

TREASURY OF TRADITIONAL AND HEALTHIER RECIPES @ QUEENTOWN

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QUEENTOWN STRATHMORE
RESIDENTS' NETWORK

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FOREWORD

Welcome to a collection of recipes that have been lovingly passed down through generations, representing the heart and soul of our heritage community in Queenstown. Family meals, especially those crafted in our grandmothers’ kitchens, are the cornerstone of our heritage, weaving stories of love, resilience, and shared experiences. Embark on a culinary journey that transcends time, as the fragrant memories of our grandmothers’ kitchens come to life in this unique collection of heritage recipes.

With Alexandra Hospital overlooking this community where seniors make up a significant proportion, the importance of conserving these culinary legacies became clear. Through this inter-generational project, seniors opened their kitchens and hearts to share not just recipes, but the stories and traditions that accompany each dish. Residents personally cooked their heritage specialties, inviting the students to taste the flavours of tradition. Guided by the expertise of dietitians, the students thoughtfully transformed the cherished heritage recipes into healthier versions without compromising on flavour. These recipes are not mere instructions; they are a tapestry of memories, a testament to the role food plays in our family traditions.

This project is our commitment to conserve good health through healthier homecooked meals and to preserve heritage and legacy. May these recipes serve as a bridge between generations, cultures, and ages and a celebration of shared traditions and the diversity that unites us all. Regardless of race or age, may these dishes bring joy, health, and a taste of heritage to all who gather around the table. Enjoy the journey, the flavours, and the love that have gone into creating this community heritage cookbook.

Best wishes,



Catherine Koh
Head, Dietetics Department
Alexandra Hospital, Singapore



ACKNOWLEDGEMENT

First and foremost, we would like to express our gratitude to Alexandra Hospital and our project supervisor, Ms. Catherine Koh for entrusting us with the opportunity to work on this project, 'Treasury of Traditional and Healthier Recipes'. Through this project, we managed to apply our skills learned in school, and gained more knowledge and exposure to the field of community nutrition. Secondly, we would like to thank our teacher, Ms. Siti Saifa Hussain, for her guidance and pieces of advice given to us in this project. Thirdly, we are also immensely grateful to our esteemed partners: Mr. Zen, Chairperson of the Queenstown Strathmore Avenue Zone Residents' Network, and Ms. Mavis Chow, Centre Head of Lions Befrienders Mei Ling Active Ageing Centre. Their collaboration was pivotal in bringing this meaningful project to fruition. We would also like to express our appreciation to all the staff involved for their hospitality and unwavering support. Heartfelt gratitude is extended to the residents who contributed their cherished recipes to our project. Without their generous contributions, this endeavour would not have been made possible. Last but not least, we wish to acknowledge the invaluable input received from our classmates, teachers, and parents during our cooking trials and throughout the fulfilling journey of completing this project.

Thank you.

Opposite page from left:

Leong Shu Ling Jasmine, Lim Wee Xuan, Irsyaf Budihati Bin Izal Budihati

Temasek Polytechnic, Year 3 Students

Diploma in Food, Nutrition and Culinary Science



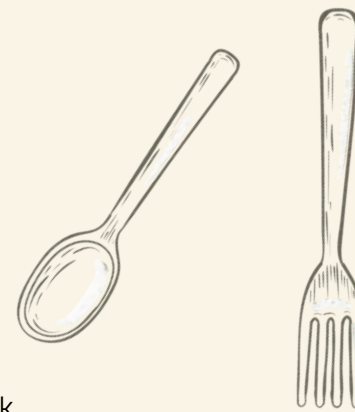
INTRODUCTION

Welcome to “TREASURY OF TRADITIONAL and HEALTHIER RECIPES” a culinary book that invites you to embark on a flavourful expedition into the heart of tradition. In the pages of this recipe book, you’ll find recipes that have been cherished by families in Queenstown for a long time. We want to preserve these time-honoured traditional recipes and keep the tradition alive for the enjoyment of future generations.

Each recipe shared within these pages holds a story that reflects the diverse cultural tapestry of the Queenstown community. Through these stories, we honour the legacy of our culinary traditions, uniting us in a shared sense of community and connection.

Our goal isn’t just to preserve recipes; we want to include everyone in this culinary adventure. That’s why we’ve made sure our recipe collections are made Halal, welcoming people from all walks of life to join in the fun.

The recipes used here have been modified to allow all races to enjoy hence no pork has been used. The recipes are categorised according to ethnicity (Chinese, Malay, Indian, Others). For vegetarians, plant-based meat can be used instead of meat.



INTRODUCTION

There is also a symbol to represent “suitable for vegetarians”.

