

THE CULINARY INSTITUTE OF AMERICA  
IN ASSOCIATION WITH UNILEVER FOODSOLUTIONS  
PRESENTS



RECIPES FROM  
SAVORING THE BEST OF  
**WORLD FLAVORS**

**SINGAPORE, ISTANBUL, AND SOUTHERN SPAIN**



# SAVORING THE BEST OF WORLD FLAVORS

SINGAPORE, ISTANBUL,  
AND SOUTHERN SPAIN

*Volume Two*

# SINGAPORE RECIPES

# CHAR KWAY TEOW

Ingredients	Amounts
Vegetable oil or lard	8 oz.
Garlic, chopped	4 Tbsp.
Kway teow (fresh flat rice noodles)	32 oz.
Bean sprouts	18 oz.
Chinese mustard greens (chye sim)	6 oz.
Eggs, beaten	5 ea.
Sambal chili paste	3 Tbsp.
Fish sauce	4 Tbsp.
Sweet dark soy sauce	5-6 Tbsp.
Chinese sausages, thinly sliced	2 ea.
Prawns, medium, cooked and peeled	12 ea.
Squid, cooked, sliced into ¼" rings	11 oz.
Seafood stock	6 oz.

## Method

1. Heat a large wok until very hot. Add three-quarters of the oil or lard, lower the heat slightly, and fry the garlic until fragrant and golden brown.
2. Add the kway teow, bean sprouts, and chye sim and fry, stirring constantly, for about 2 minutes. Push the ingredients to the side of the wok, forming a well in the centre. Add the rest of the oil or lard and heat it. Add the beaten egg and fry it together with the noodles. Add the sambal chili paste and stir the noodles until the eggs and sambal chili paste are mixed into the noodles. Add the fish sauce and sweet dark soy sauce and fry all ingredients together for another 1 to 2 minutes before adding the Chinese sausages, cooked prawns, cooked squid, and seafood stock. Toss to combine. Serve hot.

# BAK KUT TEH, TEOCHEW STYLE

<b>Ingredients</b>	<b>Amounts</b>
Pork spareribs	2¼ lb.
Water	½ gal.
Garlic	3½ oz.
White peppercorns	2 Tbsp.
Salt	to taste

## **Method**

1. Scald the pork spareribs in hot water. Rinse.
2. Combine the water and all ingredients except the pork spareribs, bring to boil, and simmer for 1 hour.
3. Add the spareribs, cook until soft, and serve with rice and crispy dough fritters.

# SINGAPORE CHILLI CRAB

Ingredients	Amounts
<i>Sauce</i>	
Water	1 cup
Ketchup	5 Tbsp.
Sugar	1½-3 Tbsp., or to taste
Corn flour	1½ tsp.
Pounded brown preserved soybeans or dark miso (optional)	1 tsp.
Salt	¼ tsp.
Vegetable oil (if using soft-shelled crabs)	3 Tbsp.
Garlic cloves, roughly chopped	8 ea.
Fresh red chiles, roughly chopped	8 ea.
Dungeness crab or soft-shelled crabs	1 lb.
Egg	1 ea.
Lime or lemon juice, freshly squeezed	1 tsp.
Scallions, cut into finger lengths	2 ea.
Coriander (cilantro)	1 bu.
Flour (if using soft-shelled crabs)	4 Tbsp.

## Method

1. *For sauce:* Mix together all sauce ingredients. Set aside.
2. Heat the oil in a wok or shallow saucepan over high heat. Add the garlic and stir-fry for 1 minute. Add the chiles and stir-fry until fragrant.
3. For dungeness crabs, add at this stage. Fry well until the shells start turning red, add the sauce ingredients, stir well, cover, and simmer until the shells are red.
4. Break the egg into the wok and streak with a fork. Simmer until cooked. Stir in the lime juice, scallions, and coriander and serve.
5. For soft-shelled crabs, cut each crab into quarters, dry well, dredge in the flour, and deep-fry until golden brown and crispy. Make the sauce as above, but omit the dungeness crab. Toss the soft-shelled crabs in the sauce just before serving.

# SINGAPORE ROTI PRATA

<b>Ingredients</b>	<b>Amounts</b>
Water	16 oz.
Sugar	3 Tbsp.
Ghee	3 oz.
Flour	2¼ lb.
Vanilla essence	1 tsp.
Salt	to taste

## **Method**

1. Mix the water, sugar, and salt. Stir in 1½ ounces ghee. Add the mixture to the flour and knead until it forms a soft, smooth, firm dough. Rest 20 minutes.
2. Shape 2 ounces of the dough into a ball and coat with ghee to prevent sticking. Repeat with the remaining dough and stack the balls into a bowl. Cover with plastic wrap and set aside for 4 hours or more.
3. Put a griddle on medium heat. Flatten each piece of dough on a greased surface by stretching outwards and finally by tossing in the air until paper-thin.
4. Fold sides inwards to form a square, put on the hot griddle folded side-down, and fry until golden brown. Turn over and fry until browned.
5. Repeat with all the dough. Make the prata fluffy by clapping each prata between your hands.
6. Serve with meat curry or with a sprinkling of sugar.

Source: Subramanian Ramanan as presented at the 2004 Worlds of Flavor Conference

# SINGAPORE LAKSA

Ingredients	Amounts
Candlenuts (buah keras), washed	5 ea.
Fresh galangal (lengkuas), peeled	¼ lb.
Turmeric root (serai), peeled	1 thumb
Dried chiles, seeded and soaked in water	25 ea.
Garlic cloves, peeled	5 ea.
Shrimp paste (belachan)	1½ Tbsp.
Shallots, peeled	½ lb.
White pepper powder	1 Tbsp.
Dried prawns, soaked 15 minutes, drained, and ground until fine	2 oz.
Toasted coriander powder (ketumbar) (see note)	3 Tbsp.
Water	3-4 cups
Coconut milk	2 pt.
Salt	2½-3 tsp.
Vegetable oil	½ cup
<i>To serve</i>	
Fresh laksa beehorn or dried rice vermicelli, blanched	2¼ lb.
Bean sprouts, blanched	5 cups
Prawns, steamed	1 lb.
Chinese fishcakes, sliced	2 cups
Laksa leaves, chopped	2 cups
Cucumbers, finely shredded	3 cups
Fresh chiles, finely ground	1 cup

## Method

1. Pound the first 8 ingredients in the order listed until very fine, pounding well between each addition. Add the pepper and mix. Alternatively, grind in an electric food processor until you get a fine paste. This spice paste is called a “rempah” in Malay.
2. Heat ½ cup of oil in pot or a wok over high heat. Add the pounded spices and dried prawns and stir-fry for 6 to 8 minutes, until fragrant and slightly crispy. Add the coriander powder and stir-fry for 30 seconds before adding the water with about 2 cups of the coconut milk. Let the full flavor of the spices impregnate the gravy. Add the remaining coconut milk to taste.
3. Simmer and leave for a few minutes. Turn off heat and leave for 1 to 2 hours to allow the flavors to develop before re-heating and serving.

