

Chinese Recipes

Recipes for people
affected by cancer



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Vegetarian 2000 Recipes. Maymel Enterprise Sdn Bhd, Malaysia, 2000.

Bill, Judy, Sarah & Kaitlin. Wok of Life. (<https://thewoksoflife.com/>)

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Introduction

Nutrition is important during cancer treatment

Good nutrition plays a vital role in helping the body during cancer treatment and the healing process. During treatment, a person may not feel like eating, and not eating enough can make a person weak and affect their ability to cope with treatment.

The body needs more energy during cancer treatment. Eating well will help boost the immune system, help fight infection, boost energy levels and maintain muscle and body strength, and help speed up recovery and manage side effects. Good nutrition can also help heal wounds and repair damaged tissue.

Culturally relevant food and nutrition

Having nutritious, tasty, food options that are culturally relevant is vital so people with cancer can eat enough to fuel their bodies and enjoy their food. Access to culturally appropriate recipes will help people with cancer and their families cope with the changes that are occurring and increase the information that is available to them.

The recipe project

The aim of the recipe project was to create a nutritional recipe book that is culturally relevant for members of the Chinese community undergoing cancer treatment. The project team worked with the local Chinese community in Tasmania to develop a recipe book of nutritious, tasty, Chinese meals. All recipes in this recipe book were contributed and recommended by the community. The original recipes have been modified by the project team to make them more suitable for people undergoing cancer treatment. This recipe book provides people undergoing cancer treatment and their families with meal options to choose from.

Free access to recipe book and visual displays

An electronic version of this recipe book and visual displays are available through the [Cancer Council Tasmania](https://www.cancer.org.au/go/healthy-recipes) website for free on <https://www.cancer.org.au/go/healthy-recipes>

Further information

There are several information resources on Cancer Council Australia website which relate to nutrition and cancer treatment. The following link from Cancer Council Australia website provides information on why eating well is important - *Nutrition and Cancer A guide for people with cancer, their families and friends*. First published July 1998 as *Food and Cancer*. This edition June 2019. © Cancer Council Australia 2019. ISBN 978 1 925651 51 5.

Nutrition and Cancer is reviewed approximately every three years. Check the publication date to ensure the copy is up to date.

[Nutrition and Cancer](http://www.cancercouncil.com.au/wp-content/uploads/2016/07/UC-Nutrition-CAN756-MARCH-19.pdf)

(www.cancercouncil.com.au/wp-content/uploads/2016/07/UC-Nutrition-CAN756-MARCH-19.pdf)

Project evaluation

The project team invites you to provide anonymous feedback and comments about the recipe book and visual displays via [Connecting Through Food: Traditional Recipes for Cancer Recovery survey](https://surveys2.utas.edu.au/index.php/635647?lang=en) which is available by visiting <https://surveys2.utas.edu.au/index.php/635647?lang=en> or by scanning the QR code on the right.





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GLOSSARY



Bao flour



Cardamon seeds



Coix seeds/ Job's tears



Dried sea kelp



Hoisin sauce



Red bean curd (Nam Yu)



Soy sauce



Thai basil



Bean curd/Tofu



Celery seeds



Coriander seeds



Dried tangerine/citrus peel



Kaffir lime leaves
fresh (above)
dried (right)



Red beans



Tauchu (Bean paste)



Vermicelli noodles



Bean curd sticks



Char siu sauce



Coriander



Egg noodles



Lime



Star anise



Wheat starch



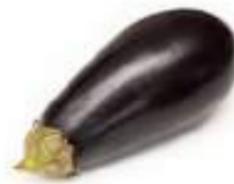
Bean shoots



Chives



Dark soy sauce



Eggplant



Maltose



Sesame Oil



Tapioca flour



White bean/lima/butter bean



Black fungus



Chopped roasted peanuts



Daylily flowers



Fish sauce



Oyster sauce



Spring onion/Shallot



Tapioca pearls



White radish



Black mushrooms/
Shitake mushrooms



Cinnamon stick



Dried red dates



Fried shallots



Potato starch



Shaoxing wine



Tea tree mushrooms



Winter melon



Wombok

Bean curd with black mushroom



Serves 3-4
PREPARATION TIME: 30 minutes
COOKING TIME: 20 minutes
N.B. Serve as a side dish.

Ingredients

- 310g spiced firm bean curd
- 5pcs (10g) black mushrooms
- 2 tbsp peanut oil
- 2 tbsp light soy sauce
- 1 tbsp sugar
- 2 sprigs coriander – finely chopped
- 1 red chilli – finely chopped

Method

1. Wash and soak mushrooms in boiling water until softened. Keep the soaking water after the mushrooms have been removed.
2. When rehydrated, cut the mushrooms into slices.
3. Cut the bean curd into 2 cm cubes.
4. Heat a wok with the peanut oil and fry the bean curd until golden brown.
5. Add in the black mushrooms, light soy sauce, sugar and the water used for soaking the mushrooms.
6. Cover the wok and allow to stew until the sauce dries up.
7. Serve with a garnish of the coriander and chilli.



NUTRITION INFORMATION

	Per Serve (126g)	Per 100g
Energy (kJ)	854	676
Protein (g)	10.6	8.4
Total fat (g)	15.0	11.9
Saturated fat (g)	2.4	1.9
Carbohydrate (g)	5.3	4.2
Sugars (g)	5.0	3.9
Dietary fibre (g)	3.7	2.9
Sodium (mg)	415	328

Allergens

Soy (bean curd), peanut (oil), soy (soy sauce)

Thanks to Maple Fong for contributing this recipe.

Stewed sea kelp with bean curd



Serves 4
PREPARATION TIME: 20 minutes
COOKING TIME: 40 minutes
N.B. Serve as a side dish.

