

STREET FOOD JOURNEYS:

In partnership with:



Malaysia
Truly Asia

Malaysia

PLANT-BASED EDITION



Featuring:

14

Famous Street Food Recipes

Made Vegan



From the following Malaysian Destinations:

Penang | Melaka | Kuala Lumpur | Sarawak



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MalaysianChefs.com/JoinToday



On the cover: "Vegan Chicken Rice Balls"
Photo: Jackie M.
Cover Design: Jackie M.



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Street Food Journeys 3: The Plant-Based Challenge

Did you hear about Kourtney Kardashian posting a photo of pisang goreng (Malaysian fried banana) on Instagram Story recently, and calling it "Vegan Banana Tempura"?

Many people saw the humour in Kourtney inadvertently giving our humble pisang goreng an upscale name and a "vegan" label.

This viral story brings up a point that my Masters of Malaysian Cuisine chefs and I have raised in the past - which is that a lot of Malaysian dishes, especially the sweets, are in fact vegan.

We're just too close to the action, having grown up eating and cooking Malaysian food, to parse them as "vegan" or "non-vegan".

And of the recipes that aren't, we often have ways to tweak them to make them vegan-friendly without diverging noticeably from their original flavour - all it needs is a bit of creativity and outside-the-box thinking.

This is what we set out to do in Street Food Journeys Series 3: Plant-Based Edition - we wanted to share recipes that are naturally vegan, and also show our audience ways to give a vegan twist to recipes that aren't.



Jackie M.
Founder, Masters of Malaysian Cuisine

Where possible, we included clips of our YouTube content creators experiencing plant-based food during their travels in Malaysia.

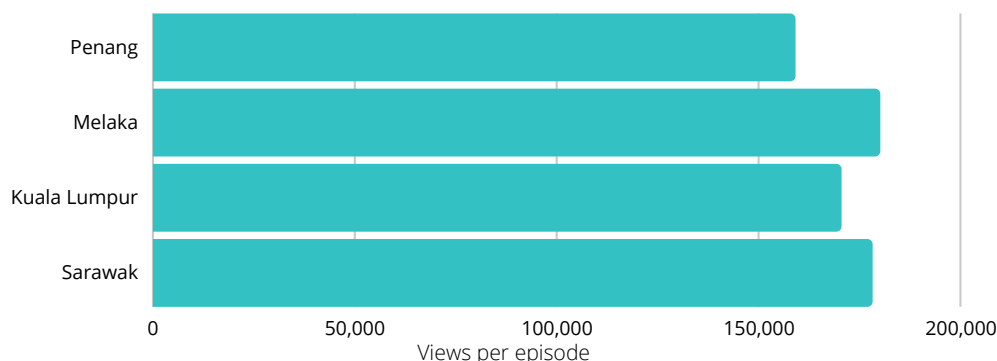
None of our regulars, The JetLag Warriors, Mark O'Dea and Ken Abroad, are vegan, but I think seeing them enjoy plant-based Malaysian food in spite of this, actually adds to the charm.

I hope you've enjoyed Series 3 of Street Food Journeys: Malaysia as much as we've enjoyed bringing it to you. Don't forget you can catch the replays of every episode by scanning or clicking on the QR codes in the Episode Guide section of this eMag.

Also, please feel free to share this eMagazine with your friends and family, but tell them to sign up at our website - MalaysianChefs.com/JoinToday so they don't miss all future issues.

Until next time,
Jackie M

STREET FOOD JOURNEYS: MALAYSIA



EPISODE GUIDE

EPISODE 1: VEGAN PENANG

Char Koay Teow by Jackie M.

Stir-fried rice noodles with garlic, beansprouts, mushrooms & garlic chives

Pasembur by Liam Ghani

Mixed vegetables and fritters with spicy sweet potato sauce

Bubur Pulut Hijau by Jackie M.

Sweet mung bean and sticky rice porridge with coconut cream

Also: The JetLag Warriors



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EPISODE 2: VEGAN MELAKA

Chicken Rice Balls by Jackie M.