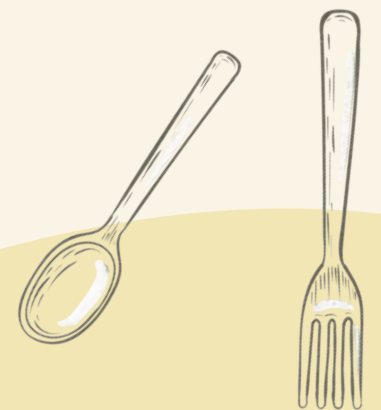
Every dish has been modified to allow healthy eating for people with diabetes, high cholesterol, and high blood pressure. A nutritional information panel has been included in every recipe. As heritage recipes may contain heritage ingredients and names, there is a catalogue of heritage ingredients to assist you in recognising the ingredient.

Beyond just recipes, this cookbook serves as a guide, offering insights into mindful eating, and nutritional tips that contribute to your long-term health.

So, come along with us as we celebrate tradition, diversity, and the joy of sharing stories through food!



SUITABLE FOR VEGETARIANS



OUR PARTNERS

QUEENSTOWN STRATHMORE AVENUE ZONE RESIDENTS' COMMITTEE

The Queenstown Strathmore Avenue Zone Residents' Committee is a community-driven organisation led by the residents of Queenstown. Their primary goal is to foster a sense of neighbourliness and unity through various programmes aimed at building a vibrant and cohesive community. They often run programmes such as cooking classes, celebrations such as the mid-autumn festival, and organised day trips. They also collaborate closely with government agencies to enhance the physical environment and safety of their respective precincts.



OUR PARTNERS

LIONS BEFRIENDERS MEI LING ACTIVE AGEING CENTRE (LB)

Lions Befrienders Mei Ling Active Ageing Centre is a multi-generation, familial organisation centred around love and care. They specialize in serving the seniors within the community, striving to instil values of sharing and compassion through a variety of enriching activities. These activities range from holistic active ageing programmes like cooking classes, karaoke sessions, massage classes to community case management service, and home personal care, ensuring comprehensive support for seniors in the community. Our partners at LB emphasise the significance of prioritising the health and well-being of seniors. They express enthusiasm for the recipe book, which has been curated by seniors themselves. They believe that by sharing their favourite healthy recipes, seniors will inspire and motivate others to adopt nutritious eating habits, ultimately promoting a vibrant and fulfilling life.





GLOSSARY OF HERITAGE INGREDIENTS

- Assam Keping / Assam Gelugur (Dried Tamarind Slice)
- Assam Tamarind Paste
- Buah Keras / Kukui Nut / Kemiri (Candle Nut)
- Coriander Powder/ Ground Coriander / Dhaniya Powder
- Cumin Powder / Jeera / Jintan Putih
- Dried Red Dates / Jujubes
- Dried Shrimp / Udang Kering
- Galangal (Red Ginger)
- Garam Masala
- Kasoori Methi / Kasuri Methi (Dried Fenugreek Leaves)
- Kashmiri Chilli Powder / Paprika (Non-spicy Version)
- Lemongrass / Serai
- Thai Fish Sauce
- Thai Shrimp Paste / Belacan
- Turmeric Ginger / Yellow Ginger
- Turmeric Powder





GUIDE TO HEALTHIER COOKING AT HOME

Here are tips on healthier cooking for your family meals.

For meal planning, kindly consider:

1. Healthier rice and alternatives – brown rice, mixed grain rice, brown rice beehoon
2. Lean meat and alternatives – trimmed of fat and skin, soy products, low fat dairy (milk and cheese)
3. Fruits & vegetables - a variety everyday & aiming at 2 servings per day
4. Oil & seasoning - choose the Healthier Choice Oil and seasonings (e.g. low in sodium, especially for people with high blood pressure)