Ingredients

- 1 sheet sea kelp – approx. 30g
- vegetable oil enough for deep frying and stir frying
- 450g firm bean curd
- 5pcs dried chili
- 1 small piece ginger (sliced) – approx. 5g
- 4pcs star anise
- 1 tsp peppercorns
- ½ tsp dark soy sauce
- light soy sauce to taste
- 1 teaspoon raw sugar
- salt to taste
- 1½ cups boiling water

Method

1. Soak the sea kelp in a bowl with some boiling water until soft – approximately 1 hour.
2. Once the sea kelp is rehydrated, cut into 1 inch pieces.
3. Cut the bean curd into 1 inch pieces.
4. Add enough oil into a wok to deep fry the bean curd and bring to high heat.
5. Add the bean curd and cook until golden brown, then remove from oil and set aside.
6. Deep fry the dried chili briefly. Remove and set aside.
7. Remove all the oil from the wok except about 3 tablespoonsful.
8. Back over the heat, add the ginger and star anise and stir-fry for a couple of minutes.
9. Then add in the peppercorns, dark and light soy sauce, sea kelp, bean curd, chili, sugar and salt, and then the boiling water.
10. Bring to the boil and then turn the heat down to low and stew for about 30 minutes.
11. Serve hot with steamed rice.



NUTRITION INFORMATION

	Per Serve (236g)	Per 100g
Energy (kJ)	1027	434
Protein (g)	17.1	7.2
Total fat (g)	17.8	7.5
Saturated fat (g)	2.1	0.9
Carbohydrate (g)	1.5	0.6
Sugars (g)	1.2	0.5
Dietary fibre (g)	6.9	2.9
Sodium (mg)	682	288

Allergens

Soy (bean curd, sauce)

Thanks to Maple Fong for contributing this recipe.

Spicy cream of broccoli soup



Serves 4

PREPARATION TIME: 20 minutes

COOKING TIME: 40 minutes

N.B. Serve as a side dish.

Ingredients

- 1 small onion, finely chopped
- 2 tbsp olive oil
- 1 ½ cups reduced salt chicken stock, vegetable stock, or water
- 3 cups broccoli florets (approx. 400g)
- ¼ tsp paprika
- ¼ tsp celery seed
- 2 tbsp flour
- 3 cups full cream milk
- ½ tsp salt
- ½ tsp pepper

Method

1. In a large saucepan, heat 1 tablespoon of olive oil. Add onion and sauté until starting to brown.
2. Add stock (or water) and bring to the boil over high heat.
3. Add broccoli, paprika, and celery seed.
4. Reduce heat, cover and simmer for 8 to 10 minutes, or until broccoli is tender.
5. Remove from heat and allow to cool slightly.
6. Transfer to a blender or food processor and puree or alternatively, use a stick blender in the saucepan.
7. Return puree to saucepan and heat.
8. In a small saucepan, over medium heat, add 1 tablespoon of olive oil.
9. Stir in the flour and milk and continue stirring until mixture thickens.
10. Add the flour mixture to the soup and stir in well until the soup has the desired consistency.
11. Season with pepper and salt and serve warm.



NUTRITION INFORMATION

	Per Serve (430g)	Per 100g
Energy (kJ)	1150	268
Protein (g)	12.4	2.9
Total fat (g)	16.3	3.8
Saturated fat (g)	5.8	1.3
Carbohydrate (g)	17.9	4.2
Sugars (g)	13.6	3.2
Dietary fibre (g)	4.6	1.1
Sodium (mg)	613	143

Allergens

Gluten (flour), dairy (milk)

Thanks to Zhenqi Yu for contributing this recipe.

Chinese winter melon & duck soup



Serves 4

PREPARATION TIME: 10 minutes

COOKING TIME: 2¼ hours

N.B. Serve as a side dish.

Ingredients

- 200g duck fillet
- 240g winter melon, peeled
- 25g ginger, sliced
- 4 sprigs of spring onions

Method

1. Fill a deep pot with cold water. Add ginger slices and spring onions and bring to the boil.
2. Rinse the duck fillet and add it to the boiling water to blanch it. Remove from the water once blanched and chop into smaller pieces.
3. Remove the skin and seeds of the winter melon and cut it into small pieces.
4. Bring another pot of water to the boil. Add the prepared duck meat and cook for 30 minutes over medium heat.
5. Add in the melon and continue to cook for a further 30 minutes, then turn the heat down and simmer for about one hour.
6. Add salt to taste and serve warm.



NUTRITION INFORMATION

	Per Serve (131g)	Per 100g
Energy (kJ)	310	236
Protein (g)	9.9	7.6
Total fat (g)	2.9	2.2
Saturated fat (g)	0.9	0.7
Carbohydrate (g)	3.1	2.4
Sugars (g)	0.8	0.6
Dietary fibre (g)	2.2	1.7
Sodium (mg)	115	87

Allergens

Nil

Thanks to Zhenqi Yu for contributing this recipe.

Green beans with soy sauce



Serves 3

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

N.B. Serve as a side dish.

Ingredients

- 1 tbsp vegetable oil
- 1 tsp sesame oil
- 1 garlic clove, crushed
- 2 green onions, sliced
- 300g green beans, trimmed and halved
- 1 tbsp light soy sauce
- 2 tbsp water
- 100g beansprouts, trimmed
- 40g roasted peanuts, chopped

Method

1. Heat the vegetable oil in a pan. Add the sesame oil, garlic, green onions and green beans. Stir-fry for 2-3 minutes.
2. Add the soy sauce and water and cook for a further 3-4 minutes, or until the green beans are just cooked. Remove from the heat.
3. Add in and stir through the beansprouts and peanuts.
4. Serve warm.



NUTRITION INFORMATION

	Per Serve (193g)	Per 100g
Energy (kJ)	776	401
Protein (g)	6.8	3.5
Total fat (g)	14.0	7.3
Saturated fat (g)	2.0	1.0
Carbohydrate (g)	6.4	3.2
Sugars (g)	4.8	2.4
Dietary fibre (g)	4.7	2.4
Sodium (mg)	1290	670

Allergens

Sesame (sesame oil), soy (soy sauce), peanuts

Thanks to Zhenqi Yu for contributing this recipe.