Poached mushrooms with garlic rice balls, ginger & garlic chilli, sauce & condiments

Bubur Sum Sum Durian by Bob Adnin

Sago and coconut dessert with durian

Otak-Otak

Grilled spicy tofu-based cakes in banana leaves

Also: The JetLag Warriors

EPISODE GUIDE

EPISODE 3: VEGAN KL

Nasi Lemak Deluxe by Jackie M.

Coconut rice with rendang, ayam goreng, telur dadar, ikan bilis and sambal.

Pecel by Leeza Yeo

Mixed vegetable and tempeh salad with peanut sauce

Also: The JetLag Warriors



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EPISODE 4: VEGAN SARAWAK

Kolo Mee by Jackie M.

Noodles served with mince and char siew aka barbecued "meat"

Roti Canai and Dhal by Elias Morad

Flaky flat bread with lentil dip

Kompia by Jackie M.

Sarawak bagel served with mince

Also: Mark O'Dea



JACKIE M. TANG

Series Host and Producer

Australia-based Jackie M. is the founder of Masters of Malaysian Cuisine. She's a sole parent to Baby Noah, whose Down Syndrome and complex medical diagnoses led her to pivot from running her celebrated Malaysian restaurant in 2013 to sharing her Malaysian food knowledge online.



www.jackiem.com.au

LIAM GHANI

Episode 1: Penang

A Malaysian food-blogger based in South Africa, Liam started his blog themuddledpantry.com as a way to share recipes for making authentic tasting Malaysian food, no matter where you live.

Liam is a regular on MOMC@HEART, as well as being a featured guest cook in numerous MOMC campaigns.



[themuddledpantry](https://www.instagram.com/themuddledpantry)



BOB ADNIN

Episode 2: Melaka

Chef Bob Adnin is the host of Chef Bob Cooking and the president of the Professional Culinaire Association of Malaysia. Throughout his illustrious career, he's worked with various 5-star hotels and renowned cruise ships. Today, Chef Bob is a full-time consultant chef and host of his own cooking show.



[edirule](https://www.instagram.com/edirule)





LEEZA YEO

Episode 3: Kuala Lumpur

"Nature is already flavourful; cooking is about bringing out the best of those flavours."

Germany-based Leeza Yeo takes a no-nonsense and respectful approach to the art of cooking.

Armed with an infectious smile, Leeza is unafraid to stamp her identity onto any dish she touches.



zaza_try

ELIAS MORAD

Episode 4: Sarawak

Elias, who is of Swedish and Malay parentage, was born in Kuala Lumpur and grew up in Penang before the family moved to Germany. Trained as a Psychologist, Elias later realised that his interest was in cooking. Today, he is about to embark on a new career in food, by working as an apprentice chef in a well-known restaurant in Germany.



Elias_lejonsson



PAUL GRAY

Series co-Producer & Editor

South Africa-based Paul Gray is a digital strategist by profession, and the co-founder of Masters of Malaysian Cuisine (MOMC) together with Jackie M.

He is the editor for Street Food Journeys and he creates and maintains the websites and other online platforms connected to MOMC.



paulgray.online





THE JETLAG WARRIORS

The JetLag Warriors are a full-time travelling couple who spent a year in Malaysia and fell in love with the food. Steve and Ivana hail from Canada, and they post videos on their channel every day, taking their audience with them as they travel around the world.

 JetLagWarriors

MARK O'DEA

Mark O'Dea (Alamark) is an English TV presenter, actor and parody maker based in Malaysia. He is the host of numerous Malaysian TV shows including Astro Supersports, and he creates online content primarily on TikTok, YouTube and Instagram.



@markodea8



MarkODea



KEN ABROAD

German YouTuber Ken is a full-time traveller focused on Southeast Asia; Ken has travelled extensively throughout Malaysia and has many videos on his channel covering his adventures. Ken has been a regular presence in our Street Food Journeys since we came across his content halfway through Series 1 and began partnering with him..



