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More recipes for the readers of Pulau Pangkor Newsletter

This page is specially made for the readers of the [Pulau Pangkor Newsletter](#).

With every issue of the [Pulau Pangkor Newsletter](#) we will add two more special recipes.

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Pulau Pangkor Newsletter #001 Recipes

Mee Rebus

Mee Rebus is yet another Malaysian-Indian invention that cannot be found in the land of origin. Mee means noodles and rebus means steamed/boiled. An adequate English translation would be Noodles in thick Sauce.

Although widely available all over the country, Mee Rebus is at its best in Penang and northern states as perak. It is an ideal meal for self-service parties, where guests can make their own concoction, once the ingredients are spread out. So think of Mee Rebus when you are having your party next.

Ingredients: THE SAUCE

- 500 gm sweet potato (can be substituted with ordinary potato)
- 2 large tomatoes
- 5 dried chilly (or according to taste)
- 1/2 onion
- 3 pieces of lime
- 2 tbsp vinegar

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- 1 tsp sugar
- salt
- A dash of soy sauce

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Method

Boil potato, sliced onion, tomato until soft (You can use a pressure cooker if you wish). Put in the dried chilly in the hot mash and let it stand for five minutes. Blend all the above items together with the water you used to boil them with. You will now have a thick sauce. Add lime juice, sugar, salt and vinegar and bring to a light boil. Your sauce is ready.

THE SPREAD

- 500 gm yellow noodles (Blanch in hot water for a few seconds)
- 300 gm bean sprouts (*taugeh*) boil till soft
- 2 pieces firm Soya cake (*taukua/tofu*) deep fried and sliced
- 2 potatoes, cubed (1/2 inch), smeared with chilly powder and salt and either deep fried or boiled.
- 3 pieces *kueh* (fritters) - OPTIONAL - you can mix bean sprouts, sliced onions, sliced red chilly and salt in wheat flour, add water and deep fry the fritters. Slice the final product.
- 3 pieces coconut *kueh* - OPTIONAL - here you make a pastry of flour, salt, ground coconut, sprinkling of sugar, and chilly, shape the pastry to cylinders and deep fry. Slice the *kueh*.
- Non-vegetarian can add other items such as hard boiled egg, fish balls, etc.
- Lime slices, red chilly and fried shallots for garnishing.

Method

Place all the above items in separate utensils and lay your table. Have guests, pick their choice of the spread and spoon the gravy over it. Don't forget the garnishing. Although my recipe may look complicated, with some planning, all these can be done easily and quickly. Recently I made Mee Rebus for ten people in about an hour. Enjoy!

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Curry Kapitan

Ingredients:

- 1.5kg chicken, cut into bite size pieces
- 1/2 cup thick coconut milk
- 1 cup thin coconut milk
- juice from 1 lemon
- 4 tbsp cooking oil

For curry paste. Blend the following ingredients:

- 10 fresh red chili peppers (cayenne or jalapeno)
- 10 dried red chili peppers (cayenne or jalapeno)
- 2 stalks lemon grass
- 115g shallots
- 3 cloves garlic

Method

Marinate chicken in thick coconut milk for 1 hour. Heat oil in pot and stir fry curry paste for 5-10 minutes or until oil separates from paste. Add chicken pieces and coat with curry paste. Fry for 10 minutes. Add thick coconut milk. Lower heat and allow to cook for 30 minutes or until chicken is no longer pink. Stir occasionally to prevent

from burning. Stir in lemon juice, salt and pepper to taste. Serve hot with rice and a vegetable dish.

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Pulau Pangkor Newsletter Special Edition (Chinese New Year) Recipes

Steamboat (Beijing-style hot pot)

Thinking of having a dinner gathering with few friends? Steamboat makes a simple yet enjoyable meal. To spice things up, you can have tom yam soup instead of plain stock soup.

Serves: 4

Preparation time: 1 hour

Ingredients:

- 500 grams chicken fillets – lay it out on a platter and place in fridge
- 500 grams beef fillets - lay it out on a platter and place in fridge
- 4 pieces Japanese Tofu – slice, lay it out on a platter and place in fridge
- 12 large Tiger Prawns – skinned, deveined, lay it out on a platter and place in fridge
- 12 tubes of squid – cleaned, cut into squares, lay it out on a platter and place in fridge
- 20 large mussels – cleaned and lay it out on a platter and place in fridge
- 20 scallops - lay it out on a platter and place in fridge
- 1 large cos lettuce – Open up leaf-by-leaf, wash it cleanly to remove sand and place in fridge

Soup: Plain Stock

- 5 bowls of water
- 2 cloves minced garlic
- 1 tablespoon sesame oil
- 2 teaspoons sugar
- 1 teaspoon salt

Soup: Tom Yam Stock

- 20 dried chillies – soak in warm water and minced in food processor
- 2 large onions – minced in food processor
- 5 cloves garlic – minced in food processor
- 3 stalks lemon grass – sliced thinly
- 20 grams galangal – minced in food processor
- 300 mls coconut milk
- ½ tablespoon shrimp paste
- 50 grams tamarind – mixed in 1 cup of water (add more if you desire a more sour soup)
- 5 kafir leaves
- 2 teaspoons sugar
- salt to taste
- 5 tablespoons oil
- 2 cups water

Method:

To prepare tom yam stock:

In a pot, heat oil and sauté dried chillies, onions, garlic, lemon grass, galangal, and shrimp paste till fragrant.