Stir fried scallops with Thai basil



Serves 3-4

PREPARATION TIME: 15 minutes

COOKING TIME: 20 minutes

N.B. Serve as a side dish.

Ingredients

For blanching

- 15 fresh scallops
- 1 sprig of spring onion
- 1 sprig of coriander
- 1 tsp minced ginger

For sauce

- 2 tsp minced tauchu (bean) paste
- 1 tbsp hoisin Sauce
- 3g chicken powder
- 2 tbsp cooking oil
- 10g deep fried chopped ginger
- 10g deep fried sliced shallot/spring onion
- 10g deep fried chopped garlic
- 1 large red chili, finely chopped
- 50g fresh Thai basil leaves or sweet basil leaves

Method

1. In a saucepan, add 1 cup of water, some spring onion, ginger, and coriander and bring to the boil over medium heat. Add the scallops just for a second to blanch them – not cook them. Strain out the scallops and keep them aside. Save the 'blanching liquid' for later use.
2. In a wok over high heat, add the cooking oil, tauchu paste, hoisin sauce and chicken stock powder and sauté until fragrant.
3. Add in some of the 'blanching liquid' together with the deep-fried ginger, shallots and garlic, chili and basil leaves and cook until a sauce consistency is achieved. Season with chicken stock powder to taste.
4. Toss in blanched scallops and basil leaves and sauté briefly until scallops are just slightly under-cooked.
5. Serve with some more fresh basil leaves as garnish on top.



NUTRITION INFORMATION

	Per Serve (97g)	Per 100g
Energy (kJ)	648	671
Protein (g)	8.6	9.2
Total fat (g)	10.2	10.6
Saturated fat (g)	1.2	1.2
Carbohydrate (g)	6.1	6.3
Sugars (g)	3.2	3.3
Dietary fibre (g)	2.7	2.8
Sodium (mg)	307	317

Allergens

Wheat (hoisin sauce), soybeans (hoisin sauce), sesame (hoisin sauce)

Thanks to Alan Wong for contributing this recipe.

Stir fried eggplant with minced pork



Serves 3-4
PREPARATION TIME: 15 minutes
COOKING TIME: 40 minutes
N.B. Serve as a side dish.

Ingredients

- 300g pork mince
 - 3 tsp corn starch (flour)
 - 2 egg whites
 - 1 tbsp Chinese shaoxing wine
 - 4 tsp soy sauce
 - ½ tsp white pepper powder
 - ½ tsp cinnamon powder
 - ½ tbsp sesame oil
 - chicken stock powder to taste
 - sugar to taste
 - 300g eggplant (cut into large cubes)
 - 500ml vegetable oil
 - 5 stalks coriander root - chopped
 - ½ red onion
 - 3 cloves garlic – finely chopped
- Premix and set aside*
- 3 tbsp fish sauce
 - 1 tbsp oyster sauce
 - 1 pinch white pepper powder
 - 150ml chicken stock, or water
 - 30g fresh Thai basil (or sweet basil)
 - 6 birds eye chilli or 1 red chilli (diced)

Allergens

Egg, soy, sesame, fish (fish sauce, oyster sauce)
 Thanks to Alan Wong for contributing this recipe.

Method

1. Mix the sesame oil, corn flour, egg whites, shaoxing wine, soy sauce, white pepper and cinnamon powder together adding a little chicken stock powder and sugar to taste. Add the pork to the mixture and stir until combined. Leave aside to marinate while you complete the next steps.
2. Heat vegetable oil in a wok to a medium high temperature and deep fry the eggplant cubes until golden brown or just cooked. Remove from the heat and strain cooked eggplant from hot oil onto paper towel and set aside to drain.
3. Remove oil from the wok, leaving about 2 tablespoonsful. Heat again and stir fry marinated pork until slightly brown and fragrant, tossing it to loosen. Remove from the wok when cooked and leave aside.
4. Heat about 2 tablespoons of oil in the wok again to high heat. Sauté the coriander root, onion and garlic until golden brown. Quickly pour in the premixed garlic, fish and oyster sauce and allow to deep fry for a few seconds until fragrant. Then quickly pour in the stock (or water) to deglaze it all.
5. Add in the chilli and basil, briefly stirring to mix it well.
6. Add the cooked eggplant and minced pork. Mix well and sauté for a few minutes. Reduce heat and check if there is enough gravy and adjust taste to suit.
7. Remove from heat and serve in a dish garnished with fresh basil leaves.

NUTRITION INFORMATION

	Per Serve (395g)	Per 100g
Energy (kJ)	1712	434
Protein (g)	20.1	5.1
Total fat (g)	30.9	7.8
Saturated fat (g)	15.6	3.9
Carbohydrate (g)	8.7	2.2
Sugars (g)	6.9	2.2
Dietary fibre (g)	3.9	1.0
Sodium (mg)	2504	632



Black fungus & day-lily buds steamed with pork meat



Serves 3
PREPARATION TIME: 10 minutes
COOKING TIME: 20 minutes
N.B. Serve as a main dish.

Ingredients

- 200g pork loin
- 30g day-lily buds (flower) (soak with hot water until soft)
- 30g black fungus (soak with hot water until soft)
- 10g fresh ginger
- 1 tbsp soy sauce
- ½ tsp sugar
- 1 tsp sesame oil
- 1 tsp potato starch

Method

1. Rinse the pork, drain, and dice into small pieces.
2. Coat the pork with soy sauce, sugar, sesame oil and potato starch, adding a little bit of water if needed.
3. Rinse the day-lily buds and black fungus and cut off the tough parts.
4. Slice the black fungus into strips.
5. Thinly slice the ginger.
6. Add all the ingredients into a bowl.
7. Put the bowl into a steamer and steam for 20 minutes or until pork is cooked.
8. Serve warm.