KenAbroad



RECIPES

Penang

Char Koay Teow
Bubur Kacang Hijau
Pasembur

Melaka

Chicken Rice Balls
Otak-Otak
Bubur Sum Sum

Kuala Lumpur

Nasi Lemak
Rendang
Ayam Goreng
Pecel

Sarawak

Kolo Mee
Kompia
Roti Canai
Dhal



JACKIE M.

PENANG CHAR KOAY TEOW

(STIR-FRIED RICE NOODLES)

BUBUR PULUT HIJAU

(SWEET MUNG BEAN & STICKY RICE PORRIDGE)



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VEGAN PENANG

CHAR KOAY TEOW

JACKIE M.

Serves: 4

TOTAL Cooking time: 60 minutes



INGREDIENTS

Sauce:

- 200ml soya sauce
- 1 cup sugar
- 1 TBSP salt
- 4 TBSP mushroom seasoning
- 1 Tbsp cooking caramel (thick soya sauce)
- ¼ cup water

Noodles:

- 250g fresh rice noodles
- 1 ½ TBSP oil
- 1 TBSP minced garlic
- 1 TBSP chilli paste (from soaked and blended dried chillies) - optional
- ¼ cup sliced mushrooms or protein of choice
- 1 ½ TBSP CKT sauce
- 2 TBSP besan or chickpea flour + 3 TBSP water
- 1 tsp tapioca or cornstarch + 1 TBSP water
- Small bunch of garlic chives, cut into 2-inch lengths
- Small bunch of beansprouts

METHOD

1. To make the sauce, combine all ingredients and simmer until sugar is dissolved. Cool and store in the refrigerator for up to 8 weeks.
2. Heat half the oil in wok until smoking. Add noodles and scorch.
3. Add garlic and fry until aromatic.
4. Add mushrooms and any other accompaniments. Add chilli paste if using.
5. Drizzle about a teaspoon of the sauce at a time and mix well.
6. Make sure sauce is absorbed before you add more.
7. Add besan mixture into noodles, reduce heat and allow to set.
8. Add tapioca starch mixture, cook a further 10 seconds, then fold into noodles.
9. Turn off heat and add beansprouts and chives and mix well.
10. Remove and serve.



VEGAN PENANG

BUBUR KACANG HIJAU

JACKIE M.

Serves: 4

TOTAL Cooking time: 60 minutes



INGREDIENTS

Porridge:

- 2 cups mung beans, skin on
- 2L water
- 2 pandan leaves, knotted, or 1 tsp pandan powder
- 1 cup glutinous rice
- 1 cup white sugar
- 1 cup coconut cream
- 1 tsp salt

Coconut Cream Topping:

- ½ cup coconut cream
- ½ tsp salt

Sticky Rice:

- 2 cups glutinous rice
- ½ tsp salt
- 1 pandan leaf, knotted, or ½ tsp pandan powder (optional)
- 3 cups water

METHOD

1. Combine mung beans, glutinous rice and water in a pressure cooker (if available) and cook until soft (about 15 minutes). If using a regular pot, cook on a low simmer and stir regularly until mixture is soft.
2. Transfer onto stove, add all other ingredients and simmer another five minutes, adjust seasoning and set aside.
3. To make the coconut cream topping, combine coconut cream and salt, simmer on low heat until salt is dissolved.
4. To cook sticky rice, boil 2 cups of water, then pour over the rice, making sure it's fully immersed. After 15 minutes, transfer into a rice cooker or saucepan, add more water and the remaining ingredients, cook per regular rice.
5. To assemble, transfer porridge into a serving bowl, add a dollop of sticky rice and a drizzle of coconut cream, then serve.

