thermomix

Rasa Nyonya

回味娘惹

Taste of Peranakan

VORWERK
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For
TM5
TM6

Nyonya Curry Paste

5 min   20 min   easy   1 jar
(150 g each)

Ingredients

30 g coriander seeds
25 g cumin seeds
10 g fennel seeds
25 g dried chilli flakes
5 g black peppercorns
1 star anise
1 cinnamon stick
2 cloves
6 candlenuts
40 g shallots
4 garlic cloves
2 cm fresh ginger
2 cm fresh turmeric
4 tsp tamarind paste (seedless)
1 tsp shrimp paste (belacan)
40 g cooking oil, plus extra for
    covering

Useful Items
airtight jar (150 g)

Per jar: Energy 740 kcal / Protein 15 g
Carbs 73 g / Fat 53 g / Sodium 104 mg
Saturated Fat 7 g / Dietary fibre 32 g

Preparation

1. Place coriander seeds, cumin seeds, fennel seeds, dried chilli flakes, peppercorns, star anise, cinnamon stick, cloves and candlenuts in mixing bowl, without measuring cup, dry roast **8 min/120°C/speed 1**. Let cool for 5 minutes. Then grind **1 min/speed 10**. Scrape down sides of mixing bowl with spatula.

2. Add shallots, garlic cloves, ginger, turmeric, tamarind paste, shrimp paste and cooking oil, blend **30 sec/speed 8**. Scrape down sides of mixing bowl with spatula.

3. Blend **30 sec/speed 8**. Transfer curry paste to an airtight jar (150 g), cover with a layer of oil and store in refrigerator for up to 4 weeks.

Tip
- The curry paste is covered with oil to retain colour and prevent oxidization.

娘惹咖喱酱

| 5 分钟 | 20 分钟 | 简易 | 1罐
(每份150 克) |

食材

30 克 芫荽籽
25 克 孜然籽
10 克 茴香籽
25 克 干辣椒片
5 克 黑胡椒粒
1 颗 八角
1 支 肉桂棒
2 颗 丁香
6 颗 石古仔
40 克 小红葱
4 个 蒜瓣
2 公分 新鲜姜
2 公分 新鲜黄姜
4 茶匙 亚叁膏,去籽
1 茶匙 峇拉盏
40 克 食油,额外准备覆盖用

实用配件
密封罐(150 克)

每罐份量: 热量 740 kcal
蛋白质 15 g / 碳水化合物 73 g
脂肪 53 g / 钠 104 mg
饱和脂肪 7 g / 膳食纤维 32 g

做法

1. 将芫荽籽、孜然籽、茴香籽、干辣椒片、黑胡椒粒、八角、肉桂棒、丁香和石古仔放入主锅,无需盖上量杯,以**8分/120℃/速度1**烘干。待凉5分钟。再以**1分/速度10**磨碎。利用刮刀棒将食材刮至主锅底。

2. 加入小红葱、蒜瓣、姜、黄姜、亚叁膏、峇拉盏和食油,以**30秒/速度8**搅打。利用刮刀棒将食材刮至主锅底。

3. 再以**30秒/速度8**搅打。将咖喱酱转移至一个密封罐(150克),倒入一层食油覆盖并存放在冰箱待用长达4个星期。

贴士
• 用一层食油覆盖着咖喱酱可保持其颜色鲜艳并防止氧化。

Nyonya Spice Paste

5 min   15 min   easy   2 jars
(400 g each)

Ingredients

20 g dried chillies, deseeded,
    soaked to soften
5 fresh red chillies, deseeded
250 g shallots
10 garlic cloves
6 stalks fresh lemongrass, white
    part only
30 g fresh galangal (lengkuas), cut
    in slices (0.5 cm)
20 g fresh ginger, cut in slices
    (0.5 cm)
1 torch lily, bud only, cut in
    quarters (optional)
25 g shrimp paste (belacan),
    toasted
150 g cooking oil
20 g sugar
15 g salt

Useful Items
2 airtight jars (400 g each)

Per jar: Energy 932 kcal / Protein 11 g
Carbs 58 g / Fat 77 g / Sodium 3052 mg
Saturated Fat 8 g / Dietary fibre 9 g

Preparation

1. Place soaked dried chillies, red chillies, shallots, garlic cloves, lemongrass, galangal, ginger, torch lily, shrimp paste and cooking oil in mixing bowl, chop **5 sec/speed 6**. Scrape down sides of mixing bowl with spatula.

2. Start **Blend ⊗/30 sec/speed 8**. Scrape down sides of mixing bowl with spatula.

3. Sauté **5 min/120°C/speed 2**.

4. Add sugar and salt, sauté **15 min/90°C/speed 2**. Use as a base for curries (see tip) or transfer to 2 airtight jars (400 g each) and store in refrigerator for up to 4 weeks.

Tip

• Use as a base for a tasty curry: combine Nyonya spice paste with curry powder, coconut milk and tamarind juice and add chicken, seafood, meat or vegetables as preferred.