NUTRITION INFORMATION

	Per Serve (100g)	Per 100g
Energy (kJ)	830	830
Protein (g)	15.3	15.3
Total fat (g)	10.7	10.7
Saturated fat (g)	3.3	3.3
Carbohydrate (g)	10.0	10.0
Sugars (g)	1.3	1.3
Dietary fibre (g)	4.5	4.5
Sodium (mg)	566	566

Allergens

Soy (soy sauce), sesame (sesame oil)

Thanks to Jianhua Chen for contributing this recipe.

Fried noodles with soy sauce



Serves 4-5
PREPARATION TIME: 20 minutes
COOKING TIME: 20 minutes
N.B. Serve as a main dish.

Ingredients

- 100g pork meat, diced
- 2 tbsp vegetable oil
- 10g onions
- 15g carrots, peeled
- 15g green capsicum
- 30g broccoli
- 30g beansprouts
- 200g cooked noodles (follow the packaging instructions)
- 1 tbsp soy sauce
- 1 tsp oyster sauce

Method

1. Rinse all the vegetables and dice them into small pieces.
2. Heat the oil in a fry pan, add the pork and cook over high heat until browned.
3. Add onions, carrots, capsicum, and broccoli and stir fry until vegetables are soft.
4. Add beansprouts and cooked noodles and mix in.
5. Add soy sauce and oyster sauce and braise for 2 minutes.
6. Remove from heat and serve warm.



NUTRITION INFORMATION

	Per Serve (116g)	Per 100g
Energy (kJ)	826	714
Protein (g)	9.6	8.3
Total fat (g)	10.3	8.9
Saturated fat (g)	1.3	1.1
Carbohydrate (g)	16.1	14.2
Sugars (g)	2.3	2.2
Dietary fibre (g)	1.6	1.4
Sodium (mg)	499	441

Allergens

Gluten (noodles), wheat (noodles), fish (oyster sauce), soy (soy sauce)

Thanks to Jianhua Chen for contributing this recipe.

Buddha's delight (Lo Han Jai)



Serves 4
PREPARATION TIME: 20 minutes
COOKING TIME: 30 minutes
N.B. Serve as a main dish.

Ingredients

- 100g mung bean vermicelli
- 30g dried black fungus
- 30g dried shitake mushrooms
- 40g bean curd sticks
- 250g firm bean curd
- 1 cup vegetable oil
- 200g wombok leaves
- 60g carrots, diced
- 150g broccoli, chopped
- 3 tbsp oyster sauce
- 1 tbsp soy sauce
- 1½ tsp raw sugar
- 200ml water

Method

1. Soak the dried shitake mushrooms and dried black fungus in boiling water and the bean curd sticks and mung bean vermicelli in warm water, until they turn soft and are fully hydrated. Keep the water after soaking the shitake mushrooms to use as part of the braised liquid as it is full of flavour.
2. Slice the fresh black fungus into small pieces. Cut the shitake mushrooms in half.
3. Cut the bean curd into small cubes and deep fry for around 15-20 seconds, remove and drain.
4. Slice the wombok leaves and stir fry in a wok with oil until soft.
5. Add the shitake mushrooms, black fungus, carrots, bean curd, bean curd sticks and broccoli.
6. Add in the oyster sauce, soy sauce, raw sugar, the water from the mushrooms and the additional water. Stir everything together.
7. Reduce the heat to medium and leave to simmer for about six minutes.
8. Turn the heat back to high and add the mung bean vermicelli on top.
9. Cook with the lid on for five minutes or until the bean curd pieces are soft. Add some water if necessary.
10. Stir and simmer without the lid on until the vegetables are soft. Serve when ready.



NUTRITION INFORMATION

	Per Serve (348g)	Per 100g
Energy (kJ)	1425	411
Protein (g)	23.8	6.5
Total fat (g)	17.1	4.9
Saturated fat (g)	7.0	2.0
Carbohydrate (g)	21.2	7.1
Sugars (g)	10.2	5.3
Dietary fibre (g)	13.4	3.9
Sodium (mg)	1166	390

Allergens

Soy (bean curd, soy sauce), fish (oyster sauce)

Thanks to Zhenqi Yu for contributing this recipe.

Fish noodle soup



Serves 4

PREPARATION TIME: 15 minutes

COOKING TIME: 40 minutes

N.B. Serve as a main dish.

Ingredients

- 500g white fish fillets
- vegetable oil (or olive oil)
- 4 sprigs of spring onion (40g)
- 10g chopped, fresh ginger
- 5g garlic, chopped or crushed
- 1 medium sized red capsicum, seeded and diced
- 1L fish stock or water
- 1 tbsp oyster sauce
- ½ tsp ground black pepper
- 250g egg noodles, cooked (prepare according to packaging instructions)
- 1 tsp sesame oil
- ½ red capsicum, seeded and chopped for garnish

NUTRITION INFORMATION

	Per Serve (566g)	Per 100g
Energy (kJ)	1289	228
Protein (g)	32.4	5.7
Total fat (g)	7.6	1.4
Saturated fat (g)	1.4	0.3
Carbohydrate (g)	24.8	4.4
Sugars (g)	6.6	1.2
Dietary fibre (g)	3.9	0.7
Sodium (mg)	1056	186

Method

1. Cut fish into bite-sized pieces.
2. Heat enough vegetable oil to deep fry fish for two and half minutes. Remove from oil and drain.
3. Cut spring onions into 4cm sections, separating white parts from green.
4. Heat 3 tablespoons of oil in a pot and add ginger and garlic. Sauté until starting to brown.
5. Add fish, capsicum and white sections of spring onions and stir fry for 3 minutes.
6. Add stock or water and bring to the boil.
7. Add green onion sections, oyster sauce and black pepper and simmer for 1 minute.
8. Add noodles and sesame oil. Stir through until hot.
9. Serve immediately, garnished with the extra chopped capsicum.