SUITABLE FOR VEGETARIANS



RECIPES

1. CHINESE

2. MALAY

3. INDIAN

4. OTHERS





CHINESE CUISINE

CHICKEN RICE

BRAISED CHICKEN WITH POTATO

LOTUS ROOT WITH PEANUT SOUP

GREEN BEAN WITH SWEET POTATO SOUP



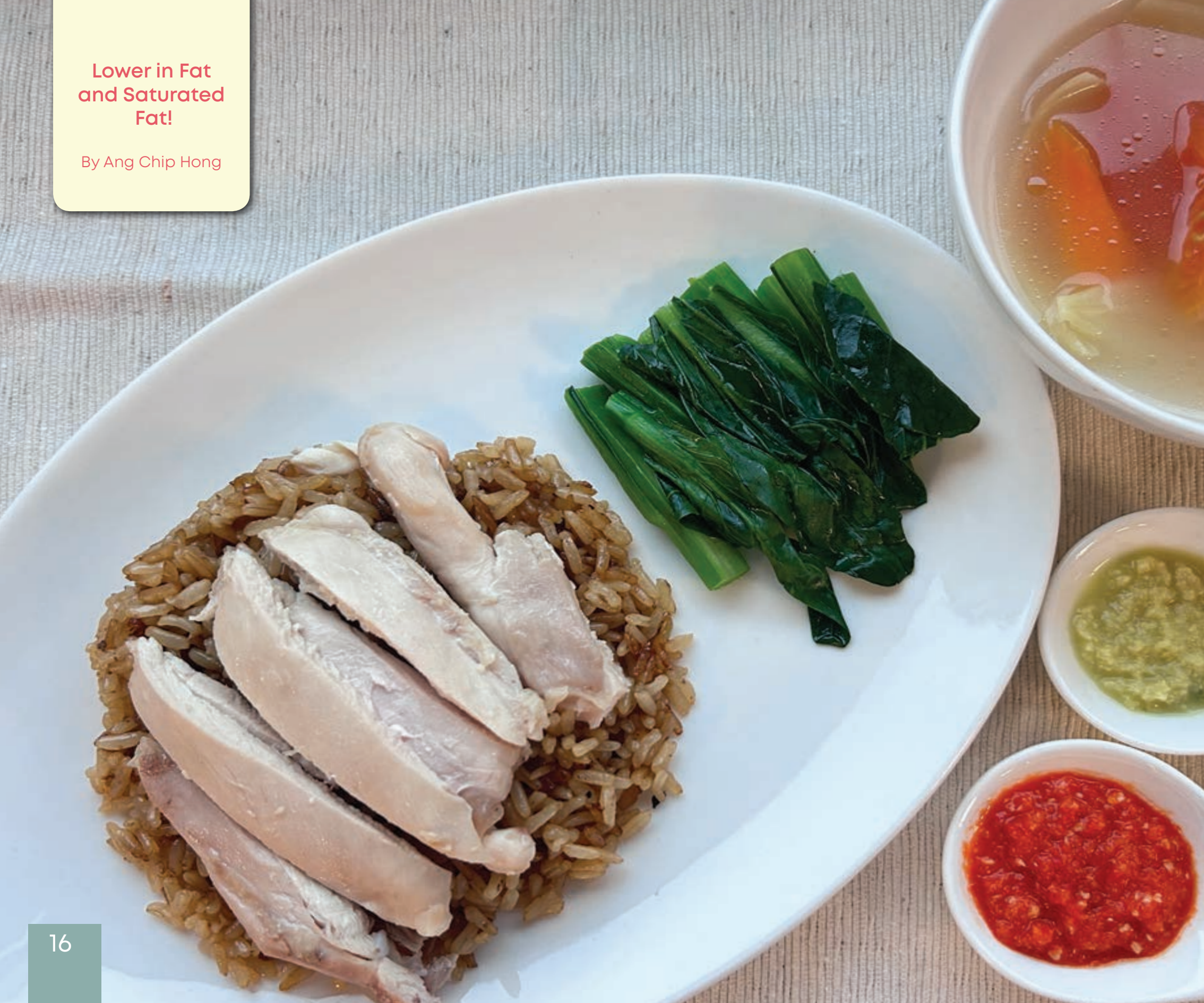
BUBUR CHACHA



SUITABLE FOR VEGETARIANS

Lower in Fat
and Saturated
Fat!

By Ang Chip Hong



CHICKEN RICE

Chicken rice is a classic Hainanese dish, traditionally devoid of lemongrass until its later introduction. Mr. Ang learned the art of making chicken rice from his mother, and for him, it carries sentimental value. In his childhood, chicken rice was a special treat reserved for birthdays, where the birthday boy has the privilege of selecting their preferred chicken part. These cherished memories inspired Mr. Ang to establish several successful stores in Singapore, where he continues to share his passion for this beloved dish with others.

Chicken rice is usually oily and the skin is often consumed with the chicken, therefore contributing to its elevated fat content. It also tends to be high in sodium due to the addition of salt and chicken seasoning powder to enhance the flavour of the dish. To make it healthier, we reduced the amount of oil, salt, and omitted the usage of chicken seasoning powder. To ensure that the dish still remains flavourful, we increased the amount of aromatics used such as garlic, ginger, and lemongrass to enhance both taste and fragrance. Furthermore, we trimmed excess fat from the chicken before cooking and removed the chicken skin after cooking. The unique feature of the dish is that white rice has been replaced with brown rice in this traditional chicken rice recipe.