LIAM ZAINAL GHANI


PASEMBUR

(SALAD WITH SPICY SWEET POTATO SAUCE)



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 themuddledpantry





VEGAN PENANG

PASEMBUR

LIAM Z. GHANI

Serves: 4

Cooking time: 60 minutes



INGREDIENTS

1 block firm tofu, drained
Oil for deep-frying
150 g bean sprouts, blanched
4 boiled eggs, sliced (omit for vegan version)
2 boiled potatoes, sliced
½ cucumber, shredded
4 Iceberg Lettuce leaves, shredded

Mushroom Fritters:

100 g Shimeji mushrooms
150 g self-raising flour
½ cup water
1 TSP vegetable oil
¼ TSP salt
¼ TSP ground white pepper

Sauce:

3 dried red chillies, soaked in hot water till soft
¼ red onion, chopped
½ brown onion, chopped
4 garlic cloves, chopped
2 TBSP tamarind paste, mixed with 750 ml warm water
1 large orange sweet potato, boiled
4 TBSP sugar
1 TSP salt
Cooking oil

Garnish:

Roasted peanuts, crushed
Toasted sesame seeds, crushed
Crispy shallots

METHOD

1. For the fritters, combine all the ingredients in a mixing bowl and beat till a thick batter forms. Bring to oil up to a medium heat, then deep fry the batter in batches till crispy. Drain well and set aside.
2. Slice the drained tofu into four, then carefully add to the hot fritter oil. Deep fry till golden. Drain well and set aside.
3. For the sauce, pass the boiled sweet potato flesh through a fine sieve. Grind the softened dried chillies, garlic, red and brown onions into a fine paste – add a splash of oil to help form the paste.
4. Heat some oil in a large wok, then add the paste. Sauté till fragrant and the oil separated, now add the tamarind water. Bring to a boil, then add the pureed sweet potato – mix well. Now add the sugar and salt. Simmer for 20 minutes.
5. On a serving platter, combine the blanched bean sprouts, boiled eggs and potato slices, cucumber, and lettuce. Chop up the mushroom fritters and slice the tofu, add these to the platter.
6. Ladle over the warm sauce, then top with a mixture of crushed peanuts, sesame seeds, and crispy shallots.
7. Serve immediately with some extra sauce on the side.

JACKIE M. CHICKEN RICE BALLS GRILLED OTAK-OTAK (SPICY "FISH" CAKE IN BANANA LEAF)



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VEGAN MELAKA

CHICKEN RICE BALLS

JACKIE M.

Serves: 4

TOTAL Cooking time: 30 minutes



INGREDIENTS

3 cups king oyster mushroom stems, halved lengthwise

4 cups water

2 TBSP sesame oil

4 cloves garlic, minced

¼ onion, minced

3 TBSP oil

Garlic Rice:

1-inch piece of ginger, minced

6 cloves garlic, minced

¼ onion, minced

⅓ cup oil

1 ½ TBSP mushroom seasoning or ½ TBSP salt

3 cups jasmine rice, rinsed and drained

3-4 cups water (approximate)

Chilli Dip:

5 large chillies

2-inch piece of ginger

¼ cup water

1 tsp salt

½ tsp sugar (optional)

Sauce:

3 TBSP sesame oil

5 TBSP soya sauce

1 TBSP cooking caramel (aka thick soya sauce)

⅔ TBSP sugar

1 TBSP mushroom seasoning

¼ cup water

Garnish:

Crispy fried shallots

Fresh coriander

Spring onion, sliced

Sesame oil

Cucumber, thinly-sliced

METHOD

1. To cook the mushrooms, heat oil in pan, then saute onion and garlic until aromatic. Add mushrooms, water and seasoning and simmer until mushroom stems are cooked through (about 8 minutes).
2. Remove mushrooms and set aside; strain broth and set aside.
3. To cook the garlic rice, fry garlic, onion and ginger with oil until aromatic. Add rice and all other ingredients, mix well. Transfer into a rice cooker or saucepan and cook as per normal rice until done, using more water if you'd like to form into balls.
4. To make the chilli dip, combine chilli, ginger, water, salt and sugar in blender.
5. Blend until fine. Store in refrigerator for up to one week or in freezer for 3 months.
6. To make the sauce, combine all sauce ingredients in saucepan. Simmer until everything is dissolved; remove from heat and allow to cool.
7. Adjust the seasoning in the strained mushroom broth from earlier, then serve on the side with a dash of white pepper and coriander and spring onion.
8. Scoop 3-4 TBSP rice onto a piece of cling wrap, fold and mould into a ball. Repeat to make enough rice balls per serve.
9. Assemble rice and cucumber slices on plate, add mushrooms, drizzle with sauce and a generous amount of sesame oil, top with crispy fried shallots and serve with chilli dip.