Allergens

Fish (fish, stock, oyster sauce), gluten (egg noodles), egg (egg noodles), sesame (oil)

Thanks to Zhenqi Yu for contributing this recipe.

Chicken & white bean soup



Serves 6-8

PREPARATION TIME: 15 minutes

COOKING TIME: 45 minutes

N.B. Serve as a main dish.

Ingredients

- 3 cups diced skinless chicken breast meat
- 1 tbsp canola oil
- 3 medium sized carrots, sliced (400g)
- 2 celery stalks, sliced
- 1 medium onion, chopped
- 2 cups water
- 1.5L reduced salt chicken stock
- 400g dried lima/butter beans, soak overnight, then rinse and drain
- pepper and salt to taste

NUTRITION INFORMATION

	Per Serve (595g)	Per 100g
Energy (kJ)	732	123
Protein (g)	21.5	3.6
Total fat (g)	5.0	0.8
Saturated fat (g)	0.9	0.1
Carbohydrate (g)	8.6	1.4
Sugars (g)	7.1	1.2
Dietary fibre (g)	4.6	0.8
Sodium (mg)	734	123

Method

1. Heat oil in a stock pot over medium heat.
2. Add onions and sauté until starting to brown.
3. Add diced chicken and cook until browned on all sides.
4. Add the stock and water and bring to the boil.
5. Add in the carrots, celery and beans.
6. Turn down the heat and allow to simmer for 45 minutes or until vegetables are tender.
7. Serve warm.



Allergens

Nil

Thanks to Zhenqi Yu for contributing this recipe.

Oriental beef stew



Serves 6
PREPARATION TIME: 30 minutes
 + overnight marination
COOKING TIME: 2 ½ hours
N.B. Serve as a main dish.

Ingredients

For marination overnight

- 700g beef brisket
- 1 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tbsp Chinese shaoxing wine
- 1 tbsp sugar
- 5g beef stock powder
- 5g salt
- 2g white pepper powder

For the stew

- 2 tbsp vegetable oil
- 5 pcs cardamon seed
- ½ tsp fennel seed
- 1 cinnamon stick
- 5 pcs star anise
- ½ tsp coriander seed
- 1 pc dried tangerine peel (or orange skin - blanch before using)
- 4L beef stock - salt reduced, or water
- 1 tbsp deep fried chopped garlic
- 1 tbsp deep fried sliced shallot
- 1 white radish, diced (150g)
- 1 large carrot, diced (80g)
- 1 leek, chopped
- 1 large onion, diced (100g)
- 3 large cabbage leaves, chopped (100g)
- 2 spring onion stalks

*corn starch emulsion – 2 tsp corn flour mixed to a thin consistency with water

Method

1. Combine soy sauce, oyster sauce, Chinese wine, sugar, stock powder, salt and pepper in a large bowl.
2. Dice the beef brisket into large cubes and add to the marinade, mixing until beef is covered. Cover and leave to marinate overnight.
3. Over high heat in a large pot, add some oil along with cardamon, fennel and coriander seeds, cinnamon, star anise and dried tangerine or citrus peel and sauté until fragrant.
4. Add in the marinated beef and cook until golden brown and sealed on all sides.
5. Add in the beef stock or water along with the fried shallots, garlic shallots and bring to the boil.
6. Add white radish, carrot, leek, onion, cabbage and spring onion. Allow to boil for a few minutes before covering with a lid and turning the heat down to a simmer.
7. Cook for two hours before checking the meat tenderness and taste. If meat is still tough, continue to cook until done. Season with salt and pepper if necessary.
8. Finally, strain the liquid to remove all spice seeds and sticks and thicken the gravy slightly with *corn starch emulsion if needed by adding in and stirring over medium heat until desired consistency is achieved.
9. Serve hot.

NUTRITION INFORMATION

	Per Serve (946g)	Per 100g
Energy (kJ)	1344	168
Protein (g)	36.3	3.8
Total fat (g)	11.4	1.2
Saturated fat (g)	2.6	0.3
Carbohydrate (g)	16.6	3.1
Sugars (g)	11.0	2.4
Dietary fibre (g)	3.6	0.4
Sodium (mg)	3755	343

Allergens

Soy (soy sauce), fish (oyster sauce)

Thanks to Alan Wong for contributing this recipe.



Fried rice



Serves 6
PREPARATION TIME: 15 minutes
COOKING TIME: 45 minutes
N.B. Serve as a main dish.

Ingredients

- 15g dried shitake mushrooms
- ½ cup vegetable oil
- 200g chicken
- 90g shelled prawns
- 2 eggs, beaten with a teaspoon soy sauce
- 1 clove garlic, crushed
- 5g chopped fresh ginger
- 2 sprigs of spring onions, chopped
- 4 cups cooked rice
- salt
- 1 tbsp soy sauce

Method

1. Soak the mushrooms in hot water for 20 minutes or until tender, then cut into slices and set aside.
2. Pan fry the chicken in a wok with a drizzle of oil until cooked then also cut into slices and set aside.
3. Pan fry the prawns with a drizzle of oil until just cooked and set aside.
4. Heat some more oil, add the beaten eggs and fry without stirring until set and golden. Remove and cut the omelette into small pieces and set aside.
5. Heat remaining oil and sauté the garlic and ginger, followed by the mushrooms. Add the rice, chicken, prawns, spring onions and the omelette slices and toss through until heated.
6. Drizzle with the soy sauce, and sprinkle with salt to season, then toss through again. Keep moving the rice until everything is evenly spread and golden.
7. Serve warm.

TIP: For best results, cook the rice the day before. Rinse after cooking and then wrap in a tea towel and put in the fridge to allow the rice to dry out without becoming sticky.