4. Put the noodles and bean sprouts in a bowl and top with the laksa gravy, prawns, fish cakes, 1 teaspoon of laksa leaves, and a few cucumber shreds. Serve with the fresh chiles.

**Note:** Toast 5 to 6 tablespoons coriander seeds until fragrant, grind, and then sieve to get toasted coriander powder.

Source: Violet Oon as presented at the 2004 Worlds of Flavor Conference

## SINGAPORE PEPPER CRAB

Ingredients	Amounts
Oil, for deep frying	
Mud crabs, or prawns, large, claws cracked, shells removed, cleaned, and drained dry; or 1 lb. soft-shelled crabs	2 lb.
Flour (if using soft-shelled crabs)	
Black pepper, freshly ground	4 Tbsp.
Fresh red chiles, seeded and finely chopped	3-4 ea.
Butter	4 Tbsp.
Garlic cloves, peeled and chopped	10 ea.
Young ginger slices	10 ea.
Oyster sauce	1-2 Tbsp.
Dark soy sauce	2 tsp.
Sugar (optional)	2 tsp.
Coriander leaves, for garnish	

### Method

1. Dry-fry the black pepper in a wok or frying pan until fragrant. Remove and set aside. The crabs taste best if they are deep-fried in very hot oil first – deep-fry on all sides until the crabs turn red.
2. Drain and set the oil aside. For soft-shelled crabs, pat the crabs dry, cut each crab into 4 pieces, coat with flour, and deep-fry until golden brown and crispy.
3. Heat a wok and add the butter. When it's hot and melted, add the garlic, ginger, and chiles, and stir-fry for 3 minutes, until the mixture is fragrant. Add the oyster sauce, soy sauce, and sugar, and stir well before adding the pepper. Stir-fry a few seconds on high heat, add the crabs, and stir-fry 1 minute. Serve with the garnish.

**Note:** Dry-frying is an old-fashioned cooking method in which food is stir-fried until fragrant in a wok or frying pan without oil.

A “must-try” in Singapore, this dish combines butter with lots of garlic, oyster sauce, ginger, and fragrant, crushed black pepper to create a delicacy that's simply scrumptious. The recipe is also ideal for prawns.

Source: Violet Oon as presented at the 2004 Worlds of Flavor Conference

# HAINANESE CHICKEN RICE

Ingredients	Amounts
Chicken (about 4 lb.)	1 ea.
Oil	1/3 cup
Garlic, minced	1½ oz.
Shallots, minced	1¾ oz.
Ginger, sliced	1¾ oz.
Lemon grass stalks	2 ea.
Rice	3 cups
Chicken stock	3½ cups
Chicken bouillon powder	1 tsp.
Cucumber and coriander	
<i>Chili sauce</i>	
Red chile	¼ lb.
Ginger	a pinch
Garlic	2¾ oz.
Sugar	1¾ oz.
Rice vinegar	1/3 lb.
Water	¾ lb.
Lemon grass stalks	2 ea.
Lime, seeds removed	¼ lb.
Salt	2 tsp.
Oil	1/3 cup
<i>Sauce for chicken</i>	
Chicken stock	4 Tbsp.
Light soy sauce	1 Tbsp.
Sesame oil	1 tsp.
Sugar	1 tsp.

## Method

1. *For the chili sauce:* Bring the water, salt, and sugar to a boil. Blend with the rest of the ingredients. Lastly add the oil and stir well.
2. *For the chicken:* Clean the chicken. Loop and secure around the neck with a hook.
3. Bring 1 gallon of water to boil in a deep pot. Pour ½ quart boiling water into the cavity of the chicken. Simmer the chicken on low heat for 25 minutes.
4. Remove and rinse under tap water until cool. Drip dry before chopping into serving pieces.
5. *For the rice:* Fry the minced garlic, shallots, ginger, and lemon grass in 1/3 cup of oil until fragrant but not burned. Add the rice. Add the chicken stock and seasoning, stir well, and cook until the rice is ready.

6. Mix the sauce ingredients for the chicken together. Pour over the chicken and serve together with the rice.

# FRIED HOKKIEN MEE

Ingredients	Amounts
Pork bones	1 1/3 lb.
Water	1 1/2 qt.
Cuttlefish	1/2 lb.
Prawns	1 lb.
Pork belly	1/2 lb.
Eggs	3 ea.
Bean sprouts	1/2 lb.
Laksa noodles	1 lb.
Yellow noodles	3/4 lb.
Seafood stock	1 cup
Garlic, minced	4 Tbsp.
Fish sauce	4 Tbsp.
Chives	1 3/4 lb.
Chiles and limes, for garnish	

## Method

1. Boil the pork bones in the water for 1 hour. Add the cuttlefish, prawns, and pork belly, and cook until done. Remove, mince the meat, and set aside.
2. Heat a little oil in a wok, add the eggs, and scramble. Add the bean sprouts and noodles. Add the stock, stir-fry, and cover. Simmer until the stock is almost dry. Add the fish sauce and 2 tablespoons of the minced garlic, cover, and simmer again. Add more stock if the noodles aren't soft enough. Add the remaining minced garlic and the prawns, pork, and cuttlefish. Sprinkle with the chives, stir well, and serve with cut chiles and lime.

# AYAM SIOW

*Yield: 50 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>Marinade</i>	
Shallots	20 ea.
Coriander powder	4 Tbsp.
Tamarind	10 Tbsp.
Water	1 qt.
Sugar	8½ oz.
Dark soy sauce	3 Tbsp.
Vinegar	3 Tbsp.
Salt	
White pepper	
Chicken pieces (thigh, drumsticks, wings, with skin and bones)	4½ lb.
Oil	4 Tbsp.
Cucumber, sliced	1 ea.