By Ang Chip Hong

“
A traditional dish taught by my mom when I was six years old
By Ang Chip Hong



INGREDIENTS



For Chicken

- 2 L of water
- Half a chicken (about 700g with skin and bone)
- 4 cloves of garlic (peeled and smashed)
- 4 slices of ginger (peeled and smashed)
- 1 tsp of sesame oil
- 2 pieces of pandan leaves (tear into half and tie into a knot)
- A pinch of salt

For Rice

- 2.5 cups of chicken stock (750ml, from cooking the chicken)
- 1 cup of brown rice (300g, soaked overnight)
- 2 tbsp of canola oil
- 2 pieces of lemongrass (bottom part smashed)
- 5 cloves of shallot, raw (chopped)
- 5 cloves of garlic (chopped)
- 4 pieces of pandan leaves (tear into half and tie into a knot)
- 1 tsp of salt
- 2 thin slices of ginger (smashed)

For Ginger Garlic Sauce

- 3 tbsp of chicken stock (from cooking the chicken)
- 30 g of old ginger (10cm in length, skin removed and sliced)
- A pinch of salt
- 1 sprig of spring onion (cut into small pieces)

For Soup

- 1 L of chicken stock (from cooking the chicken)
- 1 corn (cut into 2 cm thick)
- 1 white onion (slice into 1 cm thick)
- 1 carrot (peeled, oblique cut)
- 4 red dates (soaked in hot water for 20-30 min)
- 1 tsp of salt



Preparation time:
30 mins



Cooking time:
1 hour 30 mins



Serving size:
4 pax

For Chilli Sauce

- 5 pieces of red long chilli (cut into small pieces)
- 3 tbsp of chicken stock (from cooking the chicken)
- 5 pieces of chilli padi
- 2 key lime (extract from juice)
- 4 cloves of garlic (smashed)
- 2 slices of ginger (smashed)
- A pinch of salt



METHODS OF COOKING

For Chicken and Rice

- 1 Marinate the chicken with salt for ½ hour.
- 2 Boil 2L of water with ginger, garlic, and pandan leaves. Add in the chicken on high flame and turn to low flame after putting the chicken in. Simmer for 10-15 minutes.
- 3 Turn off the flame and leave chicken in for 5 minutes.
- 4 Prepare a pot of ice-cold water, submerge the chicken for 10 minutes.
- 5 After 10 minutes, drain the water, remove the skin and visible fat from the chicken before rubbing with sesame oil.
- 6 Heat up a wok, add oil and fry shallot for 1-2 minutes. Add in ginger, lemongrass, and fry until fragrant. (Be careful not to burn the aromatics).
- 7 Add in chicken stock, salt, and pandan leaves. Let it boil for a minute before putting into the rice cooker with the pre-soaked brown rice.
- 8 Do not open rice cooker after the rice is cooked, leave for 10 minutes. Fluff the rice afterwards.
- 9 To assemble, add sliced cucumber, sliced tomato, chicken, and a bowl of rice on a plate. Serve warm with a bowl of soup, and a plate of vegetables with chilli and ginger garlic sauce at the side.

For Chilli Sauce

- 1 Blend all ingredients for 30 seconds to 1 minute except lime juice.
- 2 Mix lime juice with the blended chilli sauce until well incorporated.
- 3 Serve on the side with the chicken rice.

For Ginger Garlic Sauce

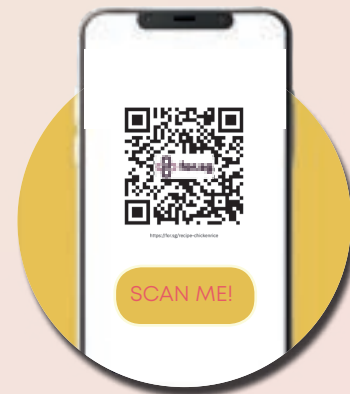
- 1 Blend the ingredients except spring onion for 30 seconds.
- 2 Add in spring onion and blend for another 30 seconds.
- 3 Serve on the side with the chicken rice.

For Soup

- 1 Add corn and carrot into the chicken stock. Boil for 20-30 minutes.
- 2 Add white onion, red dates, salt, and boil for 10 minutes.
- 3 Serve hot with chicken rice.

NUTRITIONAL INFORMATION (PER SERVING)
Serving Size (1 standard plate of healthier
Chicken Rice with skinless chicken) : 300 g

Energy	425 kcal
Protein	20.9 g
Total fat	13.6 g
Saturated fat	2.3 g
Carbohydrate	54.7 g
Sodium	636.8 mg



Scan here for
video or
click the link

<http://tinyurl.com/chickenriceAHTP>

TIPS

- Blanch old ginger with hot water to remove raw taste before blending.
- Recommended to have 100g of cooked vegetables per serving to go along with the chicken rice.
- May replace with 1/2 brown rice & 1/2 white rice.
- Dip the chilli and ginger garlic sauce instead of drizzling to avoid over consumption.