Important note: When reheating rice that has already been cooked, you need to make sure it is reheated properly (very hot). Reheating the rice more than once is not recommended.

NUTRITION INFORMATION

	Per Serve (227g)	Per 100g
Energy (kJ)	1880	825
Protein (g)	17.1	7.6
Total fat (g)	21.5	9.5
Saturated fat (g)	2.6	1.2
Carbohydrate (g)	46.2	20.3
Sugars (g)	0.5	0.2
Dietary fibre (g)	1.3	0.6
Sodium (mg)	551	243



Allergens

Shellfish (prawns), egg, soy (soy sauce)

Thanks to Zhenqi Yu for contributing this recipe.

Red dates & coix seed porridge



Serves 8

PREPARATION TIME: 5 minutes + 20 minutes soaking time

COOKING TIME: 40 minutes

N.B. Serve as a main dish.

Ingredients

- 270g glutinous rice
- 160g coix seeds (Job's tears)
- 100g Chinese red dates (remove kernels)
- 2250ml water
- 3 tbsp brown sugar

Method

1. Rinse glutinous rice, coix seeds and red dates.
2. Soak coix seeds and red dates separately for 20 minutes, then drain and set aside.
3. Fill a deep pot with water and add glutinous rice and coix seeds.
4. Stir the mixture over high heat until boiling.
5. Add red dates, cover with a lid and reduce heat to medium.
6. Cook for half an hour or until the glutinous rice becomes soft.
7. Add in the sugar and serve warm.



NUTRITION INFORMATION

	Per Serve (352g)	Per 100g
Energy (kJ)	679	193
Protein (g)	6.5	1.9
Total fat (g)	0.6	0.2
Saturated fat (g)	0	0
Carbohydrate (g)	30.4	8.6
Sugars (g)	9.9	2.8
Dietary fibre (g)	8.0	2.3
Sodium (mg)	17	5

Allergens

Nil

Thanks to Zhenqi Yu for contributing this recipe.

Sweet potato & chicken porridge



Serves 6

PREPARATION TIME: 10 minutes

COOKING TIME: 40 minutes

N.B. Serve as a main dish.

Ingredients

- 500g skinless chicken meat
- 1 medium sized sweet potato
- 150g rice
- 2L water
- salt to taste
- ½ teaspoon olive oil

Method

1. Cut the chicken into small pieces and sprinkle with 1 teaspoon of salt. Mix through and set aside.
2. Peel the sweet potato and cut it into 2cm² cubes.
3. Rinse the rice, drain and sprinkle with a little bit of salt and oil.
4. Boil water in a pot and add rice and sweet potato and cook over high heat until starting to soften.
5. Add chicken and cook for another 20 minutes, stirring continuously to avoid the porridge sticking to the bottom of the pot.
6. Remove from the heat and season with salt to taste.
7. Serve warm.



NUTRITION INFORMATION

	Per Serve (512g)	Per 100g
Energy (kJ)	754	147
Protein (g)	20.7	4.0
Total fat (g)	1.8	0.4
Saturated fat (g)	0.5	0.1
Carbohydrate (g)	18.9	3.7
Sugars (g)	3.9	0.8
Dietary fibre (g)	2.0	0.4
Sodium (mg)	51	10

Allergens

Nil

Thanks to Zhenqi Yu for contributing this recipe.

Sweet potato, tea tree mushroom & chicken rice



Serves 4
PREPARATION TIME: 20 minutes
COOKING TIME: 40 minutes
N.B. Serve as a main dish.

Ingredients

- 2 cups rice
- 1 sweet potato
- 30g dried tea tree mushrooms
- 700g chicken thigh fillets with bone
- 3 tbsp soy sauce
- small bunch chives, chopped

Method

1. Clean the dried tea tree mushroom and soak them in warm water for 20 minutes. Drain well.
2. Cut the chicken thigh fillets into small pieces.
3. Rinse the rice and place it in a deep pan with 3 cups of water.
4. Peel and chop sweet potato into small cubes and place them on the top of the rice.
5. Cook the rice over low heat for 5 minutes.
6. When the water starts to dry up, add the chicken and tea tree mushrooms into the pot, cover and continue to cook for another 30 minutes.
7. Turn off the heat when rice is fully cooked.
8. Let the rice rest for 5 minutes. Remove the lid and drizzle the rice with some soy sauce and sprinkle with chopped chives.
9. Serve warm.



NUTRITION INFORMATION

	Per Serve (399g)	Per 100g
Energy (kJ)	1874	458
Protein (g)	38.1	9.6
Total fat (g)	8.9	2.2
Saturated fat (g)	2.6	0.7
Carbohydrate (g)	50.2	13.2
Sugars (g)	6.3	1.6
Dietary fibre (g)	3.6	0.9
Sodium (mg)	1158	291

Allergens
 Soy (soy sauce)

Thanks to Zhenqi Yu for contributing this recipe.

Steamed chicken with ginger dip



Serves 5-6
PREPARATION TIME: 15 minutes + overnight marination
COOKING TIME: 45 minutes
N.B. Serve as a main dish.

Ingredients

- 1 whole chicken (1.5kg)

For marinade

- 1 tbsp soy sauce
- 1 tbsp sesame oil
- 2 tbsp ginger wine
- 3 tsp sugar
- 2 tsp salt
- 1 tsp white pepper powder

For steaming

- 2 stalks spring onion, roughly chopped into 3 or 4 pieces
- 2 stalks coriander
- 50g ginger, roughly chopped

For ginger dip

- 100g ginger grated fresh or from a jar of minced
- 1 tbsp sesame oil to scorch ginger
- 2 tsp ginger wine
- 2 tsp shaoxing wine
- 2 tsp chicken stock powder or to taste
- salt to taste

For garnishing

- spring onion
- coriander
- dried chillis
- deep fried shredded ginger

Thanks to Alan Wong for contributing this recipe

Method

For the chicken

1. Combine soy sauce, sesame oil, ginger wine, sugar, salt and pepper together. Smother the chicken with this marinade, cover and leave in the fridge overnight or for at least 3 hours.
2. Place marinated chicken on top of spring onions, coriander and ginger in a heat proof bowl or metal dish.
3. Bring a large steamer to the boil and place the dish with the chicken into it.
4. Steam the chicken for 45 minutes.
5. Check that the chicken is cooked by using a meat cooking thermometer and inserting it into the thickest part of the chicken thigh. It is done if the thermometer shows 70°C.