VEGAN MELAKA

OTAK-OTAK

JACKIE M.

Serves: 4

TOTAL Cooking time: 30 minutes



INGREDIENTS

6 pcs firm white tofu (about 300g), mashed
½ cup tofu puffs, thinly sliced
1 TBSP tapioca starch
1 TBSP sugar
½ TBSP mushroom seasoning
½ TBSP wakame (dried seaweed) powder, optional
1 tsp ground bean paste
1 TBSP fish curry powder
2 TBSP chickpea or besan flour
100ml coconut cream
1 tsp chilli flakes
1 tsp kaffir lime leaves, shredded
2 ½ TBSP fried shallots

To wrap:

8 pieces banana leaves, 7x15cm
Bamboo toothpicks or staples

Oil for brushing

METHOD

1. Combine all filling ingredients in a bowl and mix well.
2. Place 2 tablespoons otak-otak filling on banana leaf (dull side up), fold in the sides and secure with bamboo toothpicks. Repeat with the remainder.
3. Grill for about of 10 minutes, brushing the top with oil before flipping to make sure the exposed paste does not stick to the grill.
4. Remove banana leaf before eating.

BOB ADNIN

BUBUR SUM SUM DURIAN

(COCONUT PUDDING WITH DURIAN)



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VEGAN MELAKA

BUBUR SUM SUM DURIAN

BOB ADNIN

Serves: 6

Preparation time: 15 minutes

Cooking time: 30 minutes



INGREDIENTS

50g rice flour
100g sago
800ml coconut milk
200ml palm sugar syrup
200ml durian paste
2 TBSP yellow food-colouring
Salt, a pinch
300ml hot water

METHOD

1. Soak the sago in water for 15 mins, then boil till soft but still al dente. If needed, add more hot water to prevent the sago going mushy. Once cooked, drain the sago and set aside.
2. In a clean pot add the coconut milk and rice flour. On a low heat, whisk the mixture till smooth.
3. Whisk through a pinch of salt, and continue cooking until a foam forms and the coconut milk cooks through.
4. Strain the mixture to remove any lumps, then set aside.
5. Combine the prepared sago with the durian paste and food-colouring until royally golden.
6. Divide the sago durian mixture into ramekins or glasses, filling till half full.
7. Pipe over the sago durian base with the coconut mixture, leaving room at the top of the palm sugar syrup.
8. Chill for 2 hours, or until set.
9. Just before serving, pour over the palm sugar syrup.

JACKIE M.

NASI LEMAK DELUXE

(COCONUT RICE WITH SIDES AND
CONDIMENTS)



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VEGAN KUALA LUMPUR

NASI LEMAK & SAMBAL

COCONUT RICE | CHILLI RELISH

JACKIE M.

Serves: 4

Cooking time: 30 minutes



INGREDIENTS

Garnishes:

Cucumber, cut into chunks

Peanuts, skin on, fried or roasted

a) COCONUT RICE

4 cups jasmine rice

4 cups water

1 tsp salt

2 pandan leaves, tied in a knot (optional), or 2

tsp pandan powder

$\frac{2}{3}$ cup coconut milk powder

b) SAMBAL

$\frac{1}{2}$ onion, sliced

$\frac{1}{2}$ onion, minced

6 cloves garlic, minced

4 large red chillies or 2 TBSP chilli powder,
mixed into a paste with onion

1 TBSP minced lemongrass (optional)

2 TBSP tamarind concentrate

2 TBSP mushroom seasoning

1 tsp salt

1 tsp ground bean paste (optional)

4 TBSP sugar (or to taste)

$\frac{1}{2}$ cup coconut cream (optional)

1 tsp soya sauce

4 TBSP oil

METHOD

To cook the Coconut Rice:

1. Combine all ingredients except the coconut milk powder in a pot or rice cooker and cook per normal rice.
2. When rice is ready and still hot, stir in the coconut milk powder and mix well. Cover and rest a further 5 minutes to allow the flavours to absorb before serving.