## **Method**

1. *Prepare the marinade:* Peel, then finely pound the shallots. Toast the coriander powder in a toaster oven or by dry-frying over a low flame. In a large pot, mix all the marinade ingredients.
2. Cut the chicken into pieces, then rinse. Place in the marinade. Cover the pot and refrigerate for 12 hours or overnight.
3. Place the pot on the stove. Bring to a boil, then simmer until the meat is tender, about 30 minutes. Remove and drain the chicken, returning the marinade to the pot.
4. Simmer, uncovered, until the sauce thickens.
5. Heat a wok over a high flame, then add the oil. Deep-fry the chicken until golden brown. Remove and drain.
6. Pour the thickened sauce over the fried chicken. Garnish with the sliced cucumbers.

Source: Shermay Lee as presented at the 2004 Worlds of Flavor Conference

# RISSOLES

Ingredients	Amounts
<i>Pancake batter</i>	
All-purpose flour	2¼ lb.
Salt	
Eggs	30 ea.
Milk	3 qt.
Oil	10 Tbsp.
<i>Meat filling</i>	
Onion	10 ea.
Green peas, frozen	2¼ lb.
Cornstarch	10 Tbsp.
Fresh full cream milk	20 Tbsp.
Pork, minced	4½ lb.
Nutmeg (buah pala) powder	to taste
Salt	
White powdered pepper	
Eggs	10 ea.
Bread crumbs, preferably panko	
Oil, for deep frying	

## Method

1. *For the pancakes:* Sift the flour and salt together, then add the remaining ingredients for the batter. Use an electric whisk or whisk by hand until smooth.
2. Sieve the batter, then set aside for at about 20 minutes to allow it to rest.
3. Using a non-stick or greased pan, make thin pancakes over a low flame. Set aside.
4. Peel and chop the onions. Blanch the green peas, if still frozen, in hot water.
5. Mix the corn flour and water or milk together.
6. *For the rissoles:* Heat a wok over a medium flame. Add the oil. Stir-fry or sweat the chopped onion, then add the pork. Season with the nutmeg, salt, and pepper.
7. Add the green peas and the corn flour mixture. Fry until the mixture is cooked and almost dry. Set aside to cool.
8. Lay a pancake on a clean dry surface. Lay a row of filling on the pancake. Fold the bottom end over the filling, then fold the left and right sides over. Roll the filling away from you towards the top. Continue to make more rolls with the remaining ingredients.
9. Prepare two deep dishes. In one, beat the eggs. Fill the other with the bread crumbs. Dip the rolls into the beaten eggs, then roll in the bread crumbs.
10. Heat some oil in a wok or pan over a medium-high flame. Deep-fry the rolls until light golden brown. Remove and drain well.
11. Place on a serving plate. Serve with chili sauce or ketchup on the side.

Source: Shermay Lee as presented at the 2004 Worlds of Flavor Conference

## PRAWNS AND PINEAPPLE IN A SPICY GRAVY

### SINGAPORE UDANG PEDAS NANAS

Ingredients	Amounts
Prawns or fish	20 oz.
Pineapple, small	1 ea.
Water	3½ cups
Sugar	to taste
Salt	to taste
<i>Rempah (spice blend)</i>	
Galangal (lengkuas)	15 ea.
Turmeric (kunyit)	½ thumb-size knob
Shallots (bawang merah)	20 ea.
Fresh red chiles	4 ea.
Prawn (shrimp) paste (belacan)	1½ Tbsp.

#### Method

1. If prawns are used, trim off the sharp feelers and legs, then rinse. Alternatively, shell them entirely. For fish, wash well and dry. Peel and cut the pineapple into medium-sized pieces.
2. Prepare the rempah. Peel and roughly chop the galangal, turmeric, shallots, and chiles. Finely pound/blend together with the prawn paste.
3. Bring the rempah, pineapple, and water to a boil. Simmer uncovered for 5 to 10 minutes to thicken the gravy. Add the prawns or fish. Simmer for about 3 to 5 minutes until the meat is cooked.
4. Add the sugar and salt to taste.

**Note:** Singapore udang pedas nanas is a sour and spicy traditional Nonya dish. Nonya cuisine, which is unique to Singapore, is the marriage of Chinese and Malay culinary heritage.

Source: Shermay Lee as presented at the 2004 Worlds of Flavor Conference

# SINGAPORE SATAY

Ingredients	Amounts
<i>Rempah for sauce</i>	
Galangal slices	12 ea.
Shallots, peeled	12 ea.
Garlic cloves	6 ea.
Softened dried chile	20-30 ea.
Prawn paste	1 Tbsp.
<i>Peanut sauce</i>	
Tamarind (asam) pulp	4 Tbsp. (rounded)
Water	4-6 cups
Oil	$\frac{3}{4}$ cup
Lemon grass stalks, white portion only	2 ea.
Sugar	4 Tbsp.
Salt	1 Tbsp.
Peanuts, roasted and ground	1 $\frac{1}{3}$ lb.
<i>Rempah for meat</i>	
Lemon grass stalk, peeled, white portion only	1 ea.
Shallots, peeled	10 ea.
Coriander powder	2 tsp.
Cumin powder	1 tsp.
Turmeric powder	1 tsp.
Cinnamon powder	$\frac{1}{4}$ tsp.
Salt	1 $\frac{1}{2}$ tsp.
Sugar	2 tsp.
Peanuts, roasted and ground	2 Tbsp.
Oil	1 Tbsp.
Chicken or pork, cubed and lightly pounded	1 $\frac{1}{3}$ lb.
Cucumbers, sliced	2 ea.
Onions, peeled and sliced	2 ea.
Satay sticks (skewers)	40 ea.
Oil	as needed

## Method

1. Blend all of the ingredients for the rempah for sauce. Set aside.
2. Knead the tamarind pulp with 2 cups of water; strain. Heat a wok over a high flame and add the oil. Stir-fry the rempah and lemon grass until fragrant. Add the

tamarind water and boil for 2 minutes before adding the sugar, salt, ground peanuts, and about 2 cups of water. Simmer until the sauce thickens.

3. Blend all of the ingredients of the rempah for the meat. Marinate the meat with the rempah for 30 minutes.
4. Skewer the meat. Grill the satay on a grill or on the top shelf of an oven at 465°F for 5 to 7 minutes on each side, basting with oil during cooking. Serve with peanut sauce, cucumber, and onions.

**Note:** Singapore satay is considered originally a Malay creation, but over time the Peranakans and Chinese began making it as well.