娘惹香料酱

5 分钟　　**15 分钟**　　**简易**　　**2罐**
（每份400 克）

食材

20 克 辣椒干，去籽，浸软
5 条 新鲜红辣椒，去籽
250 克 小红葱
10 个 蒜瓣
6 支 新鲜香茅，只取白色部分
30 克 新鲜南姜，切成薄片(0.5公分)
20 克 姜，切成薄片(0.5公分)
1 支 姜花，只取花蕾，一切4块(可省略)
25 克 峇拉盏，香烤
150 克 食油
20 克 白砂糖
15 克 盐

实用配件

2个密封罐（各400克）

每罐份量: 热量 932 kcal
蛋白质 11 g / 碳水化合物 58 g
脂肪 77 g / 钠 3052 mg
饱和脂肪 8 g / 膳食纤维 9 g

做法

1. 将辣椒干、红辣椒、小红葱、蒜瓣、香茅、南姜、姜、姜花、峇拉盏和食油放入主锅，以**5秒/速度6**剁碎。利用刮刀棒将食材刮至主锅底。

2. 以**调和⊗/30秒/速度8**搅碎。利用刮刀棒将食材刮至主锅底。

3. 以**5分/120°C/速度2**爆香。

4. 加入糖和盐，以**15分/90°C/速度2**爆香。用于咖喱调味品或倒入2个密封罐（各400 克)中存放在冰箱待用长达4个星期。

贴士

- 当美味咖喱基础酱汁使用: 娘惹香料酱加入咖喱粉、椰浆和亚参汁，并随个人喜好加入鸡肉、海鲜、肉类或蔬菜。

TM6
exclusive

Otak Otak Daun Kaduk
(Spicy Fish Custard)

5 min   **35 min**   **medium**   **5 portions**

Ingredients

60 g shallots
3 garlic cloves
4 fresh red chillies, deseeded
3 dried chillies, deseeded and soaked to soften
2 stalks fresh lemongrass, white parts only
20 g galangal (lengkuas)
20 g fresh turmeric
15-20 g shrimp paste (belacan)
200 g fresh coconut milk
3 kaffir lime leaves, deveined
½-1 tsp salt
½ tsp sugar
2 eggs
15 g white rice flour (see tips)
1 banana leaf, (25 cm x 25 cm), soaked in hot water to soften (optional)
20-30 wild betel leaves (daun kaduk)
300 g fish fillets (threadfin), cut in slices , patted dry with kitchen towel
500 g water

Useful Items
steaming dish (Ø 20 cm)

Per portion: Energy 304 kcal / Protein 19 g
Carbs 17 g / Fat 18 g / Sodium 585 mg
Saturated Fat 11 g / Dietary fibre 3 g

Preparation

1. Place shallots, garlic cloves, red chillies, dried chillies, lemongrass, galangal, turmeric, shrimp paste, coconut milk, kaffir lime leaves, salt and sugar, blend **20 sec/speed 7**. Scrape down sides of mixing bowl with spatula.

2. Blend again **20 sec/speed 7**. Scrape down sides of mixing bowl with spatula.

3. Add eggs and rice flour, mix **30 sec/speed 4**.

4. Line a steaming dish (Ø 20 cm) with banana leaf and trim off edges. Arrange wild betel leaves on banana leaf and top with fish. Arrange the spice paste on top of the prepared fish slices. Place steaming dish in Varoma dish and close Varoma lid. Clean mixing bowl.

5. Place water in mixing bowl, boil **8 min/100°C/speed 1**. Set Varoma into position and steam **20 min/Varoma/speed 2**. Serve hot.

Tips
- Fish fillet can be substituted with other seafoods. For example, replace 100 g fish with 100 g squid or prawns.
- For firmer texture, you may increase the amount of white rice flour to 30g in step 3.

山栳叶乌达

5 分钟   35 分钟   中等   5人份量

食材

60 克 小红葱
3 个 蒜瓣
4 条 新鲜红辣椒，去籽
3 条 辣椒干，去籽并浸软
2 支 新鲜香茅，只取白色部分
20 克 南姜
20 克 新鲜黄姜
15-20 克 峇拉盏
200 克 新鲜椰浆
3 片 疯柑叶，去梗
½-1 茶匙 盐
½ 茶匙 糖
2 个 蛋
15 克 粘米粉 (参考贴士)
1 片 香蕉叶(25公分x 25公分)，放入
　　热水中浸软(可省略)
20-30 片 山捞叶
300 克 鱼片(马友鱼)，切片，利用
　　厨用纸巾抹干
500 克 水

实用配件 蒸碟(
Ø 20公分)

每人份量: 热量 304 kcal 蛋白
质 19 g / 碳水化合物 17 g 脂肪 1
8 g / 钠 585 mg 饱和脂肪 11 g /
膳食纤维 3 g