Low sodium
option!

By Low Kum Woon



BRAISED CHICKEN WITH POTATO

Braised chicken with potato is a timeless Cantonese dish cherished for its simplicity and warmth, perfect for sharing with family. Back in the old days in the Kampung setting, neighbours took turns preparing meals in communal kitchens. Mdm. Low learned to cook this dish from the collective wisdom of her neighbours and parents, who frequently enjoyed it together. Today, she continues this tradition by preparing the dish for her children during gatherings, passing down flavours and memories of her childhood to the next generation.

Braised chicken with potato is usually higher in fat and sodium content due to the amount of oil used in frying the chicken and potato. Salt, light soy sauce, and oyster sauce are often added to flavour the dish which contributes to the high sodium content of the dish. To make it healthier, we reduced the amount of oil with the use of a non-stick pan in frying the chicken and potato. We also omitted salt in the recipe since the dish contains several sauces high in sodium. To increase the fibre content of the dish, we increased the variety of vegetables such as adding carrots and fresh mushroom into the dish which also gives more sweetness and umaminess to the dish.

By Low Kum Woon



A very simple dish to
make at home

By Low Kum Woon



Preparation time:
20 mins



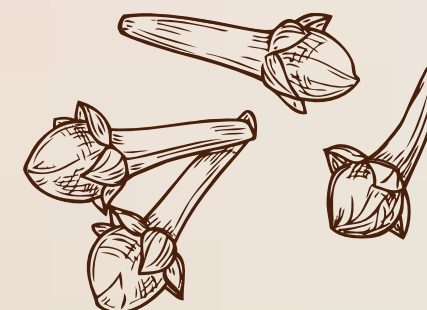
Cooking time:
25 mins



Serving size:
4 pax

INGREDIENTS

- 2 pieces of boneless skinless chicken thigh (cut into 4cm by 4cm)
- About 1 cup of water (180g)
- 1 large potato (sliced thinly, 0.5cm thick)
- 2 medium carrot (roll/oblique cut, 2cm by 4cm)
- 10 pieces of fresh shiitake mushroom
- 1 1/3 tbsp of oyster sauce
- 1 tbsp of canola oil
- 1 tbsp of light soy sauce
- 2 cloves of garlic (minced)
- 1/2 tsp of white pepper
- 1/2 tsp of sesame oil
- 1 sprig of spring onion



NUTRITIONAL INFORMATION (PER SERVING)
Serving Size (1/2 skinless chicken thigh + 1/4 whole potato + 1/2 whole carrot) : 180 g

Energy	193 kcal
Protein	18.3 g
Total fat	8.5 g
Saturated fat	1.7 g
Carbohydrate	10.2 g
Sodium	374.9 mg

METHODS OF COOKING

- 1 Heat ½ tablespoon of oil in a pan, fry the potato and carrot for 10 minutes until slightly browned. Remove and set aside.
- 2 Heat the remaining ½ tablespoon of oil in the pan, add garlic and fry until lightly browned.
- 3 Add chicken and fry for 5 minutes. Add mushroom and fry for 2 minutes.
- 4 Add oyster sauce, light soy sauce, white pepper, sesame oil, and water until it covers half of the dish. Simmer on a small fire for 15 minutes.
- 5 Garnish with spring onion and serve warm with a bowl of brown rice.

TIPS

- Chicken should be lean, skinless, and trimmed of fat.
- When frying the chicken, leave it for 30 seconds before flipping to retain the juices in the meat.



Lower in calories!

By Wah Lee Yah (Helen)



LOTUS ROOT WITH PEANUT SOUP

Lotus root with peanut soup is a Cantonese-style soup, cherished for its symbolic representation of health and family unity. Mdm. Helen first encountered this delightful dish while dining out and later learned to make it from her friend's mother during communal gatherings. Drawing inspiration from traditional Cantonese soup recipes, she added her own touch by incorporating dried octopus and dried scallop, two essential ingredients renowned for their rich flavours. Today, this warm and nourishing bowl has become a beloved staple at family gatherings.

Lotus root with peanut soup is usually slightly higher in fat and cholesterol as pork is used and often not trimmed of fat. Ingredients like dried squid and dried scallop may be used in home-setting, however the prices may be slightly on the higher end. To make it affordable and suitable for everyone to enjoy, we used chicken to replace pork in this traditional recipe. We also replaced dried squid and scallop by roasting dried ikan bilis to retain the umami flavour of the dish.