Alternatively, if you don't have a thermometer, poke a skewer into the thickest thigh part and if the juice trickling out is clear, the chicken should be cooked. If there is blood in the juice, continue steaming until it is done.

For the ginger dip

6. While the chicken is cooking, heat 1 tablespoon of sesame oil and add it to the grated ginger in a bowl. Add the ginger wine, shaoxing wine, chicken stock powder and some salt to taste.
7. Mix altogether and set aside to seep until the chicken is ready.

When the chicken is ready, place onto a dish and garnish with spring onion, coriander, dried chillis and fried ginger and accompany it with the ginger dip.

NUTRITION INFORMATION

	Per Serve (209g)	Per 100g
Energy (kJ)	2453	1190
Protein (g)	62.2	30.1
Total fat (g)	40.8	20.5
Saturated fat (g)	4.7	2.3
Carbohydrate (g)	5.6	2.7
Sugars (g)	3.0	1.4
Dietary fibre (g)	2.7	1.3
Sodium (mg)	1871	895

Allergens

Soy (soy sauce), sesame (sesame oil)



Pan-fried fish fillet with spicy green lime sauce



Serves 3-4
PREPARATION TIME: 30 minutes
COOKING TIME: 20 minutes
N.B. Serve as a main dish.

Ingredients

- 3-4 fillets (700g) boneless descaled red snapper or barramundi with skin on

For marinade

- 1 tsp soy sauce
- 3 tsp salt
- 3 tsp chicken stock powder
- 1 tsp white pepper

For panfrying

- 150g clarified (melted and separated) butter
- ½ cup tapioca flour
- 1 egg white.

For green lime sauce

- 5 green limes
- 20 pcs kaffir lime leaves
- 5 pcs pickled green chilli (pickled green jalapenos can be used)
- 50g maltose – in colder climates, use honey or sugar syrup instead

For garnishing

- 3 pcs bird's eye chillis (chopped)

Allergens

Fish, soy, dairy (butter), egg

Thanks to Alan Wong for contributing this recipe.

Method

1. Mix soy sauce, salt, chicken stock powder and white pepper together and cover the fish fillets with the mix.

Optional: coated fillets can be covered over and left in the fridge overnight to marinate

2. Blend the limes – cut limes in quarters but use the whole lime including the skin, lime leaves, pickled chillis and maltose together using some of the pickle juice from the chillis.

The taste of green lime sauce should be sourish sweet and with a hint of hot chilli and it should have a consistency likened to sugar syrup. If too thin, thicken it with corn starch.

NUTRITION INFORMATION

	Per Serve (326g)	Per 100g
Energy (kJ)	2421	749
Protein (g)	37.9	11.6
Total fat (g)	33.8	10.4
Saturated fat (g)	21.0	6.5
Carbohydrate (g)	28.3	8.7
Sugars (g)	11.2	3.4
Dietary fibre (g)	2.9	0.9
Sodium (mg)	2776	851

NOTE: As Maltose has a high melting temperature, it can be very thick and hard to blend if the room temperature is cool. Honey or sugar syrup can be used as an alternative

3. Whisk the egg white in a bowl big enough to fit each fish fillet in.
4. Pour the tapioca flour into another bowl of similar size.
5. Coat the marinated fish fillets with the egg white first and then the tapioca flour.
6. Pan fry the coated fillets skin side down first, with the clarified butter until golden brown.
7. Once both sides of the fish are golden brown and cooked, place onto a serving plate.
8. Top the fish with the lime emulsion and garnish with chopped red chilli.



Steamed fish in foil



Serves 4-5
PREPARATION TIME: 10 minutes
COOKING TIME: 25 minutes
N.B. Serve as a main dish.

Ingredients

- whole fish - approx. 500g (i.e snapper, barramundi, trout)
- 2 inches ginger cut into thin matchstick strips
- 2 stalks of spring onions, finely cut into thin long threads
- 2 sprigs of coriander
- 2 tbsp light soy sauce
- 2 tbsp shaoxing wine (optional)
- 1 tbsp sugar (to taste)
- 1 tsp sesame oil
- 2 tbsp water
- ½ tsp white pepper

NUTRITION INFORMATION

	Per Serve (182g)	Per 100g
Energy (kJ)	623	320
Protein (g)	26.7	14.7
Total fat (g)	3.3	1.8
Saturated fat (g)	0.8	0.4
Carbohydrate (g)	5.4	3.0
Sugars (g)	4.9	2.7
Dietary fibre (g)	0.5	0.3
Sodium (mg)	890	489

Method

1. Preheat oven to 220°C (200°C fan forced)
2. Lay a sheet of aluminum foil over a baking tray and lightly oil the top with sesame oil.
3. Place half of the thin strips of ginger & spring onions onto the oiled foil, then place the whole fish on top of this.
4. In a bowl, mix soy sauce, shaoxing wine (if using), sugar, sesame oil, water and pepper until the sugar has dissolved. Adjust according to taste.
5. Pour half the sauce over the fish. Bring both sides of the foil over the fish and fold together then fold up both ends as well to make a sealed parcel.
6. Keeping the parcel on the tray, place into the oven and bake for approximately 25 mins (adjust timing for smaller/larger fish - it's ready when the top feels hot to touch)
7. When cooked, remove from oven and carefully open the foil parcel to release the steam.
8. Pour the other half of the sauce you saved earlier, over the fish and garnish with coriander and the remaining ginger and spring onions, then serve.