To make the Vegan Sambal:

1. Fry minced onion and garlic with oil until lightly browned and oil separates.
2. Add all other ingredients and simmer. Adjust seasoning, then remove from heat and serve.



VEGAN KUALA LUMPUR

IKAN BILIS TELUR DADAR

FRIED ANCHOVIES | EGG OMELETTE
JACKIE M.

Serves: 2

Cooking time: 20 minutes



INGREDIENTS

c) VEGAN IKAN BILIS

- 2 sheets pliable beancurd skin
- 1 sheet seaweed
- 3 TBSP plain flour
- 1 TBSP rice flour
- 5 TBSP boiling water
- 1 tsp salt
- 2 tsp mushroom seasoning
- 1 tsp wakame powder (optional)
- 1 tsp pepper
- Oil for deep-frying

d) VEGAN EGG OMELETTE

- ¼ cup besan or chickpea flour
- ½ piece white tofu, mashed
- 1 tsp tapioca starch
- ⅓ cup water
- ½ tsp Himalayan black salt (optional)
- 1 tsp mushroom seasoning
- Dash of pepper
- A few thin slices of onion (optional)
- ½ TBSP oil for frying

METHOD

To make Vegan Ikan Bilis:

1. Combine flours and seasoning with boiling water. Mix into a paste.
2. Spread out beancurd skin and smear with paste.
3. Place seaweed on it, then spread some paste on the seaweed layer.
4. Fold in the sides of the beancurd sheet so they completely cover the seaweed.
5. Spread the paste on the second beancurd sheet; place the first sheet on it and fold again so you end up with two sheets of beancurd sheet wrapped around one sheet of seaweed.
6. Cut into strips about 1cm x 3cm.
7. Heat oil to 160-170C; fry strips in batches until crispy. Remove from oil, drain and allow to cool before serving or storing in airtight containers.

To make Vegan Omelette:

1. Combine all ingredients in a mixing bowl and mix well.
2. Heat oil in a pan, then add omelette mixture. Fry on low to medium heat until set, then flip and cook on the other side until lightly browned.
3. Remove and cut into wedges before serving.



VEGAN KUALA LUMPUR

RENDANG

DRY-STYLE CURRY WITH
COCONUT CREAM
JACKIE M.

Serves: 4

Preparation time: 2 hours

Cooking time: 30 minutes



INGREDIENTS

e)

1 1/2 cups lion's mane mushroom, cut into
chunks (soak for 2 hours if using dried
mushrooms, then rinse and drain well)

1 TBSP meat curry powder

1/2 onion, minced

4 cloves garlic, minced

3 TBSP minced lemongrass

1 cup coconut cream

1 1/2 TBSP mushroom seasoning

2 tsp sugar

1/2 tsp soya sauce (optional)

3 TBSP oil

METHOD

- 1.If using dried mushrooms, prepare according to instructions and rinse very well to remove any aftertaste.
- 2.Combine curry powder, onion, garlic and lemongrass and mix into a paste. Fry in oil until aromatic, browned and oil separates.
- 3.Add mushroom pieces and all other ingredients; simmer until mushrooms are soft (about 15-20 minutes), adding more water if needed.
- 4.Cook to desired consistency, adjust seasoning and remove from heat.



VEGAN KUALA LUMPUR AYAM GORENG

SPICY FRIED CHICKEN
JACKIE M.