做法

1. 将小红葱、蒜瓣、红辣椒、辣椒干、香茅、南姜、黄姜、峇拉盏、椰浆、疯柑叶、盐和糖放入主锅，以**20秒/速度7**搅打。利用刮刀棒将食材刮至主锅底。

2. 再以**20秒/速度7**搅打。利用刮刀棒将食材刮至主锅底。

3. 加入蛋和粘米粉，以**30秒/速度4**混合。

4. 准备一个蒸碟(Ø 20公分)，铺上香蕉叶并剪掉边缘多出的叶片。在香蕉叶上排放山栳叶并把鱼片摆放在山佬叶上。把香料酱铺在备好的鱼片上。将蒸碟放入蒸锅内并盖上蒸锅盖。清洁主锅。

5. 将水倒入主锅，以**8分/100°C/速度1**煮沸。架上蒸锅组，以**20分/Varoma/速度2**蒸煮。趁热享用。

贴士
- 可以使用其它海鲜取代鱼片。例如: 使用100克花枝或虾取代100克鱼片。
- 欲取得较紧致的口感，您可在步骤3中增加粘米粉的份量至30克。

Nasi Ulam
(Herbed Rice)

10 min   **55 min**   **easy**   **5 portions**

Ingredients

50 g cooking oil

100 g salted fish, rinsed, deboned, cut in slices (1 cm), patted dry with kitchen towel

50 g dried shrimp, rinsed, patted dry with kitchen towel

140 g shallots

20 g fresh ginger

3 garlic cloves

10 g fresh turmeric

300 g Basmati rice, rinsed

550 g water

6 kaffir lime leaves, deveined, shredded

3 pandan leaves, tied into knots

½ tsp salt, plus extra for seasoning

2-3 long beans

1 stalk fresh lemongrass, white part only

1 torch lily (bunga kantan), bud only

3 cm galangal

2 stalks laksa leaves (daun kesum), leaves only

2 stalks Thai basil leaves, leaves only

2 stalks fresh peppermint, leaves only

5-6 wild betel leaves (daun kaduk)

2-3 cekur leaves (aromatic ginger leaves)

1 turmeric leaf, deveined

1 fresh red chilli

100 g grated coconut, toasted

1 tbsp shrimp paste (belacan), toasted, crumbled to powder

10 g calamansi lime juice

1 tsp sugar, adjust to taste

Preparation

1. Place cooking oil, salted fish and dried shrimp in mixing bowl, sauté **8 min/120°C/↺/speed ⬙**. Transfer only oil to a bowl and set aside.

2. Shred **5 sec/↺/speed 4**. Transfer to another bowl and set aside.

3. Place 40 g shallots, ginger, garlic cloves and turmeric in mixing bowl, chop **5 sec/speed 6**. Scrape down sides of mixing bowl with spatula.

4. Add reserved cooking oil, sauté **5 min/120°C/speed 2**.

5. Add Basmati rice, water, 3 kaffir lime leaves, pandan leaves and salt, place simmering basket instead of measuring cup onto mixing bowl lid, start **Rice Cooker ⬙**. Meanwhile, thinly slice 100 g shallots, long beans, lemongrass, torch lily bud, galangal, laksa leaves, basil leaves, mint leaves, wild betel leaves, cekur leaves, turmeric leaf and red chillies.

6. In a serving bowl, arrange cooled rice, reserved salted fish mixture, finely sliced fresh leaf mixture and remaining kaffir lime leaves, top with toasted grated coconut, belacan and calamansi juice. Mix well with spatula. Season with sugar and salt before serving.

Per portion: Energy 546 kcal / Protein 12 g / Carbs 61 g / Fat 28 g
Sodium 1245 mg / Saturated Fat 14 g / Dietary fibre 6 g

Tips

• Omit salted fish in step 1, replace with a cooked salted egg yolk (cut in small cubes) and add in step 6.

• Aromatic herbs like kaduk leaves, cekur leaves, turmeric leaves and laksa leaves can be replaced with other aromatic herbs based on personal preference or availability.

• Basmati rice comes in different varieties, and each type may have a different texture and flavor. Choose the right type of basmati rice that suits your preference and cooking style.
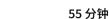
Background Information

• An appetizing aromatic herbed rice salad that will taste differently in different regions of South East Asia based on the locally available fresh herbs.

乌蓝饭
(娘惹野菜饭)

10 分钟	55 分钟	简易	5人份量

食材

50 克 食油
100 克 咸鱼, 洗净, 去骨, 切片(1公分),
　　　利用厨用纸巾抹干
50 克 虾米, 洗净, 利用厨用纸巾抹干
140 克 小红葱
20 克 新鲜姜
3 个 蒜瓣
10 克 新鲜黄姜
300 克 印度香米, 洗净
550 克 水
6 片 疯柑叶, 去梗, 切丝
3 片 班兰叶, 绑成结
½ 茶匙 盐, 额外准备调味用
2-3 条 长豆
1 支 新鲜香茅, 只取白色部分
1 朵 姜花, 只取花蕾
3 公分 南姜
2 支 叻沙叶, 只取叶片
2 支 泰国九层塔, 只取叶片
2 支 新鲜薄荷, 只取叶片
5-6 片 山捞叶
2-3 片 沙姜叶
1 片 姜黄叶, 去梗
1 条 新鲜红辣椒
100 克 香烤椰丝
1 汤匙 峇拉盏, 香烤, 弄碎成粉状
10 克 酸柑汁
1 茶匙 糖, 适量调味