Source: Shermay Lee as presented at the 2004 Worlds of Flavor Conference

# EGG SAMBAL

*Yield: 50 portions*

<b>Ingredients</b>	<b>Amounts</b>
<i>For rempah</i>	
Ginger slices	5 ea.
Shallots	60 ea.
Garlic cloves	5 ea.
Chili powder	5 tsp.
Quail eggs, hard boiled and shelled.	100 ea.
Oil	25 Tbsp.
Tomato paste	25 Tbsp.
Kalamansi lime, juice of, or lemon	5 tsp.
Sugar	15 tsp.
Salt	5 tsp.
Fresh coconut cream	1 qt.

## **Method**

1. Prepare the rempah. Peel and roughly chop the ginger, shallots, and garlic. Pound/grind all the rempah ingredients together. Set aside.
2. Prepare the coconut milk.
3. Heat a wok over a high flame until it smokes. Add the oil. Stir fry the rempah for 1 minute, then add the tomato paste and stir fry for another 1 minute. Add the eggs and stir fry for 1 minute, then add the coconut milk. The sauce will turn creamy pink.
4. Simmer for a few minutes before adding the lime or lemon juice, sugar, and salt. Simmer for another 3 to 5 minutes until the gravy has thickened, reduced, and turned red.

Source: Shermay Lee as presented at the 2004 Worlds of Flavor Conference

## PAN-FRIED TOFU CAKE ON A BED OF ASIAN SLAW

Ingredients	Amounts
<i>Crispy tofu</i>	
Tofu, mashed	6½ lb.
Corn flour	2/3 lb.
Water chestnuts, peeled and diced	2¼ lb.
Shiitake mushrooms, diced	2¼ lb.
Vegetarian “ham,” diced	2¼ lb.
Salt	1¾ oz.
Sugar	1¾ oz.
White pepper powder	1¾ oz.
Egg, optional	1 ea.
Corn flour for pan-frying	
<i>Sweet and sour sauce</i>	
Ketchup	1 qt.
Chili sauce	1 pt.
Soy sauce	1 pt.
Hwa Tiao wine	1 pt.
Sugar	1 lb.
Chinese black vinegar	½ lb.
Sesame oil	3½ oz.
Ginger, grated	1¾ oz.
<i>Balsamic soy dressing</i>	
Soy sauce	1 pt.
Balsamic vinegar	1 pt.
Mirin	1 pt.
Sesame oil	1 pt.
Salad oil	1 pt.
<i>Asian slaw</i>	
Chinese endive, julienned	1 lb.
Carrots, julienned	1 lb.
Red cabbage, julienned	1 lb.
Snow peas, cooked and julienned	1 lb.
<i>Basil oil</i>	
Fresh basil	2¼ lb.
Olive oil	1 pt.
<i>Garnish</i>	
Sweet potato noodles	2¼ lb.
Spinach noodles	2¼ lb.

## Method

1. *For the crispy tofu:* Mix all ingredients in a bowl and pour into a rectangle mold. Steam for about 15 to 20 minutes, or until cooked. Leave the terrine to cool and let the terrine set for easy slicing.
2. Slice the terrine about ½-inch thick. Dust the tofu terrine with corn flour and pan-fry over moderate heat until crispy.
3. *For the sweet and sour sauce:* Mix all ingredients together. Season accordingly.
4. *For the balsamic soy dressing:* Mix all ingredients except the oil in a blender, pour in the oil, and blend until smooth consistency.
5. *For the Asian slaw:* Blanch the julienne of Chinese endive, carrots, and snow peas. Soak in ice cold water to cool down completely. Drain the vegetables in a colander and towel dry. Toss the vegetables and the shredded red cabbage with the balsamic soy dressing. Season to taste.
6. *For the basil oil:* Blanch the basil leaves and soak in ice water to cool down completely. Remove and squeeze the leaves dry. Blend the leaves with the olive oil. Infuse the basil purée in a warm place for 24 to 48 hours.
7. *For the garnish:* Julienne the noodles and deep fry.
8. Arrange the crispy tofu on a bed of Asian slaw and drizzle with sweet and sour sauce. Drizzle with basil oil. Top the tofu cake with the deep-fried sweet potato and spinach noodles.

Source: Jasmine Ng as presented at the 2004 Worlds of Flavor Conference

# TROPICAL ROOTS WITH COCONUT SHERBET

Ingredients	Amounts
Sweet potatoes, peeled, oblique cut	2 2/3 lb.
Yams, peeled and cut into wedges	2 2/3 lb.
Tapioca, peeled and cut into chunks	2 2/3 lb.
Sugar	5½ lb.
Selasi	7 oz.
Sago pearls	1 lb.
Caster sugar	1 lb.
Coconut milk	1 qt.
<i>Coconut sherbet</i>	
Coconut juice, fresh	5 qt.
Screw pine leaves	20 ea.
Caster sugar	4½ lb.
Glucose	1 pt.
Fresh coconut, shaved	2¼ lb.
<i>Coconut tuile</i>	
Water	1 pt.
Sugar	1 lb.
Fresh coconut, thin rings	80 ea.
Palm sugar syrup	2½ qt.
Palm sugar, fine grained	1 lb.

## Method

1. Sprinkle the sweet potatoes, yam, and tapioca with sugar and steam for 25 to 35 minutes, or until cooked.
2. *For the sago and selasi cream:* Soak the selasi in water for at least 30 minutes. Place the sago pearls in a saucepan filled with cool water. Bring to a boil and stir constantly to prevent the pearls from sticking together. When the sago pearls are almost transparent, remove from heat and strain in a conical strainer. Rinse. Drain both the sago and selasi and mix them together.
3. Simmer the coconut milk and sugar. Cool. Add the sago and selasi pearls together with the sweetened coconut milk. Chill.
4. *For the coconut sherbet:* Simmer the coconut juice, screw pine leaves, and caster sugar to simmer for 10 to 20 minutes. Remove from heat, add the glucose, and mix well. Cool completely and add the shaved coconut. Churn the mixture in a ice-cream machine according to the manufacturer's instructions. Place the ice cream in a rectangle mold and freeze.
5. *For the coconut tuile:* Boil the water and sugar together. Cool.

6. Place the sliced coconut rings in the syrup and bake at 125°F until crispy.
7. Arrange the sweet potatoes, yams, and tapioca on a serving platter and drizzle with the palm sugar syrup and the sago and selasi cream. Sprinkle the palm sugar on the tapioca. Serve with a slice of coconut sorbet, and garnish with the tuile and screw pine leaves.