Serves: 4

Cooking time: 30 minutes



INGREDIENTS

f)
4 cups oyster mushrooms or young jackfruit pieces
1 ½ TBSP meat curry powder
1 TBSP turmeric powder
1 TBSP mushroom seasoning
½ cup onion, minced
5 cloves garlic, minced
½-inch ginger, minced
½ TBSP galangal powder or 1 TBSP grated fresh galangal
½ TBSP sugar
¼ cup minced lemongrass
½ cup water

To fry –

1 ½ – 2 L Vegetable Oil
¼ cup tapioca starch
¼ cup rice flour

METHOD

1. Combine mushrooms/young jackfruit and marinade ingredients in heavy-based saucepan. Cover and simmer until just cooked through, about 5 minutes . Remove from marinade, squeeze or pat dry.
2. Combine tapioca starch and rice flour. Dust mushroom/young jackfruit pieces very well in the flour mixture, making sure all surfaces are completely covered.
3. Heat oil to 160-180°C (350°F), fry in batches until crisp and golden. Remove and set aside.

LEEZA YEO

PECEL

VEGETABLE SALAD WITH PEANUT SAUCE



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zaza_try





VEGAN KUALA LUMPUR

PECEL

LEEZA YEO

Serves: 4

Cooking time: 30 minutes



INGREDIENTS

Pecel Sauce:

- 2 cups peanuts
- ½ cup oil (to fry the peanuts)
- 2 medium onion, chopped
- 4 garlic cloves, chopped
- 3 bird eye chillies
- 15 dried chillies, seeded and steeped in hot water
- 2 TBSP tamarind puree
- 1 cup water
- Sugar and salt, to taste

Recommended Vegetables:

- Carrots
- Cabbage
- French beans
- Bean sprouts
- Tofu and Tempeh, cut in cubes

METHOD

For the pecel sauce:

1. Heat the ½ cup of oil in a wok, then fry the peanuts till they turn brown.
2. Remove using a slotted spoon and leave to cool. Discard the oil.
3. Once cooled, grind the peanuts in a food processor till slightly coarse.
4. In the same wok, add 2-3 TBSP oil and fry the onion, garlic and both chillies till the onion starts to take on some colour.
5. Remove and leave to cool a bit before grinding the mixture into a paste.
6. Using a clean wok, bring the paste and water to a boil.
7. Add the ground peanuts and tamarind, and simmer till the sauce thickens.
8. Add salt and sugar to taste

For the vegetables:

1. Boil bean sprouts, carrots, cabbage and french beans till just cooked. Drain and set aside.
2. Fry tempeh and tofu until golden brown. Remove and set aside.

To assemble:

1. Arrange the vegetables on a plate or bowl.
2. Drizzle the pecel sauce over it.

JACKIE M.

KOLO MEE

(NOODLES WITH MINCE AND CHAR SIEW)

KOMPIA

(BAGEL WITH FILLING)



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JackieMFood





VEGAN SARAWAK

KOLO MEE

JACKIE M.

Serves: 2

Cooking time: 40 minutes



INGREDIENTS

400g thin wheat noodles
1 cup Chinese greens, cut into 2-inch lengths

Water for boiling

Garnishes (optional):

Crispy fried shallots

Crispy fried garlic

Spring onion, sliced

Sesame oil

Char Siew (Barbecued "Meat"):

1 ½ cups king oyster mushroom stems

1 TBSP hoisin sauce

4 TBSP sugar

2 cups water

1 tsp mushroom seasoning

2 tsp soya sauce

A couple of dashes of red food colouring (optional)

Mince:

2 cups mushroom stems, finely diced

½ cup tofu puffs, finely diced

4 cloves garlic, minced

⅓ onion, minced

1 TBSP thick soya sauce

1 TBSP thin soya sauce

½ TBSP mushroom seasoning

2 TBSP Shaoxing rice wine (optional)

4 TBSP water

1 tsp white pepper

⅓ cup oil

METHOD

1. First, make the "char siew" by combining all ingredients in a saucepan. Simmer on low heat until mushroom stems are cooked through, adding more water if necessary to prevent drying. Set aside and allow to cool.
2. To make the mince, heat oil in pan, then add garlic and onion and fry until aromatic and lightly browned. Add mushrooms and tofu puffs and saute a further minute.
3. Add the rice wine if using, sizzle, then add all other ingredients and cook until well-mixed. Set aside.
4. Bring some water to a boil in a saucepan, then cook noodles per manufacturer instructions; remove. Poach the vegetable stems followed by the leaves - cooking time varies depending on type, but it should not take more than 30 seconds. Remove and arrange on plate with noodles.
5. Top with mince, sliced char siew, and garnishes; serve.