By Wah Lee Yah (Helen)



A hearty soup that is favoured for family gatherings

By Wah Lee Yah (Helen)



Preparation time:
30 mins



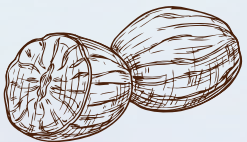
Cooking time:
1 hour 30 mins



Serving size:
4 pax

INGREDIENTS

- 2 L of water
- 3 pieces of skinless chicken thigh with bone (debone and cut into 5cm by 5cm)
- 1 section of lotus root (sliced, 0.5cm thick)
- 50 g of peanut
- 4 pieces of dried red dates (seedless, soaked in hot water for 20-30 minutes)
- 10 g of small white dried anchovy/ikan bilis
- About 1 tsp of salt



METHODS OF COOKING

- 1 Boil peanut in a pot with a pinch of salt for 30-60 minutes.
- 2 In a non-stick pan, lightly roast dried anchovies until golden brown. Leave it to cool.
- 3 Blend the roasted dried anchovies for 1-2 minutes until fine. Pour the dried anchovies' powder in a filter bag. (optional)
- 4 Blanch the chicken bone and chicken thigh for 2 minutes. Put in cold water and set aside.
- 5 Boil 2 litres of water. Add all ingredients except red dates once the water is boiled.
- 6 Simmer on low fire for 1.5 hours. Add in salt and red dates in the last 5-10 minutes.
- 7 Serve hot with a bowl of brown rice and a plate of vegetables.

TIPS

- May consider adding dried scallop/dried octopus, instead of ikan bilis.
- For more umaminess, may consider adding dried squid/sole fish.
- For additional sweetness, may consider adding corn/carrot.
- May consider adding black beans/soybeans.
- Boiling peanuts separately helps to remove the red colouring.
- Adding red dates too early may cause a change in colour and taste.

NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1 bowl) : 450 g

Energy	191 kcal
Protein	17.0 g
Total fat	9.2 g
Saturated fat	1.9 g
Carbohydrate	10.0 g
Sodium	508.7 mg



Lower in sugar & carbohydrates!

By Cheryl Ng



GREEN BEAN WITH SWEET POTATO SOUP

Green beans, also known as mung beans, are commonly featured in sweet desserts across Asia. In Mdm. Ng’s family, her mother crafted a sweet potato green bean soup with a more watery consistency. However, to cater to the family’s taste preferences, they transitioned to a heartier, thicker version of the soup. In Traditional Chinese Medicine (TCM), mung beans are considered a “cold” ingredient, meaning they can “tame” the body heat. When the weather gets very hot, Mdm. Ng will prepare this cooling soup for her family.

The sweet potato green bean soup usually contains a high amount of carbohydrates which comes from sweet potatoes, sago, and green beans. As a dessert dish, it generally has a higher sugar content which may not be suitable for diabetics. Hence, we decrease the quantities of sweet potato, green beans, and sago, effectively reducing the carbohydrate content and overall energy density of the dish. Sugar was also substituted with sweetener which further reduced the overall calorie count and sugar content, making it suitable for diabetics.

By Cheryl Ng



A cooling dessert that is enjoyed by everyone in my family

By Cheryl Ng



SUITABLE FOR VEGETARIANS



Preparation time:
2 hours



Cooking time:
45 mins



Serving size:
4 pax

INGREDIENTS

- 1.4 L of water
- 1 whole sweet potato (yellow/purple/mixed, 2cm oblique cut)
- About 1 cup of green beans (80 g, soaked for at least 2 hrs)
- 20 g of sago (wash and soaked for 10 minutes)
- 4 pieces of pandan leaves
- 2.5 g Diabetic sweetener (equivalent to 25 g of table sugar)

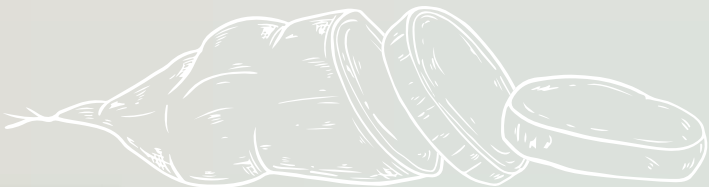


NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1 bowl) : 300 g

Energy	123 kcal
Protein	5.3 g
Total fat	0.4 g
Saturated fat	0.1 g
Carbohydrate	22.2 g
Sugar	3.5 g

METHODS OF COOKING

- 1 Boil a pot of water and add green beans and pandan leaves. Simmer on low fire for 20-30 minutes.
- 2 Add sweet potato, sago, and sugar. Simmer for another 10-15 minutes.
- 3 Serve hot or chilled.



TIPS

- Aim for less table sugar with the replacement of sweetener.
- For people with diabetes, kindly replace all sugar with diabetic sweetener. This may be added in last after sweet potato and sago have been well-cooked.
- For chilled version, may consider to add less sago as it will thicken the dessert (gel-pudding like).