Add in 2 cups of water and leave to simmer for about 10 minutes. Add in kafir leaves. Add in salt and sugar to taste. Add in the tamarind juice. Leave to simmer for 5 minutes. Add in coconut milk and leave to simmer for another 10 minutes. Do not boil the soup, just let it simmer.

To cook food in steamboat:

Ensure the stock is boiling at full strength before boiling any of the above. The stocks may need to be topped up from time to time and after the meal you will have a nice rich soup to drink. The soup from the plain stock can be frozen to be used as a soup-based stock in other foods.

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Yee Sang Recipe (Raw Fish Salad)

Fresh carp is the traditional choice but you can also use salmon or even canned abalone. Be sure to use a large platter so that everyone can toss with abandon.

Ingredients:

- 200 gms fresh fish (grass carp/salmon/haruan), thinly sliced 40 gms jellyfish, soaked
- 50 gms pomelo, pith removed and pulp broken up
- 30 gms pickled ginger, finely sliced
- 30 gms pickled leeks, finely sliced
- 30 gms pickled papaya, finely sliced
- 50 gms sweet potato, shredded
- 50 gms yam, shredded
- 80 gms white radish, shredded
- 80 gms carrot, shredded
- 3 stalks spring onions, finely sliced
- 1 stalk Chinese celery, finely sliced
- 2 red chillies, seeds removed and finely sliced
- 1 knob young ginger root, finely sliced
- 2–3 lime leaves (limau perut), finely sliced
- 2 packets of Yu Sheng crisps (available in supermarkets) OR
- deep fried cut strips of wanton/popiah skin
- 3 tbsp roasted peanuts
- 2 tbsp roasted sesame seeds
- 1 large lime, quartered

Sauce:

- 8 tbsp plum sauce
- 3 tbsp cooked oil (brown garlic in very hot oil, cool and discard garlic)
- 1 tbsp sugar
- 1 tsp salt
- 1/2 tsp white pepper
- 1/2 tsp five spice powder OR ground cinnamon

Method

Blanch jellyfish in boiling water, drain and cut into strips. Squeeze out juices from shredded yam and sweet potato. Add food colouring: red to one and green to the other. Dry in sun, then deep fry and set aside. Soak white radish and carrot separately in water, drain and squeeze out juices. Set aside. Arrange salad ingredients attractively on a large platter. Just before serving combine ingredients for sauce. Squeeze lime juice over fish, pour sauce over salad, toss and eat immediately.

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Pulau Pangkor Newsletter # 002

Mackerel Fish Curry (Kari Ikan Kembong)

Ingredients

- 600g mackerel ('ikan kembong') — cleaned
- 3 tbsp oil
- 200g lady's fingers
- 1 eggplant, quartered
- 2 tomatoes, quartered
- 2 green chillies, seeded and halved

Grind:

- 8 shallots
- 2 cloves garlic
- 1 1/4cm (1/2in) ginger
- 10 dried chillies, soaked
- 2 fresh red chillies, seeded
- 1 tsp fennel ('jintan manis')
- 1 tsp mustard seeds ('biji sawi')
- 1 stalk curry leaves
- 2 stalks lemon grass, bruised
- 1 tbsp tamarind paste ('assam jawa') mixed with 1/2 cup water

Seasoning:

- 1 tsp Maggi ikan bilis granules
- 1 tsp sugar
- Salt to taste
- 1/2 coconut, grated (for 1 1/2 cups coconut milk)

Method

Season fish with salt and pepper and leave aside for 10 to 15 minutes. Fry fish in hot oil for one to two minutes on both sides.

Heat oil and sauté fennel, mustard seeds, curry leaves and lemon grass until fragrant. Add ground ingredients and fry until fragrant and oil separates. Pour in tamarind juice and coconut milk. Bring to a slow boil.

Add eggplant, lady's fingers and green chillies; simmer for five to 10 minutes.

Put in tomatoes and fish and cook for five minutes. Add seasoning and bring to a slow boil for one to two minutes or until oil comes to the surface.

Dish out and serve with white rice.

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Pineapple Curry

Ingredients:

- 1 Medium pineapple
- 1 teaspoon cardamom seeds
- 1 teaspoon Coriander seeds
- 1 teaspoon Cumin seeds
- 1/2 teaspoon Whole cloves
- 2 tablespoons Cooking oil
- 2 Spring onion, cut in 2 cm pieces
- 2 teaspoons Grated fresh ginger
- 4 Candlenuts, roughly chopped
- 1 cup Water
- 1 teaspoon Sambal oelek
- 1 tablespoon Chopped fresh mint

Method :

Peel and halve the pineapple, remove the core, and cut the pineapple into 2 cm chunks.

Grind the cardamom seeds, coriander seeds, cumin seeds and cloves in a mortar and pestle.

Heat the oil in a medium pan; add the spring onion, ginger, candlenuts and spice mixture, and stir-fry over low heat for 3 minutes.

Add the water, sambal oelek, mint and pineapple and bring to the boil. Reduce the heat to low, cover and simmer for 10 minutes, or until the pineapple is tender but still holding its shape.

Serve as an accompaniment.

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Pulau Pangkor Newsletter # 003

Pisang Goreng (Fried Banana)

Ingredients:

- 100 g rice flour
 - 30 g plain flour
 - 1 level tbsp sugar
 - ¼ level tsp salt
 - 1 ½ tbsp sesame seeds
 - 150 ml water
 - 1 bunch cooking bananas such as pisang abu, pisang raja or pisang awak
- Oil for deep frying

Method:

In a small mixing bowl, combine the rice and plain flours, sugar, salt and sesame seeds. Stir in the water to make smooth batter.