VEGAN SARAWAK

KOMPIA

JACKIE M.

Serves: 6

Cooking time: 90 minutes



INGREDIENTS

(Recipe adapted from Guaishushu1.com)

250g bread flour or high-protein flour
150ml lukewarm water
2 TBSP sugar
2 TBSP cooking oil
Pinch of salt
2 tsp instant yeast
Adequate sesame seeds for dusting

(*halve all mixing times if using a Thermomix)

METHOD

1. Combine all ingredients except the oil in a mixer and mix for 6 minutes.
2. Add oil and mix a further 10 minutes until smooth.
3. Cover and rest until doubled in size. Transfer onto a floured surface; roll flat with a rolling pin.
4. Roll up like a sushi roll, then cut into 2-cm widths.
Turn each piece on its cut surface and flatten or roll into a round shape.
5. Coat one side with sesame seeds and press to make sure they stick on the dough.
6. Use a chopstick to punch a hole in the middle. Heat oven to 180C and bake for 15 minutes or until done.
7. Serve with your preferred spread or filling or with mince cooked using the same recipe per for Kolo Mee but with more sugar added.

ELIAS MORAD


ROTI CANAI & DHAL

(FLAKY FLAT BREAD WITH LENTIL DIP)



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 Elias_lejonsson





VEGAN SARAWAK

ROTI CANAI

ELIAS MORAD

Serves: 4

Preparation time: 8 hours

Cooking time: 20 minutes



INGREDIENTS

250g plain flour / type 450

250g strong (ie. bread) flour / type 550

1/2 TBSP salt

75g oil

2 TBSP sugar

200ml water

Oil for coating

METHOD

1. Mix all the ingredients and knead the dough until everything is incorporated.
2. Cover the dough and let it rest for 30min.
3. After 30min knead the dough once again. The dough should be soft, but not sticky.
4. Divide the dough into 8 even pieces, fold them and roll them into balls. Coat them in oil and let them rest in a bowl covered either overnight or for at least 4 hours.
5. Grease your working space with some oil and press the dough flat on the table. Now either toss the dough to stretch it or pull the dough until the dough is as stretched and thin as you can get it. Pick it up at one end and curl it. It should look like a curled up snake. Press it flat.
6. Now heat up a frying pan to medium heat with some oil and fry the roti until brown on both sides. Slightly crush it from all sides to make it crispy and enjoy!



VEGAN SARAWAK

DHAL

ELIAS MORAD

Serves: 4

Cooking time: 60 minutes



INGREDIENTS

250g dhal (red lentils)
4 cloves garlic
1 onion
1-2 thumb-sized peeled ginger
1-4 green chilli / 1-4 TBSP chilli powder
1 can whole tomatoes
1 TBSP salt
2 TBSP turmeric powder
2 TBSP cumin powder
2 tsp mustard seeds
1 tsp cinnamon powder
1 TBSP tamarind paste or lemon/ lime juice
1 tsp palm sugar

Coriander and sambal (optional)

METHOD

1. Soak the dhal overnight or cook (~20min) in water until soft.
2. Put roughly chopped garlic, onions, ginger, chilli and tomatoes in a blender and blend until smooth.
3. Add the mixture to a pot and heat it up and let the water evaporate. Keep stirring from time to time to not let it burn.
4. Add the oil and then the spices, tamarind and sugar. Mix everything together and let it cook until the oil starts separating from the rest.
5. Add the lentils, mix everything and let it simmer for a few minutes. Add more salt, chilli, tamarind, cumin and sugar if needed.
6. Serve with coriander, sambal and roti.



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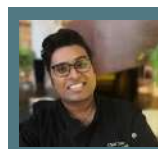
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