



CHAP CHAI

BRAISED MIXED VEGETABLES

SERVES 6

BY TAN GEK SUAN

INGREDIENTS

3 cabbage leaves	10 pieces Cloud Ear Mushrooms
1 tablespoon dried shrimps	2 cups water
3 pieces dried sweet bean curd	20 dried Lily Buds
1 tablespoon salted soya bean paste	1 bundle cellophane noodles
2 sticks dried crinkled bean curd	Salt
2 tablespoons cooking oil	Sugar
5 pieces dried mushrooms	
1 teaspoon minced garlic	

METHOD OF PREPARATION

1. Cut the cabbage leaves into 3 x 3 cm pieces.
2. Scald the sweet bean curd and cut each one, widthwise, into 4 pieces.
3. Soak the crinkled bean curd in some hot water until soft. Snip them into pieces, about 3 cm in lengths.
4. Soak the lily buds, dried mushrooms and cloud ear mushrooms together, in some hot water until soft.
5. Cut off and discard the hard ends of the lily buds, the stems of the dried mushrooms and the hard centres of the cloud ear mushrooms.
6. Soak the cellophane noodles in some water until soft.
7. Soak the dried shrimps in some hot water until soft.
8. Drain all the water used for scalding and soaking the different ingredients.
9. Heat the oil in a casserole or pot and fry the garlic until golden.
10. Stir-fry the bean paste with the garlic until it is fragrant.
11. Add the dried shrimps, cabbage, lily buds, the two kinds of mushrooms and bean curd.
12. Stir to combine the ingredients.
13. Pour in the water and bring the gravy to a boil.
14. Lower the heat and let the chap chai simmer until the cabbage is soft.
15. Lastly, add the cellophane noodles, some sugar and salt to taste.
16. Serve with steamed rice or rice porridge.

HOT TIPS

☛ This dish can be prepared ahead for cooks busy with other New Year preparations. The taste of this dish is enhanced by longer cooking. It can be prepared a day ahead and reheated before serving.

☛ The Cloud Ear Mushroom (Bok Jee) is also known as Wood or Black Fungus. Valued for its health giving properties, especially for cleansing the blood, it is often included in the meal for ladies in confinement.

☛ If it is cooked without the pork and dried shrimps, it is a vegetarian dish for those who abstain from eating meat on the first and 15th day of each lunar month.

NUTRITION INFORMATION per serving:

Energy (1 kcal = 4.2kJ)	158kcal
Protein	5g
Total fat	10g
Saturated fat	2g
Cholesterol	9mg
Carbohydrate	12g
Dietary Fibre	1.2g
Sodium	490mg
CHO exchanges = 0.8	

NONYA
DELIGHT
FOR
REUNION
DINNER



IKAN GERANG ASSAM

FISH IN SPICY & SOUR GRAVY

SERVES 4-6

BY TAN GEK SUAN

INGREDIENTS

600 g 1 whole fish, Pomfret, Red Snapper or Sea Bass
8 fresh red chillies
20 shallots
7 candlenuts
1 piece galangal, 2cm thick
1 piece turmeric, 5cm in length
1 tablespoon shrimp paste/belachan
1 tablespoon tamarind pulp
4 tablespoons cooking oil
3 cups water
Salt

ADD
SPICE
TO YOUR
REUNION
DINNER!



METHOD OF PREPARATION

1. Flake the fish scales if necessary. Clean the fish and discard the entrails and gills.
2. Cut two gashes diagonally on both sides of the fish.
3. Squeeze the tamarind pulp in the water to make a juice.
4. Deseed the chillies and chop them coarsely.
5. Peel the shallots, galangal and turmeric and chop them coarsely.
6. Grind the candlenuts, galangal, turmeric, chillies, shallots and Belachan into a fine paste.
7. Heat the oil in a wok or large pot and fry the spicy paste until the oil oozes out of the paste. Add 2 tablespoons of water during the frying to prevent the paste from curdling.
8. Strain in the tamarind juice and bring the gravy to a boil until oil rises to the top.
9. Add some salt to taste.
10. Put the fish into the gravy, lower the heat and simmer until the fish is cooked.
11. Serve with steamed rice.

HOT TIPS

☛ To enhance the aroma of the gravy - Fry two smashed stumps of the lemongrass in the hot oil before adding the spicy paste.

☛ Instead of the tamarind pulp, use three pieces dried tamarind slices (Assam Gelugor/Assam Jawa) to give the gravy a tangy taste. Put them into the pot after adding the water. The sourness is somewhat different from that obtained from the tamarind pulp. mint leaves and drizzle some prawn paste over (Hae Ko or Otak Udang or Petis).

NUTRITION INFORMATION per serving:

Energy (1 kcal = 4.2kJ)	346kcal
Protein	23g
Total fat	23g
Saturated fat	1.9g
Cholesterol	10mg
Carbohydrate	11g
Dietary Fibre	1.0g
Sodium	560mg
CHO exchanges = 0.7	

Recipes have been reproduced with permission from the cookbook *A Nonya's Choice* - Specially Selected Gems from a Nonya's Table, authored by Tan Gek Suan. Available for sale. Tel: 9381 1570.