Peel bananas and cut into halves lengthwise. Heat oil in a wok or saucepan over medium heat. (Oil should be about 4 cm deep.) When hot, dip the bananas into the batter and slip them into the hot oil. Fry a few pieces at a time until golden brown on one side and then turn over to brown the other.

Carefully remove from the oil as they cook and drain on absorbent paper. Serve warm.

For more recipes on bananas, check [Banana Recipes Cookbook](#).

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Banana Cake**Ingredients:**

- 2/3 cup shortening
- 2-1/2 cups all-purpose flour
- 1-2/3 cups sugar
- 3/4 teaspoon baking powder
- 3/4 teaspoon baking soda
- 1 teaspoon salt
- 2 eggs
- 1-1/4 cups mashed ripe banana (2 to 3 medium bananas)
- 2/3 cup buttermilk, divided
- 2/3 cup chopped pecans
- banana slices and fresh mint leaves for garnish (optional)
- 1/3 cup plus 2 tablespoons all-purpose flour
- dash salt
- 1 cup milk
- 1/2 cup shortening
- 1/2 cup (1 stick) margarine, softened
- 1 1/4 cups granulated sugar
- 1 teaspoon vanilla

Method:

Banana slices and fresh mint leaves for garnish (optional) Preheat oven to 375 degrees F. Grease and flour two 9-inch round cake pans. Combine flour, salt, baking powder and baking soda in medium bowl; set aside. Beat together sugar and shortening in large bowl with electric mixer until light and fluffy. Add eggs, one at a time, beating well after each addition. Blend in bananas. Add flour mixture alternately with buttermilk, beating well after each addition. Stir in pecans or walnuts. Pour evenly into prepared pans. Bake 30 to 35 minutes or until toothpick inserted in center comes out clean. Cool in pans on wire racks 10 minutes. Loosen edges; invert layers onto racks to cool completely.

Prepare frosting. Fill and frost cake layers with frosting. For a ridged effect, run a cake comb across the top and around the side of the cake. Garnish with banana slices and mint leaves, if desired.

FROSTING

Combine flour and salt in medium saucepan. Gradually stir in milk until well blended. Cook over medium heat until thickened, stirring constantly. Let cool. Beat together shortening and margarine in a large bowl until creamy. Add sugar; beat until light and

fluffy. Blend in vanilla. Add flour mixture; beat until smooth.

For more recipes on Banana, check [Banana Recipes Cookbook](#).

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Pulau Pangkor Newsletter # 004

Bah Kut Teh or Chicken Kut Teh

Ingredients:

- 600g chicken or pork ribs or both
- 1 packet bah kut teh herbs (available in supermarkets)
- 10 cloves garlic (or 1 complete pod) - wash but do not peel
- 4 liters water

Seasoning:

- 4 tbsp light soy sauce
- 2 tsp sugar

Accompaniments:

- 6 black mushrooms - soak
- 1 tin golden mushrooms
- 100g button mushrooms - slice thinly
- 200g Chinese white cabbage (wong nga pak) - cut into 2cm pieces and scald

Method:

Boil the water in a pot. Add herbs and chicken or pork ribs. Let it boil for some time, then lower the heat and simmer over medium-low flame for one hour or until meat is tender. Add seasoning and accompaniments. Dish into a casserole and garnish with chopped spring onions and coriander leaves. Serve hot with plain rice.

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Claypot Chicken Rice (Nga Po Fan)

Ingredients:

- 350g long grain rice - wash and drain well
- 375ml water
- 20g boneless salt fish (Mergui dried fish) - chop

(A)

- 1 tbsp oil
- 1/2 tsp sugar
- Dash of pepper
- 250g deboned chicken meat

(B)

- 1 tbsp light soy sauce
- 1 tbsp oyster sauce
- 1/4 tsp pepper
- 1 tbsp fresh ginger juice
- 1 tsp sugar
- 1 tbsp sesame oil
- 1 tsp cornflour
- 3 black mushrooms - soak till soft and cut into thin slices
- 25g Chinese sausage (optional) - slice thinly

Seasoning:

(C) Mix together

- 1 tsp light soy sauce
- 1 tsp sugar
- 1/4 tsp pepper
- 1/2 tsp Maggi chicken stock granules
- 1 tsp sesame oil
- 1 tsp garlic oil
- 1/4 tsp dark soy sauce

Method:

MARINADE chicken with (B) for 30 minutes. Marinade salt fish with (A) and leave aside for 10 minutes. Heat 1 tbsp oil in a wok and stir-fry marinated chicken meat. Add mushroom slices, sliced Chinese sausage and seasoning. Dish out and put aside. Mix rice with water and add marinated salt fish. Put rice into an electric cooker and cook rice as usual. After 7 or 8 minutes, or when rice is almost cooked and dry, add in stir-fried chicken meat and continue to cook till rice is completely cooked.

Dish rice into a serving bowl and garnish with chilli strips, chopped spring onions and coriander leaves. Serve hot.