Source: Jasmine Ng as presented at the 2004 Worlds of Flavor Conference

# LUNAR NEW YEAR AUSPICIOUS RAW FISH

## SINGAPORE YU SHENG

Ingredients	Amounts
Salmon fillet, thinly sliced	4 oz.
Carrot, large, peeled and grated	1 ea.
Cucumber, peeled and grated	1 ea.
White radish (daikon), small, peeled and grated	1 ea.
Pomelo flesh	2 cups
Ginger knob, peeled and julienned finely	1 ea.
Red chiles, fine julienne	2 ea.
Kaffir lime leaves, fresh, fine julienne	3 ea.
Peanuts, toasted and coarsely ground	½ cup
White sesame seeds, lightly toasted	¼ cup
Lemon	1 ea.
Chinese plum sauce	½ cup
Vegetable oil	¼ cup
Cinnamon powder	1 tsp.
White pepper powder	¼ tsp.

### Method

1. Arrange the salmon slices in a fan shape in a small plate. Arrange the carrot, cucumber, radish, and pomelo in separate mounds in a large round serving platter. Surround with the chiles, kaffir lime leaves, and ginger.
2. Put the peanuts, sesame seeds, plum sauce, and oil in small bowls.
3. When serving, squeeze about 2 teaspoons lemon juice over the fish and add to the salad ingredients along with the peanuts, sesame seeds, cinnamon, and pepper. Pour the plum sauce and oil over the entire mixture. All the diners should then toss the yu sheng salad with chopsticks as high as possible, as this serves to “unearth the good luck for the year ahead.”

**Note:** Created by four Singaporean chefs in the 1950s, Singapore yu sheng, a symbol of abundance and prosperity, is a “must-eat” dish amongst the Chinese in Singapore during the 15 days of the Lunar New Year celebrations.

Source: Violet Oon as presented at the 2004 Worlds of Flavor Conference

# PEPPER CRAB

Ingredients	Amounts
<i>Sauce</i>	
Water	1 cup
Oyster sauce	1 Tbsp.
Dark soy sauce	2 tsp.
Sesame oil	1 tsp.
Sugar	1 tsp.
Oil	2 Tbsp.
Shallots, sliced	1¾ oz.
Butter	2 tsp.
Fresh crab, cleaned and cut into pieces	2¼ lb.
Chinese cooking wine (Hua Tiao Chiew or Hsiao Xing Chiew)	2 Tbsp.
Black pepper, toasted and coarsely crushed	1½ Tbsp.
Peppercorn, toasted and coarsely crushed	½ Tbsp.
Spring onions, cut into 2" length	2 ea.

## Method

1. Mix together all sauce ingredients. Set aside.
2. Heat the oil in a wok and sauté the shallots until fragrant. Add the butter and crab. Cover and cook for 2 minutes. Stir in the cooking wine. Cover and continue to cook for another 2 minutes.
3. Add the peppers, cover again, and cook for 1 minute. Add the sauce and continue cooking until the sauce thickens and the crab is done. Add the spring onions, stir, and serve.

# LACE-PATTERNED PANCAKES SERVED WITH CURRY

## SINGAPORE ROTI JALA

Ingredients	Amounts
<i>Batter</i>	
Flour	1 cup, plus extra as needed
Salt	1 tsp.
Corn oil	1 Tbsp.
Eggs	4 ea.
Water	1-2 cups
Coconut cream or fresh milk	½ cup
Vegetable oil	4-6 Tbsp.
Lemon grass stalk, smashed open to form a pastry brush	1 ea.

### Method

1. Sieve the flour and salt in a bowl. Add the corn oil, eggs, and about 1 cup water to the flour mixture. Beat well with a wire whisk. Add the coconut cream and enough additional water to make a runny pancake batter. Set aside for 1 to 2 hours in the refrigerator to allow the batter to thicken.
2. Heat a non-stick frying pan and brush oil on the surface. Pour the batter through a roti jala cup in a swirling motion to form a lacy pancake. When cooked, remove from pan with a ladle and continue until all the pancakes are cooked.
3. Fold each pancake into 4 and serve with chicken curry. Alternatively, make a thick curry filling with diced chicken and potatoes and roll tablespoons into the roti jala to make pancake rolls.

Source: Violet Oon as presented at the 2004 Worlds of Flavor Conference

# ISTANBUL

# STUFFED KIBBEH

## *ICLI KOFTELERIMIZ*

Ingredients	Amounts
Onion	1 ea.
Fine bulgur	4½ lb.
Lean lamb, ground	4½ lb.
Cumin	1¾ oz.
Salt	2 2/3 oz.

### Method

1. Grind the onion and knead the kibbeh with all the ingredients. When the kibbeh sticks to the bowl, it means it is done. Cover the kibbeh with a damp cloth.

### Fillings

Ingredients	Amounts
Lentils	½ lb.
Onion	1 ea.
Butter	¼ lb.
Spinach	1 lb.
Walnuts	½ lb.
Parsley	2 bu.
Allspice	1 oz.
Dried mint	1¾ oz.
Salt	to taste
Pomegranate, sour, seeds of, cleaned	1 ea.

### Method

1. Boil the lentils until cooked; drain. Chop the onion and cook in the butter until transparent.
2. Add the other ingredients except the pomegranate; cook for 20 minutes.
3. Just before removing from the heat, add the pomegranate seeds. When cooled, fill kibbeh balls. Either boil in hot water or deep fry.

**Note:** Filling may also be prepared with 4½ pounds of ground lamb mixed with sumac, yogurt, dried mint, garlic, and pomegranate sauce. They may be boiled, steamed, or fried.

Source: Musa Dagdeviren

# RAW MEAT KIBBEH WITH ARABIC KEBAB

## *ARAP KEBABI CIG KOFTE*

Ingredients	Amounts
<i>Raw kibbeh</i>	
Onion	1 ea.
Hall red pepper, dried	½ lb.
Fine bulgur	1 lb.
Cumin	1 oz.
Lean lamb	1 1/3 lb.
 <i>Arap kebabi</i>	
Lamb, ground	2¼ lb.
Olive oil, light	1 pt.
Onions, chopped	2 ea.
Tomatoes	2 ea.
Tomato paste	5¼ oz.
Red pepper flakes	¼ lb.
Garlic	1 hd.
Black pepper	1¾ oz.
Salt	1¾ oz.
Green peppers, chopped	3 ea.
 Pine nuts, fried	 1 lb.
Parsley, chopped	3 bu.

### Method

1. *For the kibbeh:* Finely chop the onions. Add the dried red pepper, cleaning the cores. Add the rest of the kibbeh ingredients and knead very well. When the kibbeh is done, it sticks to the bowl used for kneading.
2. *For the arap kebabi:* Put the meat in a skillet. Add the olive oil and onions and sauté. Add all remaining ingredients except the pine nuts and parsley.
3. Place the arap kebabi in a flat service pan. Place the raw kibbeh around the arap kebabi, shaping them into small patties.
4. Decorate the hall plate with the fried pine nuts and chopped parsley. To eat, take a raw kibbeh patty, dip in the arap kebabi, and eat.