Lower in fat & saturated fat!

By Wah Lee Yah (Helen)



BUBUR CHA CHA

Bubur Cha Cha, a delightful and colourful dessert, originated from the Nyonya and Peranakan communities. Mdm. Helen, having learned the cherished recipe from her mother, has transformed this dish into a beloved tradition for family gatherings. Putting her own spin on the dish, Mdm. Helen prepares homemade chewy crystal balls, adding a unique texture that sets her version apart from those sold commercially. With its rich flavours and colourful presentation, her Bubur Cha Cha has become a cherished staple, bringing joy and warmth to every gathering.

Bubur Cha Cha is usually high in carbohydrates, fat and sugar content due to the sweet potato, yam, coconut milk, and sugar used. As a dessert dish, it generally has a higher sugar content. The substitution of sugar with a combination of sweetener and reduced soya milk lowers the overall calorie count and sugar content of the dessert. Full cream coconut milk was also substituted with reduced fat coconut milk to reduce the overall fat content of the dessert.

By Wah Lee Yah (Helen)



A thick and creamy dessert that is best served warm

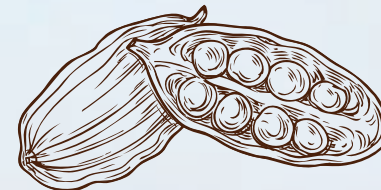
By Wah Lee Yah (Helen)

INGREDIENTS

- About 3.5 cups of water (700ml)
- 120 ml reduced fat coconut milk
- 1 medium sweet potato (cubed, 1cm by 1cm)
- 1/4 medium-sized yam (cubed, 1cm by 1cm)
- 80 ml reduced sugar soya milk
- 4 pieces of pandan leaves (tear into half and tie)
- 2 tsp of corn starch
- 2 g Diabetic sweetener (equivalent to 20 g of table sugar)

For chewy crystal balls:

- About 4 tbsp of tapioca starch
- 2 tbsp of white porridge
- Few drops of colouring (any colour)



NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1 bowl) : 250 g

Energy	150 kcal
Protein	2.2 g
Total fat	4.0 g
Saturated fat	3.3 g
Carbohydrate	27.1 g
Sugar	3.2 g



SUITABLE FOR VEGETARIANS



Preparation time:
15 mins



Cooking time:
45 mins



Serving size:
4 pax

METHODS OF COOKING

- 1 Steam cubed yam and sweet potato for 10 – 15 minutes with 2 pandan leaves.
- 2 Heat water in a pot, add the remaining pandan leaves, soya milk, sugar, and boil for 10- 15 minutes.
- 3 Add yam, sweet potato, crystal balls and boil for 5-10 minutes.
- 4 Add corn starch slurry, stir until it thickens. Turn off the flame and stir in coconut milk. *Coconut milk will separate if boiled for too long.
- 5 Serve hot.



For chewy crystal balls:

- 1 Blend the porridge into a thick paste. Or mash until it forms a paste with a fork. (porridge should be warm)
- 2 Add tapioca starch into the blended porridge and mix them until it forms a dough.
- 3 Split into 3 portions and add colourings into 3 separate portions. Shape them into balls and boil for 5-10 minutes.
- 4 Place the cooked crystal balls in a bowl of cold water to have a chewy texture.

TIPS

- May consider to make the chewy crystal balls in a bigger batch and keep it in the freezer for long storage.
- May use ready-made crystal balls from supermarket.
- For people with diabetes, kindly use no sugar soya milk. Add in sweetener last before coconut milk.



MALAY CUISINE

MEE BIRTHDAY

ASSAM PEDAS

Lower in
sodium & fat!

By Dahlihah



MEE BIRTHDAY

Mee Birthday is known as a simple fried beehoon that is eaten during birthday celebrations to make birthdays unforgettable. Mdm. Dahlihah learned how to cook the dish from her mother when it was served during her birthday. Now, she prepares it for gatherings as it is easy to feed many.

Mee Birthday is generally high in sodium and cholesterol content due to the seafood added into the dish (dried shrimp, prawn, fish cake, and squid). To reduce the sodium content, we omitted the fish cake and chicken seasoning powder. To reduce the cholesterol content of the dish, we reduced the quantity of the squid and prawn and added in fish to substitute fishcake. Since the fibre content of the dish is lacking, we decided to introduce fresh mushroom. The unique feature of the dish is that white beehoon is replaced with brown rice beehoon for this traditional recipe.