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Pulau Pangkor Newsletter #005

Fish-head bee hoon

Ingredients

- 350g fish head (preferably garoupa), cut into chunky pieces, clean
- 1 tbsp salt
- 1 cup corn flour or tapioca flour
- 250g thick dried beehoon, soak till soft, then drain
- 75g young ginger, thinly slice
- 1 tsp chopped garlic
- 1 tsp oil
- 1 tsp sesame oil
- 1 litre water or stock
- 100ml evaporated milk

Seasoning

- 1/2 tsp salt
- 1 tsp sugar
- 1/4 tsp pepper

- 1 tbsp light soy sauce
- 1/2 tbsp fish sauce
- 1 tbsp chicken stock granules

Garnishing

- 1 stalk spring onion, cut into 2cm lengths
- Red chilli, slice

Method

SEASON fish head pieces with salt, then coat with corn flour or tapioca flour. Deep-fry in hot oil till golden brown and crispy. Drain and set aside. Heat oil and sesame oil until hot. Saute garlic and ginger till fragrant. Add water or stock and bring to a boil.

Add seasoning, beehoon, mushroom and fish head pieces. Simmer for five to six minutes, then add milk. Bring to a quick boil.

Dish out into individual bowls and serve immediately with garnishing.

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Fish Head Curry

Ingredients

- 1 fish head (garoupa, red snapper, etc, clean and cut into halves then season with salt)
- 1 liter water
- 3 tbsp oil
- 1/2 tsp mustard seeds (biji sawi)
- 1 onion, slice thinly
- 1 stalk curry leaves, use leaves only
- 1 stalk lemon grass, bruise lightly
- 2 half ripe tomatoes, quarter
- 200g lady's fingers
- 1 red chilli, seed and half
- 1 green chilli, seed and half
- 1/2 a fistful of tamarind (mix with 1 1/2 cups fish stock and squeeze for the juice)
- 1/2 a grated coconut (squeeze with 1 cup water for santan)

(A)

- Mix into paste with a bit of water
- 2 tbsp fish curry powder
- 1/2 tbsp chilli paste
- 1/2 tsp belacan granules

Seasoning

- 1 tsp salt or to taste
- 1 tsp chicken stock granules
- 1/2 tsp sugar

Garnishing

- 1 stalk spring onion
- 2 stalks coriander leaves, cut into 3cm to 4cm lengths

Method

Bring water to a boil. Put in fish head halves to half cook it. Dish out and drain. Reserve the stock to be used later. Heat oil in a wok and saute mustard seeds until they pop, then add ingredients (A) and fry till fragrant and oil rises to the top. Add onions, curry leaves and lemon grass and continue to stir-fry. Pour in tamarind juice and bring to a boil. Stir in santan, tomatoes, lady's fingers, and red and green chillies. Simmer until gravy comes to a low boil. Add in fish head and seasoning. Bring to a quick rolling boil over a medium high heat. Dish out and serve with garnishing.

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Pulau Pangkor Newsletter #006

Tom Yam Talay

Ingredients:

- 8 freshwater prawns, shelled and with tails intact or you can choose not to shell the prawns
- 150g sotong, cleaned and cut into pieces
- 2 blue crabs, cleaned and cut into halves
- 5 pieces red snapper fish meat
- 100g abalone mushrooms
- 6 cups chicken stock

- 20g galangal (lengkuas)
- 3 stalks lemon grass (serai)
- 12 cili padi
- 3 roots Chinese parsley
- 4 tbsps chilli paste in oil (Nam Prik Pao)
- 6-8 kaffir lime leaves (daun limau purut)
-

Seasoning:

- 1 tsp salt, or to taste
- 1 -- 2 tbsps fish sauce (Nam Pla)
- 3 -- 4 tbsps lime juice
- 1 tbsp oil
- 2 tbsps Maggi chicken stock granules
- Monosodium glutamate to taste

Garnishing:

Chopped coriander leaves

Method:

SMASH the galangal and lemon grass slightly. Put them in a pot, add the cili padi, parsley roots and chicken stock. Bring to a boil and add Nam Prik Pao and kaffir lime leaves. Simmer for 10 minutes.

Put in all the seafood ingredients and mushrooms and bring to a boil until the seafood is cooked. Add in seasoning to taste. Serve hot and garnish with coriander leaves.

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Tom Yam Beef Balls

Makes 4 servings

- 500 g lean beef, ground
- 1 beef bouillon cube
- 1 can pineapple chunks in syrup
- 1/4 cup flour
- 1 tom yam cube

- 1 cup hot water
- 2 tbsp tomato sauce
- 3 tbsp chili sauce
- 1 tsp sugar
- 1 tsp cornstarch
- 2 small bird-eye chili
- 1 tbsp shallot, minced
- 1 tsp garlic, minced
- 2 stalks coriander root
- 1/4 cup coriander, cut into lengths
- oil

DISSOLVE the tom yam cube in the hot water and set aside to cool. Once it is cooled, mix in the tomato and chili sauce, sugar and cornstarch. Set aside.

Cut about 10 pineapple cubes into halves. Mix the ground beef with the beef bouillon/stock cube thoroughly. Divide into 18 to 20 balls, depending on how large you want them to be. Insert the halved pineapple cubes into the balls and coat lightly with flour. Deep fry the beef balls till golden brown and drain on absorbent paper.

Using 1 tablespoon oil, fry the shallot, garlic, coriander root and bird-eye chili till fragrant. Pour in the gravy mix and add the remaining pineapple cubes together with the beef balls. Bring to a boil, making sure all the beef balls are well coated with the sauce.

Note: Buy a large can of pineapple cubes as you can add the remainder into the sauce. Per serving: (excluding unknown items): 335 calories; 17g fat (45% calories from fat); 23g protein; 22g carbohydrate; 78mg cholesterol; 337mg sodium

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Pulau Pangkor Newsletter #007 Recipes

Ayam (chicken) Panggang in Dry Sauce

Ingredients :

2 chicken thighs

1. Grind together and extract juice

- 6 shallots
- 3 cloves garlic

- 2 cm ginger

2. Mix together

- 2 tbsp chilli boh
- 1 tbsp ground ketumbar powder
- 1/2 tsp kunyit powder
- 1/2 tsp jintan manis powder
- 1/2 tsp jintan putih powder

3. Blend together

- 1 1/2 cm galangal (lengkuas)
- 2 stalks serai (lemon grass)
- 2 buah keras

4.