每人份量: 热量 546 kcal
蛋白质 12 g / 碳水化合物 61 g
脂肪 28 g / 钠 1245 mg
饱和脂肪 14 g / 膳食纤维 6 g

做法

1. 将食油、咸鱼和虾米放入主锅, 以**8分/120°C/⟲/速度🥄**爆香。把油转移至一个碗中并置于一旁待用。

2. 以**5秒/⟲/速度4**切碎。转移至另一个碗中并置于一旁待用。

3. 将40克小红葱、姜、蒜瓣和黄姜放入主锅, 以**5秒/速度6**剁碎。利用刮刀棒将食材刮至主锅底。

4. 加入备用的食油, 以**5分/120°C/速度2**爆香。

5. 加入印度香米、水、3片疯柑叶、班兰叶和盐, 以网锅取代量杯置放在主锅盖上, 启动**烩饭🍲**。同时, 将100克小红葱、长豆、香茅、姜花、南姜、越南香菜叶、九层塔叶、薄荷叶、山佬叶、沙姜叶、姜黄叶和红辣椒切成薄片。

6. 在一个盛碗中, 摆放冷却的米饭、备用的咸鱼混合物、新鲜叶片混合物和剩余的疯柑叶, 铺上香烤椰丝、峇拉盏和酸柑汁。利用刮刀棒混合均匀。洒入适量糖和盐调味后享用。

贴士
- 可在步骤1省略咸鱼, 利用煮熟的咸蛋黄(切成丁)取代并于步骤6加入。

- 可根据个人喜好或季节可用性使用其它芳香野菜以取代食谱中的野菜如山佬叶、沙姜叶、姜黄叶和叻沙叶。

- 印度香米有不同的品种, 每种都有不同的质地和味道。根据您自己的喜好和烹饪风格选择最适当的印度香米。

背景信息
- 东南亚各别地区可获取的不同新鲜野菜将带出不同风味的开胃芳香野菜沙拉饭。

Ayam Buah Keluak
(Braised Chicken With Buah Keluak)

15 min   1 h 30 min   easy   8 portions

Ingredients

Spice paste

30 g galangal (lengkuas), cut in
    slices

50 g fresh lemongrass, white part
    only, cut in pieces (1 cm)

30 g fresh turmeric, cut in slices

10 candlenuts (buah keras), soaked
    in hot water for 10 minutes

600 g shallots

10 garlic cloves

30 dried chillies, soaked in hot
    water for 10 minutes, stems
    removed and deseeded

10 fresh red chillies, deseeded

4 tbsp shrimp paste (belacan),
    toasted

50 g cooking oil

½ tsp salt

Preparation

Spice paste

1. Place galangal, lemongrass, turmeric and candlenuts in clean and dry mixing bowl, grind **Turbo/2 sec/2 times**. Scrape down sides of mixing bowl with spatula.

2. Grind again **Turbo/2 sec/2 times**. Scrape down sides of mixing bowl with spatula.

3. Add shallots, garlic cloves, dried chillies and fresh chillies, chop **20 sec/speed 8**. Scrape down sides of mixing bowl with spatula.

4. Chop again **20 sec/speed 8**. Scrape down sides of mixing bowl with spatula.

5. Add shrimp paste, chop **20 sec/speed 10**. Scrape down sides of mixing bowl with spatula.

6. Chop again **10 sec/speed 10**. Scrape down sides of mixing bowl with spatula.

7. Add cooking oil, sauté **15 min/120°C/speed 2** until oil is released. Season with salt. Transfer to a bowl and set aside. Clean and dry mixing bowl.

▶ Ayam Buah Keluak recipe, continued

Braised chicken

250-300 g buah keluak, flesh only
 (approx. 15-18 pieces), reserve
 4-5 shells which are more intact
150 g minced pork
¼ tsp salt, plus extra for seasoning
1 tsp sugar, plus extra for seasoning
500 g water
4 tbsp tamarind paste (seedless)
6 kaffir lime leaves, deveined,
 bruised
20 g cooking oil
1200 g chicken (1 whole chicken),
 with skin and bone, cut in
 8 pieces

Per portion: Energy 660 kcal / Protein 49 g
Carbs 52 g / Fat 31 g / Sodium 413 mg
Saturated Fat 5 g / Dietary fibre 5 g

Braised chicken

8. Place buah keluak flesh in mixing bowl, chop **10 sec/speed 5**. Scrape down sides of mixing bowl with spatula.

9. Chop again **10 sec/speed 5**. Transfer to a bowl and set aside.

10. Place a bowl on mixing bowl lid, weigh in 100 g chopped buah keluak flesh and minced pork. Add salt and sugar to the bowl and mix well. Using a small spoon, stuff 4-5 buah keluak shells with pork mixture and set aside.