Source: Musa Dagdeviren

# SALMON CHUNKS WITH POPPY SEEDS

## *HASHASLI SOMON LOKMASI*

Ingredients	Amounts
<i>For dough</i>	
Wheat flour	4½ lb.
Butter	1 lb.
Poppy seeds, fried	½ lb.
Water	
Eggs	10 ea.
Mastic	¼ lb.
Salt	1¾ oz.
Yogurt	1 lb.
 <i>For filling</i>	
Smoked salmon	15 ea.
Salt	to taste
Garlic, mashed	3 hd.
Butter	¼ lb.
Black pepper	¼ lb.
Red pepper flakes	¼ lb.
Lemons, rind of	2 ea.
Walnuts, chopped	2¼ lb.
Parsley, chopped	4 bu.
 Yogurt	
Hazelnut crumbs	
Pistachio crumbs	

### Method

1. *For the dough:* Knead all ingredients. The dough should be hard. Cover the dough with damp cloth and set aside.
2. *For filling:* Boil the salmon with a lot of salt in a pan for 20 minutes.
3. Remove from the heat and mix with mashed garlic. Add the butter, black pepper, red pepper flakes, lemon rinds, walnuts, and parsley. Blend well.
4. Take some small pieces, as big as a walnut, from the dough, roll out, and fill with the salmon mixture.
5. Place on a baking sheet and spread yogurt on the top. Sprinkle with hazelnut and pistachio nut crumbs.
6. Bake in a 350°F oven for 30 minutes.

Source: Musa Dagdeviren

# ISKILIP-STYLE DOLMA

## *ISKILIP DOLMASI*

<b>Ingredients</b>	<b>Amounts</b>
Water	1½ gal.
Salt, unrefined	11 lb.
Rice	13¼ lb.
Onions	10 ea.
Butter	6 2/3 lb.
Lamb, with bones, cut into big chunks	44 lb.
Black pepper	¼ lb.
Cotton (muslin) bags	2 ea.
Hard dough, rolled out	as needed

### **Method**

1. Boil 3 quarts of the water in a pan. Add 9 pounds unrefined salt into the pan. Stir well so the salt dissolves; remove from heat. Put the rice in the pan and leave for an hour.
2. Chop 5 of the onions crosswise. Place the butter in a copper pan 25 inches deep and 20 inches in diameter. Fry the onions until transparent.
3. Wash the soaked rice at least 15 times.
4. Add 3 quarts of water to the onions; bring to a boil. When water the boils add the washed rice and let the rice absorb all the water. Remove from the heat and allow to cool.
5. Place the lamb in a deep copper pan. Add the remaining onions, chopped, and cover with the remaining water. Place a little tripod in the pan which should be higher than the water level. The tripod should also have a little platform on top and a tray place on it.
6. Put the cooled rice in 2 cotton bags and place them in the tray. The rice sacks should not touch the water in the pan. Seal the big copper pan top with the hard dough. When well sealed, make a little hole in the dough.
7. Allow the cooking fire (preferably oak) to burn under the pan quite high until steam comes out from the hole in the dough. Decrease the fire and put a lid on the dough. Place a heavy stone on top of lid.
8. Cook for 18 hours. Remove the heavy stone, then the lid. Clean the dough from the pan's top.
9. Open the rice sacks and spread the contents on a platter. Top with the meat and pour a little of the cooking liquid over the top. Serve.

**Note:** Traditionally, preparations for this dish are made the day before, and the dish is eaten early in the morning.

Source: Musa Dagdeviren

# LIQUID YOGURT WITH CIDER VINEGAR

## SIRKELI AYRAN

Ingredients	Amounts
Cucumbers	6 2/3 lb.
Garlic	1 hd.
Water	3 qt.
Yogurt, drained	11 lb.
Organic cider vinegar	1 qt.
Salt	1 Tbsp.
Dried mint	1/4 lb.

### Method

1. Chop the cucumbers into small pieces. Mash the garlic very well.
2. Blend the water with drained yogurt.
3. Add cider vinegar and blend.
4. Add the mashed garlic, cucumber, salt, and mint.

**Note:** This special drink is served with iskilip dolmasi.

**Recipe credit:** Musa Dagdeviren, as presented at the 2005 Worlds of Flavor Conference

# SHALLOT KEBAB WITH TARRAGON

## TARHINLI SOGAN KEBABI

Ingredients	Amounts
Lamb	13¼ lb.
Walnuts, chopped	2¼ lb.
Black pepper	¼ lb.
Salt	5¼ oz.
Shallots, halved	200 ea.
Tomatoes, chopped	6 2/3 lb.
Tarragon	2 bu.
Pomegranate sauce	1 2/3 lb.

### Method

1. Finely mince the meat. Add the walnuts gradually, then add black pepper and salt and blend.
2. On each skewer place 1 piece of shallot and a small meatball.
3. Grill on top of oak tree coal.
4. Place the tomatoes in a flat pan.
5. Chop the tarragon and place on top of the tomatoes.
6. Place grilled kebabs on top of the tarragon. Pour the pomegranate sauce on top of all, cover, and heat on low for 30 minutes.

**Recipe credit:** Musa Dagdeviren, as presented at the 2005 Worlds of Flavor Conference.

## LENTIL BALLS

### *MERCIMEK KOFTE*

Ingredients	Amounts
Red lentils	1 cup
Fine bulgur	1½ cups
Onion, large	1 ea.
Garlic cloves	3 ea.
Butter	1 Tbsp.
Olive oil	1 Tbsp.
Tomato paste	1 Tbsp.
Pepper paste	1 Tbsp.
Parsley	1 bu.
Green onions	1 bu.
Fresh mint	
Chile pepper	1 Tbsp.
Black pepper	1 tsp.
Cumin	1 tsp.
Salt	to taste

#### Method

1. Boil the lentils in 3 cups of water. When fully cooked, put the bulgur in, close the lid and turn the heat off. Let it rest for 10 minutes.
2. Meanwhile, dice the onions and press the garlic. In a pan, melt the butter and add the olive oil, sauté the garlic and half of the onion, and add the tomato and pepper pastes.
3. Pour the lentil and bulgur mixture onto a large tray, and pour the sautéed onion mixture on it. Mix it together.
4. Finely chop the parsley, green onions, and fresh mint, and put them on top of the lentils and onions. Add the chile pepper, black pepper, cumin, and salt. Add the remaining onion. Mix well. Form into small balls and serve warm.