- 4 tbsp plain yoghurt
- 2 tbsp assam jawa juice
- Banana leaves

Method:

WASH and dry the chicken thighs well then score the meat lightly with a knife. Use the juice of (A) to marinate the chicken pieces for 1/2 hour. Keep the pulp of (A).

Heat a wok with 3 tbsp cooking oil. Saute the pulp of (A). Add in (C) and stir well till aromatic. Mix in (B) then (D). Fry till a layer of oil rises to the top. Add in the marinated chicken drumsticks and stir-fry quickly.

Prepare a tray lined with tin-foil. Place banana leaves over the foil. Put the chicken pieces together with the sauce n it. Cover with banana leaves and place a piece of tin foil over. Grill at 220°C for 20 minutes. Turn over the chicken pieces at half time. Serve with onion rings and tomato wedges.

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Deep-Fried Duck With Shrimp Paste

Ingredients

- 400g duck meat (de-bone and marinate with salt, chicken bouillon and cornstarch for 40 minutes)
- 10g XO sauce
- 180g shrimp paste
- 10g garlic
- 10g shallot
- 40g Chinese wine
- 10g salt
- 10g chicken bouillon
- 100g lettuce (garnishing)
- 150g carrot (garnishing)
- 200g cornstarch

Method

BOIL water. Blanch duck meat to remove excess fat. Hang duck to dry for a couple of

hours. Spread shrimp paste over duck meat evenly. Heat wok with oil and deep fry duck meat.

To prepare sauce:

Heat wok with oil and fry shallot, garlic and XO sauce. Lastly add in Chinese wine and season to taste. Pour sauce over dish and serve.

Taste and Tell:

This dish is presented as diamond-shaped slices with shrimp paste for base and duck meat on top. Each slice is garnished with XO sauce. The slices remind me of steamed yam cake.

The shrimp paste is a winner as it is springy and has a very specific taste. The duck meat is fried to a crisp but there is less of the lean meat. XO sauce is not the liquid gravy but in dried form, distinguished by crispy shredded scallops and dried prawns.

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Pulau Pangkor Newsletter #008 Recipes

Dumplings - Steamed Nyonya Bean, Kiam Bak Chang, Kee Chang & Dipping Syrup

Steamed Nyonya Bean Dumplings

Ingredients:

- 500g glutinous rice
- 100g black-eye beans, soaked for 4-5 hours
- Bamboo leaves and straws for wrapping (A)
- 1/2 cup oil
- 1/4 cup meat stock
- 1 tsp salt

Filling:

(B) Grind these ingredients finely:

- 8 shallots
- 3 cloves garlic

(C)

- 400g fatty meat or chicken meat
- 150g roasted peanuts -- pounded coarsely
- 100g tung kuah (candied melon strips) -- diced

(D)

- 2 cm piece cekur root (sar keong) -- grind to a smooth paste
- 2 tsp ketumbar (coriander) powder

Seasoning:

- 1 tsp salt

- 1 tbsp sugar
- 1 tsp pepper

Method:

POUR boiling water onto the bamboo leaves and soak it overnight. Clean and wipe the leaves with a damp cloth. Soak glutinous rice overnight. Clean and drain dry. Place rice and beans in a porous pan and steam for 50 minutes. Remove from steamer and mix well with (A).

Saute ground ingredients (B) in 1/4 cup oil. Stir till fragrant. Lower the flame then add in (C) and stir till meat is cooked. Mix in (D) and add seasoning. Stir-fry till it is well mixed and dry. Dish out and leave aside.

Place two bamboo leaves flat. Top up with glutinous rice and beans and add one tablespoon of filling and cover again with glutinous rice and beans. To wrap, first fold in the left side followed by the right side. Fold in the bottom edge and use both hands to hold up. Fold in the other side of the edge and use bamboo straws to secure the parcel by tying around both sides of the "peak". Steam the pillow-like dumplings for 30-40 minutes.

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Kiam Bak Chang (Savoury Dumplings)

Ingredients:

- 1000g glutinous rice -- soak overnight. Wash and drain well.
- Bamboo leaves and raffia string for wrapping F

Filling:

- 400g belly pork (remove skin) or deboned chicken meat
- 150g dried mushrooms
- 200g dried chestnuts -- soak in boiling water, discard the impurities then boil until soft; drain away the water
- 10 salted egg yolks
- 100g dried prawns -- soak in warm water, remove the impurities then chop into small pieces.
- 100g split green peas -- soak overnight, drain and add a pinch of salt and mix well
- 2 tsp chicken stock granules

Seasoning:

- 2 tbsp Chinese Five Spice powder
- 3 tsp salt
- 2 tsp sugar
- 1/2 tsp pepper
- 1 tbsp rice wine
- 3 tsp dark soya sauce
- 2-3 tbsp oil
- 3 cloves garlic -- chopped finely
- 6 shallots -- sliced thinly

Method:

Soak bamboo leaves in boiling water overnight. Clean and wipe the leaves with a damp cloth. Heat oil and saute shallots and garlic until fragrant. Add pork or chicken

meat, dried prawns, chestnuts, mushrooms and seasoning. Stir well. Add 1/2 cup water and 2 tsp chicken stock granules. When pork is cooked, switch off fire and dish out filling ingredients.