11. Place another bowl on mixing bowl lid, weigh in water. Add tamarind paste to the bowl, mix well and set aside.

12. Add 350 g reserved spice paste, remaining chopped buah keluak flesh, kaffir lime leaves and cooking oil to mixing bowl, cook **10 min/120°C/speed** 🥄.

13. Add chicken and reserved tamarind water, cook **30 min/100°C/** ⟲ **/speed** 🥄. Transfer chicken to a serving bowl. Keep gravy in mixing bowl.

14. Add reserved stuffed buah keluak, cook **10 min/100°C/** ⟲ **/speed** 🥄 until stuffed buah keluak are cooked. Season with salt and sugar. Drizzle on chicken pieces. Serve hot.

> ### Tip
> • Remaining spice paste can be used as sambal belacan for other dishes.

> ### Background Information
> • Ayam buah keluak is a famous Peranakan dish which was influenced by Indonesian cuisine, mainly consist of chicken, tamarind and buah keluak nuts.

娘惹黑果焖鸡

15 分钟   **1 小时 30 分钟**   **简易**   **15人份量**

食材

酱料

30 克 南姜,切片

50 克 新鲜香茅,只取白色部分,切段(1公分)

30 克 新鲜黄姜,切片

10 颗 石古仔,浸泡热水10分钟

600 克 小红葱

10 个 蒜瓣

30 条 辣椒干,浸泡热水10分钟,去蒂和去籽

10 条 新鲜红辣椒,去籽

4 汤匙 峇拉盏,香烤

50 克 食油

½ 茶匙 盐

焖鸡

250-300 克 黑果,只取果肉(约15-18粒),保留4-5个较完整的果壳

150 克 猪肉碎

¼ 茶匙 盐,额外准备调味用

1 茶匙 糖,额外准备调味用

500 克 水

4 汤匙 亚叁膏,去籽

6 片 疯柑叶,去梗,拍碎

20 克 食油

1200 克 鸡(1只全鸡),带皮和骨,切成8块

每人份量: 热量 660 kcal

蛋白质 49 g / 碳水化合物 52 g

脂肪 31 g / 钠 413 mg

饱和脂肪 5 g / 膳食纤维 5 g

做法

酱料

1. 将南姜、香茅、黄姜和石古仔放入清洁并抹干的主锅,以**Turbo/ 2秒/ 2 次**磨碎。利用刮刀棒将食材刮至主锅底。

2. 再以**Turbo/ 2秒/ 2 次**磨碎。利用刮刀棒将食材刮至主锅底。

3. 加入小红葱、蒜瓣、辣椒干和红辣椒,以**20秒/ 速度 8**剁碎。利用刮刀棒将食材刮至主锅底。

4. 再以**20秒/ 速度 8**剁碎。利用刮刀棒将食材刮至主锅底。

5. 加入峇拉盏,以**20秒/ 速度 10**剁碎。利用刮刀棒将食材刮至主锅底。 6.

再以**10秒/ 速度 10**剁碎。利用刮刀棒将食材刮至主锅底。

7. 加入食油,以**15分/ 120°C/ 速度 2**爆香直至出油。洒入盐调味。转移至一个碗中并置于一旁待用。清洁并抹干主锅。

焖鸡

8. 将黑果果肉放入主锅,以**10秒/ 速度 5**剁碎。利用刮刀棒将食材刮至主锅底。

9. 再以**10秒/ 速度 5**剁碎。转移至一个碗中并置于一旁待用。

10. 将一个碗置放在主锅盖上,放入100克黑果肉碎和猪肉碎称重。在碗里加入盐和糖并混合均匀。利用一个茶匙,把猪肉混合物塞入4-5个黑果壳并置于一旁待用。

11. 将另外一个碗置放在主锅盖上,倒入水称重。在碗里加入亚叁膏并混合均匀,置于一旁待用。

12. 加入350克备用的酱料、剩余的黑果肉碎、疯柑叶和食油至主锅,以**10分/ 120°C/ 速度** 烹煮。

13. 加入鸡块和备用的亚叁汁,以**30分/ 100°C/ 速度** 烹煮。将鸡块转移至一个盛碗中。把酱汁保留于主锅中。

14. 加入已填满的备用黑果,以**10分/ 100°C/ 速度** 烹煮直至黑果熟透。洒入盐和糖调味。淋在鸡块上。趁热享用。

贴士

- 剩余的酱料可当作叁峇峇拉盏用与其他菜肴搭配享用。

背景信息

- 黑果焖鸡是一道经典的娘惹料理,深受印尼料理影响,主要由鸡肉、亚叁和黑果制成。

Seri Muka
(Glutinous Rice Cake With Pandan Custard)

5 min   1 h 25 min   easy   25 pieces

Ingredients

Glutinous rice layer

200 g glutinous rice

800 g water, plus extra for soaking in step 1

10 g blue clitoria flowers (bunga telang), dried

50 g hot water

coconut oil, for greasing

165 g coconut milk

1 tsp salt

3 pandan leaves, cut in 5 cm length

Pandan layer

15-20 pandan leaves, cut in 5 cm length

980 g water

210 g coconut milk

1 egg

100 g sugar

50 g tapioca flour

50 g white rice flour

30 g potato starch

1 tsp salt

Useful Items

round steaming tray (Ø 22 cm), fine mesh strainer, skewer

Per piece: Energy 401 kcal / Protein 96 g
Carbs 16 g / Fat 3 g / Sodium 122 mg
Saturated Fat 2 g / Dietary fibre 0 g

Preparation

Glutinous rice layer

1. Place a bowl on mixing bowl, weigh in 200 g glutinous rice, cover with water and soak for 4 hours or overnight in refrigerator.