Allergens

Fish, soy (soy sauce), sesame (sesame oil)

Thanks to Michelle Young for contributing this recipe.

Char siu bao



Serves 4
PREPARATION TIME: 30 minutes + overnight marination
COOKING TIME: 45 minutes
N.B. Serve as a light main dish or snack.

Ingredients

For the filling

- 300g pork belly (skinless, strip) or pork shoulder
- 2 cloves garlic
- 1 medium red onion

For the char siu (pork) marinade/sauce

- 30g fermented red bean curd - "Nam Yu"
- ½ tbsp "Nam Yu" sauce/water (from the same jar)
- 1 tbsp oyster sauce
- ½ tbsp soy sauce
- 2 tbsp sugar
- ¾ tsp five spices powder
- 1½ tbsp shaoxing wine
- 2 tbsp char siu sauce

For the dough

- 230g bao flour
- 100g wheat starch
- 1 tsp instant yeast
- 60g fine sugar
- 135g water
- 20g vegetable shortening



Allergens

Soy (bean curd, soy sauce, char siu sauce), fish (oyster sauce), wheat (char siu sauce, starch), gluten (char siu sauce, flour)

Thanks to Christine Low for contributing this recipe.

NUTRITION INFORMATION

	Per Serve (150g)	Per 100g
Energy (kJ)	1399	934
Protein (g)	9.0	6.0
Total fat (g)	9.3	6.2
Saturated fat (g)	4.7	3.2
Carbohydrate (g)	52.0	34.7
Sugars (g)	16.8	11.2
Dietary fibre (g)	2.2	1.5
Sodium (mg)	619	413

Method

For the filling

1. Combine all the ingredients from the char siu (pork) marinade/sauce list and marinate the pork in it overnight.
2. Fry the pork in a cast iron or heavy pan on both sides until cooked through and it has a well charred appearance. When the pork is cooked, put aside and allow to cool. Keep the left-over marinade aside.

Note: If the pork meat is quite thick, it can also be cooked in a preheated oven at 200°C by placing on a tray and baking for about 20 minutes, then turning the pork over and continuing to cook for another 10-20 minutes or until fully cooked.

3. Once the pork has cooled, dice into small pieces. Set aside.
4. Finely dice garlic and onion and sauté in a pan over medium heat.
5. Add the diced pork and pour in the left-over marinade, stirring until evenly mixed.
6. Set aside until cooled.

For the dough

7. Combine bao flour, wheat starch, sugar and instant yeast, mix well. Add in water, mix into a dough. Add in the vegetable shortening and mix well.
8. Use a stand mixer/food processor with hook attachment or knead the dough manually for 6-7 minutes or until a smooth dough is formed.

Note: lightly coat your palm with flour if it is sticky.

9. Shape dough into a ball, wrap with cling wrap and set aside to rest for 6-7 minutes.
10. Roll out the rested dough into a thin rectangular shape, then roll into a rod shape. Divide into 8 portions.
11. Shape into balls, covering with cling wrap to prevent from drying as you go.
12. Coat dough with bao flour and roll out into a round shape with thick centre and thin sides. Use a rolling pin around the sides of the dough circle to flatten them while keeping the middle thicker.
13. Turn the flatten dough over, top with one or two spoonsful of char siu (pork) filling, then wrap the filling up with dough like a bag, folding in the top edges all the way around until closed. Twist and squeeze the top of the dough where it is closed to seal the bao bun, and then place onto a piece of baking paper.

Note: You should work fast when making bao to avoid the dough from over-proofing. Over-proofed bao will have a wrinkled surface when steamed.

14. Bring 500ml of water to the boil in a large steamer. Take off the heat, then add in 1 litre of room temperature water.
15. Arrange bao on steamer racks and place the racks over the warm water, cover and proof for 20 minutes.

Note: Using a bamboo steamer will prevent condensation from dripping onto the bao. If you don't have a bamboo steamer, cover the steamer pot under the lid with a tea towel.

16. After proofing for 20 minutes, return to high heat until the water is boiling, then reduce to medium heat and steam for another 15 minutes.

Serve while still warm and fresh.



Sweet red bean soup



Serves 8-9

PREPARATION TIME: 5 minutes + overnight soaking

COOKING TIME: 1½ hours

N.B. Serve as a sweet dish or dessert

Ingredients

- 2 cups dried red beans
- 8 cups water
- ½ cup sugar
- zest of 1 orange
- juice of 1 orange (¼cup)
- 2-3 tbsp tapioca pearls

Method

1. Rinse the beans in cold water and then pour them into a bowl and cover them with more water. Leave to soak overnight.
2. Drain the beans and add them to a medium-sized pot. Fill the pot with 8 cups of fresh water.
3. Over high heat, bring to a boil, then let the beans simmer for 1 hour.
4. Using a stick blender, break the beans up. The mixture does not need to be completely smooth (unless you prefer it that way) so take care not to overdo it.
5. If you prefer a thinner consistency, more water can be added at this stage.
6. Add the sugar, orange zest and juice, and stir until the sugar is dissolved.
7. Add the tapioca pearls and cook for 20 minutes stirring slowly but continuously to prevent the soup from sticking as it thickens. If larger tapioca pearls are used, cooking may take a further 20 minutes. They are cooked when they are completely translucent and then the soup is ready to serve.



NUTRITION INFORMATION

	Per Serve (313g)	Per 100g
Energy (kJ)	435	139
Protein (g)	4.6	1.5
Total fat (g)	0.1	0.0
Saturated fat (g)	0.0	0.0
Carbohydrate (g)	19.8	6.3
Sugars (g)	13.9	4.4
Dietary fibre (g)	10.0	3.2
Sodium (mg)	9	3

Allergens

Nil

Thanks to Bill, Judy, Sarah & Kaitlin (Wok of Life) for contributing this recipe.

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