Mix glutinous rice with 2 tbsp oil, 1 tbsp Five Spice powder, 1 tbsp dark soya sauce and 1 tsp salt. Stir thoroughly. Heat kuali and stir-fry seasoned glutinous rice till heated through. Remove to a big basin and stir in split green peas. Mix well.

Take two bamboo leaves, make them overlap slightly and fold into a conical shape. Put 1 tbsp rice into the funnel base. Add 1 tbsp filling and a piece of salted egg yolk. Cover with some more rice. Fold leaves over rice to form a triangular prism. Tie with raffia string.

Boil a large pot of water and add 2-3 tsp salt. Drop the bundles of dumplings in and boil for 1 1/2 - 2 hours over medium slow fire. Top constantly with boiling water to maintain level of water at all times. When cooked, remove the dumplings and hang to dry.

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Kee Chang (Alkaline Dumplings)

Ingredients :

500g graded glutinous rice -- wash and soak overnight; drain well

- fresh bamboo leaves
- Dried China grass or string
- 3 litres water 3 tsp alkaline water
- 2-3 tsp borax (pangsats or peng seh)

Dissolve these ingredients together:

- 1 1/2 tbsp first grade alkaline water
- 2 tsp borax

Method:

Marinate glutinous rice with borax mixture and 1/2 tsp yellow colouring if desired, for 1-2 hours before use. Take a piece of fresh bamboo leaf, fold into a cone shape. Fill about 1/2 of casing with the marinated rice. Wrap into a pyramid shape and bind securely with dried Chinese grass or string.

Bring water to a boil. Add the alkaline water and borax. Put in about 2 bundles of dumplings and boil for 3 hours. Add boiling water whenever necessary. Remove and hang to dry.

Dipping Syrup

- 1 cup water
- 150-200g gula melaka
- 300g brown sugar
- 300g granulated sugar
- 250g thick coconut milk (pati santan)
- 3-4 pandan leaves

Method:

Bring all the ingredients (except coconut milk and pandan) to a boil and simmer till all sugars dissolve. Add pandan leaves and simmer for 3-5 minutes. Add santan and bring to a low boil. Switch off fire and leave to cool before using.

Dumplings - Hakka Kocheng, Hong Kong Kocheng, Hainanese

Each recipe is for 1 dumpling. So make the necessary adjustments according to the number of dumplings you're making.)

Ingredients:

- 225g glutinous rice
- 60g marinated pork
- 20g dried shrimps
- 1 salted egg yolk
- 20g black mushrooms
- 20g chestnuts (foong lut in Cantonese)
- 40g black-eye bean (mei tau)
- 5 pieces of bamboo leaves (soak in water)
- 1 piece of lotus leaf
- 5g black soya sauce
- 5g five-spice powder
- 5g sesame oil
- salt and pepper to taste

Note: Ko means "to wrap" (in Cantonese) and cheng means "to steam." The term is a misnomer as the traditional rice dumplings are always cooked by boiling in water for four to eight hours, depending on size. Dumplings are usually steamed before serving.

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Hong Kong Kocheng Dumpling

Ingredients:

- 225g glutinous rice
- 60g marinated pork
- 20g dried shrimps
- 1 salted egg yolk
- 20g black mushrooms
- 40g luk tau pin
- 3 chestnuts
- 5 pieces of bamboo leaves (soak in water)
- 1 piece of lotus leaf
- 50g onion
- 5g five-spice powder
- sesame oil
- salt and pepper to taste

Method

Stir-fry rice and pork until half cooked. Set aside to cool. Lightly fry the mushrooms and luk tau pin with oyster sauce. Arrange five pieces of bamboo leaves over the lotus leaf. Place the rice in the centre, top with pork, salted egg yolk and the rest of the ingredients. Top with rice again and wrap into a rectangular shape. Tie firmly with a string. Boil over slow fire for 8 hours or until cooked.

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Hainanese Dumpling

Ingredients:

- 188g glutinous rice
- 20g dried shrimps
- 20g marinated pork
- 20g octopus (fat sui yau yee in Cantonese)
- 20g black fungus (soaked and shredded)
- 1 piece banana leaf
- 5g five-spice powder
- 5g sesame oil
- salt and pepper to taste

Method

Boil the banana leaf for 5 minutes. Stir-fry rice with shallots and garlic. Marinate pork with five-spice powder, salt, pepper and sesame oil. Set aside. Lightly fry the octopus and dried shrimps with shallots. Set aside to cool.

Fold the banana leaf into a triangle shape. Place the glutinous rice on it, followed by pork, dried shrimps, octopus and shredded black fungus. Top off with rice again and wrap into pentagon shape. Boil over slow fire for 8 hours or until cooked.

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Pulau Pangkor Newsletter #009 Recipes

Tosai

This instant recipe can be prepared in about 15 minutes.

- 1 cup : all purpose flour
- 1 cup : rice flour
- 1 cup : buttermilk.
- 1 to 1-1/4 table spoon of salt.
- 1 to 2 table spoon of oil per tosai for frying.

You also need the dosa plate (you can substitute this with any flat non stick cooking plate)

Method: In a bowl mix all purpose flour, rice flour and the buttermilk. Add and stir salt. You don't have to let the batter stay before making tosai. Place a flat non stick cooking pan/plate on the stove and heat it.