2. Place another bowl on mixing bowl lid, weigh in blue clitoria flowers and hot water, set aside and soak for 10 minutes. Meanwhile, grease a heat-resistant round steaming tray (Ø 22 cm) with coconut oil, set aside.

3. Place 800 g water in mixing bowl, set Varoma dish into position, insert prepared round steaming tray. Weigh in coconut milk, then add in salt and reserved glutinous rice. Place pandan leaves on top of the rice. Close Varoma lid and steam **40 min/Varoma/speed 2**. Remove Varoma and set aside. **Carefully open Varoma lid**, remove pandan leaves, sprinkle blue clitoria flower water on rice in patches. Close Varoma lid, steam again **5 min/Varoma/speed 2**. Remove Varoma and set aside. **Carefully open Varoma lid**, using the back of a spoon to press down cooked glutinous rice until compact and firm. Empty mixing bowl.

Pandan layer

4. Place pandan leaves and 180 g water in mixing bowl, blend **1 min/speed 10**. Transfer to a fine mesh strainer to extract pandan juice. Set aside. Clean mixing bowl.

5. Place reserved pandan juice, coconut milk, egg, sugar, tapioca flour, rice flour, potato starch and salt in mixing bowl, cook **5 min/80°C/speed 2** until batter has thickened. Transfer batter to reserved steaming tray with cooked glutinous rice. Tap the tray gently on a flat surface to remove any air bubbles that may have formed. Clean mixing bowl.

6. Place 800 g water in mixing bowl, set Varoma with steaming tray into position, steam **40 min/Varoma/speed 2** or until a skewer comes out clean when it is inserted in the centre. Set Varoma aside. **Carefully open Varoma lid** and allow seri muka to cool before cutting into slices (1 cm x 4 cm) and serve.

> **Tip**
>
> • For a less chewy Pandan layer version, you may add 1 more egg and replace 50g tapioca flour with 30g plain flour in step 5.

Tip
• Seri Muka is also known as Kueh Salat.

双色糯米糕
(班兰糯米糕)

5 分钟　　　1 小时 25 分钟　　　简易　　　25块

食材

糯米糕层

200 克 糯米

800 克 水,额外准备于步骤1浸泡用

10 克 蝶豆花,晒干

50 克 热水

椰子油,涂抹用

165 克 椰浆

1 茶匙 盐

3 片 班兰叶,剪成5公分长

班兰糕层

15-20 片 班兰叶,剪成5公分长

980 克 水

210 克 椰浆

1 个 蛋

100 克 糖

50 克 木薯粉

50 克 粘米粉

30 克 马铃薯粉

1 茶匙 盐

实用配件

圆型蒸碟(Ø 22公分), 细滤网, 竹签

每块: 热量 401 kcal
蛋白质 96 g / 碳水化合物 16 g
脂肪 3 g / 钠 122 mg
饱和脂肪 2 g / 膳食纤维 0 g

做法

糯米糕层

1. 将一个碗置放在主锅盖上,放入200克糯米称重,倒入水直至覆盖糯米并置放在冰箱里浸泡4小时或隔夜。

2. 将另外一个碗置放在主锅盖上,放入蝶豆花和热水称重,置于一旁浸泡10分钟。同时,准备一个耐热圆型蒸碟(Ø 22公分)并涂抹一层椰子油,置于一旁待用。

3. 将800克水倒入主锅,架上蒸锅,置入备好的圆型蒸碟。放入椰浆称重,再加入盐和备用的糯米。将班兰叶排放在糯米上。盖上蒸锅盖,以**40分/ Varoma/ 速度 2**蒸煮。取下蒸锅组并置于一旁,**谨慎地把蒸锅组锅盖打开**,取出班兰叶,洒上蝶豆花水于糯米上。盖上蒸锅盖,再以**5分/ Varoma/ 速度 2**蒸煮。取下蒸锅组并置于一旁。**谨慎地把蒸锅盖打开**,利用汤匙的背面将熟糯米按压至紧实。清空主锅。

班兰糕层

4. 将班兰叶和180克水放入主锅,以**1分/ 速度 10**搅打。倒入细滤网过滤以取出班兰汁。置于一旁待用。清洁主锅。

5. 将备用的班兰汁、椰浆、蛋、糖、木薯粉、粘米粉、马铃薯粉和盐放入主锅,以**5分/ 80℃/ 速度 2**烹煮直至浓稠。将班兰混合物转移至装有糯米糕层的蒸碟中。在平坦的表面上轻轻敲打蒸碟以去除混合物中可能形成的气泡。清洁主锅。