**Recipe credit:** Musa Dagdeviren, as presented at the 2005 Worlds of Flavor Conference.

# SALAD WITH MUNG BEAN AND BLACK-EYED PEAS

## *LAVLAZLI MAS PIYAZI*

Ingredients	Method
Mung beans	¼ lb.
Black-eyed peas	1¾ oz.
Garlic cloves, chopped	4 ea.
Leeks, white parts only, chopped	3 ea.
Sun-dried tomatoes, chopped	1¾ oz.
Carrot, large, chopped	1 ea.
Eggplant, medium, diced	1 ea.
Garlic chives	1 bu.
Opal basil	1 Tbsp.
Green onions	1 bu.
Mint	1 bu.
Parsley	2 bu.
Salt	to taste
Sumac	1 Tbsp.
Pomegranate molasses	2 Tbsp.

### Method

1. Boil the mung beans and black-eyed peas – don't allow them to become mushy.
2. Sauté the garlic, leeks, sun-dried tomato, and carrots.
3. Deep-fry the eggplant.
4. Put the boiled mung beans and black-eyed peas on a tray. Add the sautéed vegetables and fried eggplant on top of it.
5. Finely chop the garlic chives, opal basil, green onions, mint, and parsley, and put on top of the mixture on the tray. Top with the salt, sumac, and pomegranate molasses, and mix well.

**Recipe credit:** Musa Dagdeviren, as presented at the 2005 Worlds of Flavor Conference.

# AUTUMN KISIR WITH WALNUTS, APPLE, AND POMEGRANATES

*Yield: 4 to 6 portions*

Ingredients	Amounts
Walnuts	2½ oz.
Scallions, trimmed to 1" green, thinly sliced in rounds	1 bu.
Sun-dried tomatoes, oil packed, plus 2 Tbsp. oil	¾ cup
Salt	
Sun-dried tomato paste	1 tsp.
Sweet red pepper paste	1 tsp.
Tabasco Sauce	10 drops
Fine bulgur*	1 cup
Water, boiling	¾ cup
Walnuts	2½ oz.
Lemon juice	2½ tsp.
Pomegranate molasses	1 Tbsp.
Lemon juice	2½ tsp.
Salt and pepper	to taste
Chickpeas, cooked	½ cup
Parsley, chopped	¾ cup
Pomegranate seeds	¾ cup
Green apple	1 ea.
Romaine lettuce leaves	16-18 ea.
Mint leaves, torn into small pieces or cut into shreds with a pair of scissors	½ cup
Cherry tomatoes, halved	1 pt.

## Method

1. Toast the walnuts in a dry, heavy-bottomed skillet over medium heat for 5 minutes, stirring or shaking the pan frequently. Watch closely to avoid burning. Remove and set aside.
2. In the same pan, cook the scallions without oil, covered, until dry and aromatic, 5 minutes. Add the sun-dried tomatoes, oil, 1 teaspoon salt, tomato and red pepper pastes, and Tabasco. Slowly cook, stirring, for 5 minutes. Stir in the bulgur and cook for another minute. Gradually add the hot water, a few tablespoons at a time, stirring. Cook for another minute, then cover with a sheet of kitchen towel and a lid and let stand 15 minutes.
3. Use a flat spatula to lift and fluff the bulgur. Drizzle in the pomegranate molasses and half the lemon juice and gently fluff to mix. Add the drained chickpeas, parsley, pomegranate seeds, and walnuts, and gently toss. You should have about 5 cups. Correct the seasoning with salt.

4. Slice the apple and toss with the remaining lemon juice.
5. Arrange alternating leaves of Romaine and slices of apple on a platter. Pile the bulgur in the center; scatter the mint and tomatoes on top. Serve at room temperature.

**Note:** If using medium grain bulgur, use 1½ cups boiling water and simmer covered for 10 minutes before covering with paper toweling and a lid.

**Recipe credit:** Musa Dagdeviren, as presented at the 2005 Worlds of Flavor Conference.

# EKSILI MALHITA ÇORBASI

*Yield: 4 to 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Lentils, orange colored	2¼ lb.
Water	3 qt.
Bulgur, coarse	½ lb.
Spinach, finely minced	2¼ lb.
Olive oil	1 cup
Onion, finely minced	1 ea.
Garlic, finely minced	1 hd.
Cayenne pepper	1 tsp.
Dried mint	1 tsp.
Cumin	1 tsp.
Black pepper	1 tsp.
Lemons, juice of	3 ea.
Salt	to taste

## **Method**

1. Wash the lentils well (about 5 times). Boil in the water. Scoop the foamy texture that accumulates on top.
2. After an hour of boiling, add the bulgur and boil for 15 minutes. Add the spinach. Boil 5 more minutes.
3. In a pan, heat the olive oil. Sauté the onion and garlic. Add the cayenne pepper and mint. Add this to the soup.
4. Add the remaining spice to the soup. Add the lemon juice, and salt to taste.

**Recipe credit:** Musa Dagdeviren, as presented at the 2005 Worlds of Flavor Conference.

# MUNG BEAN SALAD

Ingredients	Amounts
Mung beans	2¼ lb.
Garlic cloves	30 ea.
Shallots	20 ea.
Walnuts	2¼ lb.
Red bell peppers, medium	4 ea.
Parsley	15 bu.
Dill	5 bu.
Fresh mint	5 bu.
Pomegranates	2 ea.
Nigella seed oil	½ cup
Olive oil	½ cup
Salt	to taste
Bergamot, juice of	2 ea.
Lemons, juice of	2 ea.

## Method

1. Boil the mung beans, not letting them get too soft. Cool them down on tray.
2. Mince all the ingredients and mix with the juices of bergamot and lemon. Mix gently and serve the salad with a lettuce leaf. You can make a wrap with the leaf.

**Recipe credit:** Musa Dagdeviren, as presented at the 2005 Worlds of Flavor Conference.

# SOUTHERN SPAIN

# GAZPACHO DE GARBANZOS

<b>Ingredients</b>	<b>Amounts</b>
Chickpeas, cooked	14 oz.
Bread, stale, soaked in water to soften, then squeezed out	1½ oz.
Garlic clove	1 ea.
Aged sherry vinegar	¾-1 oz.
Extra virgin olive oil	4½ oz.
Water	1 pt.
Sweet paprika	
Cumin	
Salt	

## *Garnish*

Fresh herbs (parsley, mint, or tarragon)  
Cucumber or sweet red pepper, diced

## **Method**

1. Process the chickpeas, bread, garlic, and vinegar in a blender or Thermomix until the consistency of mayonnaise. Add the extra virgin olive oil and water to thin to the desired consistency. Season with the sweet paprika, cumin, and salt.
2. Serve chilled with a garnish of fresh herbs and diced cucumber or sweet pepper.