Pour half a cup of the batter in the pan. Pour a little oil (1 spoon) along the edge of the dosai spread. After a while you can flip it to the other side and fry for a while. Serve it hot with a spicy chutney ore sambhar.

A good tosai is served in flipped over rectangle size or triangle size and is crispy.

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Pulau Pangkor Newsletter #010

Fig and Lemon Chicken

Ingredients

- 12 chicken thighs
- 2 lemons, 1 sliced, 1 halved
- 1/4 cup brown sugar
- 1/4 cup white vinegar
- 1/4 cup water
- 1 1/2 pounds dried figs
- salt to taste
- 1 teaspoon dried parsley
- 1 tablespoon chopped fresh parsley

Preparation

Preheat the chicken thighs in oven to 400 degrees F (200 degrees C). Squeeze juices from halved lemon into a small bowl, then stir in brown sugar, vinegar and water; set aside. Place figs and sliced lemon segments in the bottom of an 11x16 inch baking/roasting dish. Arrange chicken thighs on top, then pour vinegar mixture over chicken. Finally, sprinkle with salt and dried parsley to taste.

Bake/roast at 200°C for 50 minutes, basting frequently (turn figs if they begin to brown). With a slotted spoon, remove chicken, figs and lemon slices from baking dish and place on a warm platter. Skim fat from cooking juices, then pour over chicken as sauce. Garnish with fresh parsley and serve.

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Fresh Fig Cake

Ingredients:

- 1/4 cup butter, softened
- 1 cup white sugar
- 1 egg
- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 cup evaporated milk
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1 cup chopped fresh figs
- 1/4 cup packed brown sugar
- 1/4 cup water
- 2 cups chopped fresh figs
- 1 tablespoon lemon juice

Preparations

Preheat oven to 350 degrees F (175 degrees C). Spray two 8-inch round cake pans with vegetable oil spray.

In a medium bowl, sift together flour, salt and baking powder. Set aside until later.

In a large mixing bowl, cream butter with the sugar until fluffy. Add egg and beat well.

Add flour mixture alternately with the evaporated milk. Fold in vanilla and almond extracts and chopped figs.

Divide into two prepared 8 inch round cake pans. Bake at 175°C for 30 minutes.

To make the filling: In a saucepan, combine 2 cups figs, brown sugar, water and lemon juice. Bring to a boil. Reduce heat to a simmer and cook until thickened, about 20 minutes. Spread thinly between layers of cake and on top.

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Pulau Pangkor Newsletter Special Edition Deepavali and Hari Raya

Deepavali dishes

Chakkuli:

Ingredients:

- Rice 3 measurements,
- black gram dhal 1 measurements,
- salt to taste,
- water,
- hing 1 pinch,
- jeera 1 tsp
- 2-3 tsp ghee.

Method:

Wash rice; dry in cool place (spread it on a plain cloth to dry evenly). Later dry fry it in a kadai until you get a good smell. It should not become red or brown in colour. It must be white itself. Fry on a low flame, later dry fry black gram dhal (urd dhal), it should become a bit yellowish.

Cool it, mix it with rice and make it into a fine powder/flour. To this flour, add salt, jeera, ghee and mix well. Knead well; make it into nice dough. Make little balls out of it. Put it into chakkuli maker, the blade that has a single star. Roll it into chakkuli on a plastic sheet.

Heat oil in a kadai and deep fry the rolled chakkulis until done and take out.

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Khodbale:

Ingredients:

- Rice flour-1 measurement,
- grated coconut-1 ½ cup,
- 3-4 tsp red chilly powder,
- salt to taste,
- hing ¼ tsp,
- ghee ½ cup

- water to mix.

Method: Mix rice flour with grated coconut, chilly powder, salt, hing, ghee and water. Knead well and make it into fine dough. Take small balls out of it and roll it into a small bangles, it should be a little fat, do not make it into a thin bangles. Heat oil in a kadai and deep fry until done.

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Hari Raya dishes

Lontong

Ingredients:

- 5 banana leaves 6 tins (750g)
- uncooked rice (use empty condensed milk tins as measuring cups)
- 1 tablespoon salt
- 2 pandan leaves (hold them together and tie a knot in the middle)
- Water

*Lontong moulds (or long, hollow metal cylinders will do)

Method:

- Clean banana leaves and wipe dry. Scald to soften.
- Wash the rice and drain the water.
- Line each mould with a cleaned sheet of banana leaf, overlapping the edges a little.
- Fill each mould with 1 1/2 tins of washed uncooked rice (the rice should cover exactly half of the length of the mould so adjust the amount when necessary).
- Secure cover and drop lontong into boiling water in a pot big enough to hold 4 rolls of lontong. Sprinkle salt, and drop pandan leaves into boiling water. Cover.
- Check water and fire constantly. Boil for 5-6 hours.
- Remove from pot and leave the rolls of lontong to cool.
- Peel banana leaves from lontong and cut to desired serving size.

It's usually served to guests instead of eating it themselves.

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Walnut Raisin Banana Loaf

Ingredients:

- 120g butter
- 100g sugar
- 3/4 tsp vanilla essence
- 2 large eggs
- 190g (clean weight) bananas, mashed
- 190g plain flour
- 1 tsp baking powder
- 3/4 tsp bicarbonate of soda
- 1/8 tsp salt
- 35g walnuts, coarsely chopped
- 45g raisins
- 2 1/2 tbs milk

- 1 tbsp lemon juice

Method:

Grease sides and line the base of a 26x8cm loaf tin with greased greaseproof paper. Sift flour, baking powder and bicarbonate of soda into a bowl. Stir in salt. Cream butter, sugar and essence until light and fluffy.