6. 将800克水倒入主锅,架上蒸锅组,以**40分/ Varoma/ 速度 2**蒸煮或直至插入糕层中心的竹签呈不粘黏状态。将蒸锅组置于一旁。**谨慎地把蒸锅组锅盖打开**,让双色糯米糕待凉后,切片(1公分x 4公分)享用。

> **贴士**
>
> • 欲取得较无嚼劲的班兰糕层,您可以在步骤3中多加 1 个鸡蛋并用30克的普通面粉取代 50 克的木薯粉。

Cendol Coconut Agar–Agar

5 min   5 h 45 min   easy   12 portions

Ingredients

Cendol layer
30 g cornflour (starch)
250 g fresh coconut milk
170 g sugar
1½ tbsp agar-agar powder or 20 g agar -agar strips , cut in 7 cm length, rinsed
750 g water
1 pinch salt
500 g cendol (green jelly droplets), drained, homemade or store-bought

Gula Melaka layer
200 g palm sugar (gula Melaka)
1½ tbsp agar-agar powder or 20 g agar-agar strips, cut in 7 cm length, rinsed
750 g water
2 pandan leaves, tied into knots
250 g fresh coconut milk
1 pinch salt

Useful Items
square baking tray (25 cm x 25 cm), fork, fine mesh strainer

Per portion: Energy 297 kcal / Protein 1 g
Carbs 54 g / Fat 10 g / Sodium 79 mg
Saturated Fat 8 g / Dietary fibre 1 g

Preparation

Cendol layer
1. Place a bowl on mixing bowl lid, weigh in cornflour and coconut milk. Mix well and set aside.
2. Place sugar, agar-agar powder and water in mixing bowl, boil **10 min/110°C/speed 2**.
3. Add reserved coconut milk mixture and salt, cook **8 min/98°C/speed 2**.
4. Add cendol and mix well with spatula. Transfer to a square baking tray (25 cm x 25 cm). Using a spoon, remove excess bubbles on agar-agar surface, leave to set completely in refrigerator for 2 hours. Clean mixing bowl.

Gula Melaka layer
5. Place palm sugar, agar-agar powder, water and pandan leaves in mixing bowl, boil **10 min/110°C/speed 2**.
6. Add coconut milk and salt, cook **4 min/98°C/speed 2**. Discard pandan leaves. Check if the agar-agar surface has formed a layer of film. Lightly scratch the top surface with a fork. Gently pour the gula Melaka layer through a fine mesh strainer on top of the set cendol layer. Using a spoon, remove excess bubbles on agar-agar surface. Let cool and set before refrigerating for 2 hours. Cut in squares and serve.

Tip
• If you use Thai palm sugar which is naturally lighter in colour, reduce to 150 g and mix with 50 g dark brown sugar to achieve light brown colour.

煎蕊椰浆燕菜糕

5 分钟　　　**5 小时 45 分钟**　　　**简易**　　　**12人份量**

食材

煎蕊层

30 克 玉米粉(淀粉)

250 克 新鲜椰浆

170 克 糖

1½ 汤匙 燕菜粉或20 克 燕菜条，剪 成7公分分段，洗净

750 克 水

1 小撮 盐

500 克 煎蕊(绿色粉条)，沥干，自制或市售

椰糖层

200 克 椰糖

1½ 汤匙 燕菜粉或20 克 燕菜条，剪成7公分分段，洗净

750 克 水

2 片 班兰叶，绑成结

250 克 新鲜椰浆

1 小撮 盐

实用配件

方型烤盘(25公分 x 25公分), 细滤网

每人份量: 热量 297 kcal

蛋白质 1 g / 碳水化合物 54 g

脂肪 10 g / 钠 79 mg

饱和脂肪 8 g / 膳食纤维 1 g

做法

煎蕊层

1. 将一个碗置放在主锅盖上，放入玉米粉和椰浆称重。混合均匀并置于一旁待用。

2. 将糖、燕菜粉和水放入主锅，以**10分/110°C/速度2**煮沸。

3. 加入备用的椰浆混合物和盐，以**8分/98°C/速度2**烹煮。

4. 加入煎蕊并利用刮刀棒混合。倒入一个方型烤盘(25公分x 25公分)中。利用一支汤匙，捞出燕菜糕表面多余的气泡，然后置放在冰箱里待完全凝固。清洁主锅。

椰糖层

5. 将椰糖、燕菜粉、水和班兰叶放入主锅，以**10分/110°C/速度2**煮沸。

6. 加入椰浆和盐，以**4分/98°C/速度2**烹煮。丢弃班兰叶。检查燕菜糕表面是否已形成一层薄膜。利用一个叉子轻轻在表面上划出一些刮痕。将椰糖混合物倒入细滤网过滤并轻轻地倒在已凝固的煎蕊糕层上。利用一支汤匙，捞出燕菜糕表面多余的气泡。待凉且凝固后，置放在冰箱里2小时。切成方块后享用。