# CHICKEN COOKED IN AN ALMOND & SAFFRON SAUCE

## *GALLINA EN PEPITORIA*

*Yield: 4 to 6 portions*

<b>Ingredients</b>	<b>Amounts</b>
Extra virgin olive oil	½ cup
Chicken, large, cut into 8 pieces	1 ea.
Almonds, raw, blanched	40 ea.
Garlic cloves, thinly sliced	4 ea.
Country-style bread, slightly stale, crusts removed	1-2 slices
Onion, large, minced	1 ea.
Leek, minced	1 ea.
Bay leaves	2 ea.
Clove	1 ea.
Cinnamon or cassia bark piece, small	1 ea.
Dry white wine	1 cup
Dry sherry (optional)	½ cup
Eggs, hard-boiled	2 ea.
Chicken stock, well-flavored, or water	3-4 cups
Saffron	a pinch
Peppercorns	10 ea.
Sea salt	
Italian parsley, chopped	2 Tbsp.

### **Method**

1. Heat 2 tablespoons oil in a deep skillet and add the chicken pieces, frying them until golden on all sides. Remove the chicken and set aside. Discard the oil in the pan and wipe it out.
2. When the skillet is cool, add the remaining oil and the blanched almonds. Fry the almonds until golden, stirring constantly and watching closely because they burn easily. Remove the almonds with a slotted spoon and set aside. In the same oil, fry the garlic slices until golden but not brown. Again, using a slotted spoon, remove the garlic slices and set aside.
3. Remove half the oil from the skillet and set aside. In the remaining oil, fry the bread until golden on all sides. Remove and set aside.
4. Discard the oil in which you fried the bread but retain the residue. Add back the reserved oil and set over medium-low heat. Fry the minced onion and leek gently until soft, then add the bay leaves, clove, and cinnamon (this is the basic sofrito). Stir to mix well, then add the chicken pieces back to the skillet along with the white wine, and raise the heat to medium. Let the wine bubble and reduce slightly, then add stock or water to make about an inch or so of liquid in the bottom of the pan. Lower the heat and let the chicken continue cooking gently for 20 to 30 minutes or until done.

5. Meanwhile, transfer to a mortar or food processor the bread, garlic slices, between half and two-thirds of the almonds, the saffron, and the peppercorns. Add the yolks of the hardboiled eggs, reserving the whites. Process to make the picada, adding the sherry (or, if you prefer, a little of the cooking liquid) to make a smooth paste. When the chicken is done, add about half a cup of cooking liquid to the processor and process again, then transfer to the skillet in which the chicken is cooking and stir it in. Add salt to taste and let cook, uncovered, another 10 or more minutes to reduce and thicken the sauce to a cream.
6. Remove the chicken pieces from the sauce and arrange on a serving platter. Strain the pepitoria sauce over the chicken pieces.
7. Chop the reserved egg whites and remaining almonds and sprinkle over the chicken, along with the chopped parsley. Serve.

**Note:** The dish is of Middle Eastern or Jewish origin, a very old dish, made by pounding almonds, garlic, and saffron with other ingredients, then stewing the chicken—or turkey, rabbit, or even cubes of tender young veal or lamb. The picada, or pounded ingredients, makes a very smooth, creamy sauce—but without any cream added.

**IBERIAN PORK LOIN IN AN ADOBO  
(SPICE PASTE) FROM EXTREMADURA**  
*SOLOMILLO DE CERDO IBERICO EN ADOBO EXTREMEÑO*

<b>Ingredients</b>	<b>Amounts</b>
<i>Adobo</i>	
Garlic cloves, minced	2 ea.
Pimenton de la Vera (smoked Spanish paprika)	1 Tbsp.
Dried oregano	1 Tbsp.
Extra virgin olive oil	
Sea salt	
Vinegar or lemon juice (optional)	
Pork loin	1¼ lb.

**Method**

1. Mix together all the adobo ingredients, adding enough oil and vinegar or lemon juice to make a thick paste. Smear it all over the pork and set aside to marinate for at least 2 hours, or preferably overnight.
2. When ready to cook, grill the meat over medium-high heat.

# FRIED MILK, BASQUE STYLE

## *LECHE FRITO*

Ingredients	Amounts
Milk, cold	2 cups
Lemon, preferably organic, zest of	½ ea.
Cinnamon stick, small	½ ea.
Unsalted butter	1 oz.
Sugar	4 oz.
Rice flour or cornstarch	2 oz.
Egg yolks	2 ea.
Sugar	7 Tbsp.
Flour, egg, bread crumbs, or cookie crumbs, and olive oil, for frying	
Cinnamon and sugar, to sprinkle on top	

### Method

1. Set aside about ¾ cup of the milk to use later. Transfer the remaining milk to a saucepan and warm to just below boiling. Add the lemon zest and cinnamon, then stir in the butter and sugar. When the butter has melted and the sugar has dissolved, set the mixture aside, covered, in a warm place to infuse for half an hour or longer.
2. Use the remaining milk to dissolve the rice flour, stirring to get rid of any lumps. Add the egg yolks and mix very well.
3. Strain the infused milk over the egg and flour mixture, holding back the zest and cinnamon. Stir to mix well and transfer to the top half of a double boiler. Set over (not in) boiling water and cook gently, stirring constantly, for 10 minutes, until it thickens to a custard cream. (You may also cook this in a saucepan directly on the stove, as long as you keep the heat very low.)
4. When the custard is thick, pour it into an oiled pan, making a layer about ½ inch thick. When the custard is cold (it may take 2 hours to chill down thoroughly), cut it into squares or lozenges about 2 inches long. Have ready a soup plate with flour, another with beaten egg, and a third with either plain bread crumbs or cookie crumbs (Italian amaretti biscuits, crushed to a fine crumb, are great with this).
5. Heat the olive oil to frying temperature – about 350°F.
6. Dip each custard lozenge first in flour, then in egg, and finally in crumbs to coat thoroughly. Drop in the hot fat and cook until golden. Drain on paper towels and sprinkle with cinnamon and sugar.

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