Beat in eggs, one at a time, beating well after each addition. If the mixture curdles, add a little flour into the mixture. Add the mashed bananas and stir in nuts to mix.

Fold in half portion of the sifted dry ingredients and add the rest of the ingredients alternating it with the milk and the lemon juice.

Turn batter into prepared tin and bake in preheated oven at 170°C for 50–60 minutes or until cooked through.

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Pulau Pangkor Newsletter #011

Spicy Noodles - Malay Style

Ingredients:

- 1 (12 ounce) package uncooked egg noodles
- 3 tablespoons olive oil
- 1 teaspoon finely chopped garlic
- 1/2 bunch fresh spinach, stems removed, chopped
- 1/4 cup chile paste
- 3 tablespoons ketchup
- 1 egg
- 1/2 teaspoon white sugar
- 1/4 cup water
- salt and pepper to taste
- 1/2 cup fresh bean sprouts
- 1/2 cup green peas

Method

Bring a large pot of water to a boil, cook the egg noodles 6 to 8 minutes, until al dente, and drain. Heat the oil in a skillet over medium heat, and saute the garlic about 1 minute. Stir in the spinach, and cook about 1 minute. Mix in the cooked egg noodles, chile paste, and ketchup, and toss until well coated.

Make a hole in the center of the noodle mixture. Place the egg in the center, and scramble, tossing with the noodles just before egg is finished cooking.

Mix the sugar and enough water to keep the mixture moist into the skillet. Season with salt and pepper. Continue to cook, stirring constantly, about 6 minutes. Toss in the sprouts and peas, and cook and stir about 4 minutes, until heated through.

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Tom Yum Kung - (Hot and Spicy Shrimp Soup)

If Thailand has a national food, this is it. While the recipe calls for shrimp, any seafood will do and chick can be substituted without altering the recipe -- in which case you have *Tom Yum Kai*, or Hot and Spicy Chicken Soup. It's a dish easy to find in North Malaysia, especially Penang but also in Pangkor.

Ingredients:

- 1 pound of medium-size shrimps
- A dozen mushrooms
- 1 stalk of lemon grass
- 3 lime leaves
- 6 green peppercorns
- 3 slices fresh ginger
- 1 teaspoon of salt
- 2 tablespoons of fishsauce (or 4 tablespoons of soy sauce)
- 3 tablespoons of lime juice
- 6 hot peppers, pounded lightly (less, depending on taste)
- 4 cups of water
- 1/2 cup of roughly chopped coriander (cilantro) leaves

Remove the shrimp shell but leave the tails (for appearance). Then cut open the back of each shrimp to remove the veins. Clean the mushrooms with water and dry them well before cutting each into quarters. Trim root and tough layers from lemon grass. Thinly slice first six inches. Bring 2 c. of stock to boil.

Bring water to boil, then add lemon grass, lime leaves, and shrimps. When the shrimps turn pink, add mushrooms, ginger, peppercorns, and salt. Remove the pot from heat after boiling. Add fish sauce, lime juice, and hot peppers to taste.

Serve the soup while still hot in individual soup cups and top each cup with a sprinkle of coriander.

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Pulau Pangkor Newsletter #012

Nasi Dagang

Ingredients

- 300g nasi dagang rice or substitute with 200g
- good grade Siamese rice mixed with 100g glutinous rice
- 1 grated coconut to extract 3/4 cup thick coconut milk
- 3/4 cup thin coconut milk
- 1/4 tsp fenugreek seeds (halba)
- 2 cloves garlic, sliced finely
- 3 shallots, sliced finely
- 2cm young ginger, sliced finely
- 1/2 tsp salt

Method: WASH rice well and soak for 5 to 6 hours. Drain well then steam rice for 20 to 25 minutes or until half-cooked. Stir in thin coconut milk and continue steaming for 15 minutes until rice is nearly cooked.

Combine thick coconut milk, shallots, garlic, ginger, fenugreek and salt. Stir into the cooked rice then steam once more for 10 to 15 minutes or until rice is properly cooked. Serve rice with Kari Ikan Tongkol .

Footnote : Nasi dagang is a special type of reddish brown glutinous rice. If it is not available, substitute with Siamese rice and glutinous rice mixture as per recipe.

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Nasi Ulam

Ingredients:

- 600g cooked rice
- 75g shredded and grilled salted fish (meat only)
- 75g dried prawns
- 1 cup toasted and pounded grated coconut

Finely sliced ingredients:

- 1 stalk lemon grass
- 2 turmeric (kunyit) leaves
- 10 young kaduk leaves
- 6 kaffir lime leaves (daun limau purut)
- 2 stalks polygonum (daun kesom)
- 3 cekur leaves
- 2 stalks basil (selasih)
- 5 mint leaves (daun pudina)
- 1 wild ginger flower (bunga kantan)
- 5 shallots

Seasoning:

- 1/2 tsp salt or to taste
- 1 tsp pepper
- 1/2 tsp ground black pepper powder
- 1 tbsp sugar or to taste
- 1 cube ikan bilis stock granules
- 2-3 tbsp water

Method:

Steam overnight cooked rice until soft. Put rice in a large basin. Heat 2 tbsp oil in a wok; saute dried prawns until fragrant. Add in all the seasoning ingredients and mix well. Dish out and mix with the rice. Combine the rest of the sliced vegetables or 'ulam-ulam'. Toss well and serve. Footnote: All the 'ulam' ingredients are obtainable from the wet market.

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