贴士

- 若您使用较浅色的泰国椰糖，将椰糖份量减少至150克并加入50克黑糖混合以至呈浅褐色。

Onde-Onde
(Pandan Glutinous Rice Balls
With Palm Sugar Filling)

10 min   45 min   medium   50 pieces

Ingredients

50 g palm sugar (gula Melaka), cut into pieces

2250 g water

6-10 fresh pandan leaves, cut in strips (4-5 cm)

150 g fresh grated coconut

1 tsp salt

200 g sweet potatoes, peeled and cut in chunks

20 g cooking oil

150 g glutinous rice flour

30 g rice flour

Useful Items
fine mesh strainer, rolling pin

Per piece: Energy 41 kcal / Protein 0 g
Carbs 5 g / Fat 1 g / Sodium 49 mg
Saturated Fat 1 g / Dietary fibre 0 g

Preparation

1. Weigh in palm sugar in mixing bowl, grind **Turbo/2 sec/2 times**. Transfer to a bowl and set aside. Rinse mixing bowl.

2. Place 150 g water and pandan leaves in mixing bowl, blend **10 sec/speed 10**. Squeeze out pandan juice with a fine mesh strainer and set aside. Rinse mixing bowl.

3. Place a bowl on mixing bowl lid, weigh in grated coconut and ½ tsp salt to it, mix well and set aside. Place 600 g water in mixing bowl, set Varoma dish in position. Weigh in sweet potato in Varoma dish, then place Varoma tray in position, transfer reserved grated coconut to it and spread evenly across Varoma tray. Cover with Varoma lid, steam 15 min/Varoma/speed 2. Remove Varoma and empty mixing bowl.

4. Place steamed sweet potatoes and cooking oil in mixing bowl, blend **10 sec/speed 5**.

5. Add glutinous rice flour, rice flour, ½ tsp salt and reserved pandan juice, knead **Dough 🌾/2 min**. Divide dough into 50 balls (approx.10 g each). Using a rolling pin, flatten each ball and wrap with 1 g reserved chopped gula melaka in the centre. Wrap dough around filling and shape into a ball again. Repeat with remaining dough balls until finished. Clean mixing bowl.

6. Place 1500 g water in mixing bowl, insert simmering basket and boil **10 min/100°C/speed 2**. Once water has boiled, drop 10-12 prepared dough balls one at a time through hole in mixing bowl lid into simmering basket. Cook **4-5 min/100°C/speed 2**. Once glutinous rice balls are cooked and floating on the surface, stop cooking and carefully remove cooked rice balls and coat with steamed shredded coconut. Repeat with remaining dough balls until finished. Serve immediately.

> **Tip**
> • You may adjust the amount of palm sugar according to your own preference.

椰丝糯米球

10 分钟   45 分钟   中等   50块

食材

50 克 椰糖,切块
2250 克 水
6-10 片 新鲜班兰叶,剪成段(4-5 公分）
150 克 新鲜椰丝
1 茶匙 盐
200 克 番薯,去皮并切块
20 克 食油
150 克 糯米粉
30 克 粘米粉

实用配件

细滤网,擀面棍

每块: 热量 41 kcal
蛋白质 0 g / 碳水化合物 5 g
脂肪 1 g / 钠 49 mg
饱和脂肪 1 g / 膳食纤维 0 g

做法

1. 将椰糖放入主锅,以**Turbo/ 2秒/ 2 次**磨碎。转移至一个碗中并置于一旁待用。清洁主锅。

2. 将150克水和班兰叶放入主锅,以**10秒/ 速度 10**搅打。利用细滤网挤出班兰汁并置于一旁待用。清洗主锅。

3. 将一个碗置放在主锅盖上,放入椰丝称重,加入½茶匙盐搅拌均匀并置于一旁待用。将 600克水倒入主锅,架上蒸锅组,把番薯排放于蒸锅内称重。置入蒸盘,将备用的椰丝转移至蒸盘上并均匀摊开,盖上蒸锅盖。以**15分/ Varoma/ 速度 2**蒸煮。取下蒸锅组并清空主锅。

4. 将蒸好的番薯和食油放入主锅,以**10秒/ 速度 5**搅打。

5. 加入糯米粉、粘米粉、½茶匙盐和备用的班兰汁,以**揉面 🌾/ 2分**揉搓。将面团分成 50 粒球状(每粒约10克)。利用一个擀面棍,把每粒面团球擀平并置放1克备用的椰糖块于面团中心。将面团包裹椰糖并再揉成球状。重复操作此步骤于剩余的面团球直至用尽所有食材。清洁主锅。

6. 将1500克水倒入主锅,置入网锅,以**10分/ 100°C/ 速度 2**煮沸。当水煮沸时,从主锅盖上的洞口逐个放入10-12颗备用的面团球至网锅中,以**4-5分/ 100°C/ 速度 2**烹煮,一旦糯米球已熟透并浮在水面上,停止烹饪并把糯米球取出再裹上蒸好的椰丝。重复操作此步骤于剩余的面团球直至用尽所有食材。即刻享用。

贴士

• 您可根据自己口味的喜好,自行调整椰糖的份量。