flour} \\ 200\,\mathrm{g} & \mathrm{Rice\ flour} \\ & 2 & \mathrm{Large\ eggs} \\ 170\,\mathrm{g} & \mathrm{Sugar} \\ 200\,\mathrm{mL} & \mathrm{Water} \\ & \frac{1}{2}\,\mathrm{tsp} & \mathrm{Salt} \end{array}$

Oil for deep frying

- Preheat brass moulds in the hot oil, about 2-3 minutes. (The moulds have to be hot enough for batter to cling on them)
- CAUTIOUS: Dip hot mould into batter for 10 seconds. Make sure batter coats only the bottom and sides of mould, never over the top.
- Slowly lift it up and dip mould back in hot oil. Shake to release from mould and fry until golden brown on both sides.
- Take it out from hot oil, and let it cool over paper towel to soak up all the oil.
 - Repeat until all batter is used up. Store in air-tight containers.