By Dahlihah



A great dish to serve at family gatherings to celebrate joyous occasions

By Dahlihah



Preparation time:
20 mins



Cooking time:
45 mins



Serving size:
4 pax

INGREDIENTS

- 240 g of brown rice beehoon (soaked)
- 1 packet of chye sim (cut into 5cm long)
- 1 1/2 medium carrot (peeled and cut into julienne)
- 1 slice of fish fillet (slice thinly)
- 1/2 cup of water (100 ml)
- 6 pieces of fresh shiitake mushroom (slice thinly, 0.5cm thick)
- 4 medium prawns (peel and dice in cubes)
- 30 g of squid (slice thinly, 0.5cm thick)
- 2 tbsp of canola oil
- 10 g of shallot
- 10 g of green chilli with vinegar
- 1 sprig of spring onion (optional)
- 1 tsp of white pepper

For the paste:

- 1/2 medium red onion (diced)
- 4 cloves of garlic (smashed)
- 15 g of small white dried anchovies
- 10 g of dried shrimp
- About 2 slices of ginger (10 g)

NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1 plate) : 350 g

Energy	401 kcal
Protein	17.3 g
Total fat	9.7 g
Saturated fat	0.9 g
Carbohydrate	60.6 g
Sodium	309.3 mg

METHODS OF COOKING

- 1 Fry dried shrimp and anchovies for 5 minutes or until fragrant.
- 2 Blend dried shrimp, anchovies, garlic, ginger, and onion into a paste. (Add 1-2 teaspoons of water if it is too dry to blend).
- 3 Heat oil in a pan, fry all blended ingredients for 10-15 minutes. Add white pepper and fry for 5 minutes.
- 4 Add carrot and fry for 5 minutes. Add in the seafood and fry for 2 minutes. Add ¼ cup of water.
- 5 Add chye sim, mushroom, and fry for 5 minutes.
- 6 Add beehoon last and fry for 5-10 minutes. Add the remaining ¼ cup of water if it is too dry.
- 7 Garnish with fried shallot, spring onion, and serve with green chilli at the side.

TIPS

- May replace seafood with lean chicken breast / thigh.
- For easier cooking, use a non-stick pan.

Lower in
sodium & fat!

By Yip Ngam Ling



ASSAM PEDAS

Assam Pedas, a beloved traditional Malay fish dish renowned for its tangy spicy broth, holds a special place in culinary culture. Mdm. Yip first tasted this dish prepared by a Chinese chef and quickly grew fond of its vibrant flavours. Drawing on her culinary expertise and personal flair, she crafted her own unique version, infusing it with her twist of flavours. Now, her homemade Assam Pedas is a cherished delight enjoyed by her family.

Assam Pedas is traditionally known for its higher fat and sodium content, primarily due to the high amount of oil used in frying the paste and the inclusion of assam tamarind paste, which is relatively high in sodium. To reduce the sodium content of the dish, we decreased the amount of assam tamarind paste added and compensated with dried tamarind slices and lime leaves, ensuring that the desired flavour profile was maintained without relying solely on the paste. To reduce the fat content of the dish, we lowered the amount of oil used and carefully removed any excess oil after frying the paste. Mdm. Yip's assam pedas was also lacking in protein, hence we increased the quantity of the fish.

By Yip Ngam Ling



A tangy and spicy dish that
brings back fond memories

By Yip Ngam Ling



Preparation time:
30 mins



Cooking time:
25 mins



Serving size:
4 pax

METHODS OF COOKING

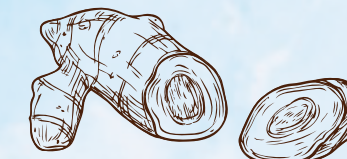
INGREDIENTS

Ingredients A (Paste):

- 4 pieces of red long chilli (cut into small pieces)
- 10 pieces of shallot (peeled and smashed)
- 2 pieces of lemongrass (only lower part, smashed)
- 2 tbsp of water
- 2 pieces of turmeric ginger (cut into small pieces, may replace with 1 tsp of turmeric powder)
- 4 cloves of garlic (peeled & smashed)
- 4 pieces of chilli padi *
- 10 pieces of dried chilli * (cut into small pieces and soak in water for 10-15 min)
- 1 slice of galangal (red ginger) - a thumb size
- 2 pieces of buah keras (candle nut) - lightly pounded

Ingredients B:

- 3-4 slices of fish (tenggiri / batang / grouper / any steak)
- 1/2 medium-sized eggplant (cut into 2cm by 3cm)
- 10 pieces of ladies finger (cut into 2-3cm long)
- 50 g of assam tamarind paste (soak 45g in 400g of water, mix & strain before use. 5g for marinating fish)
- 2 2/3 tbsp of canola oil (40 g)
- 2 tsp of sugar / sweetener (for diabetics)
- 3 pieces of dried tamarind slice (soak in 180g of water) **
- About 1 tsp of ginger paste
- 2 pieces of lime leaf (tear into half)



- 1 Rub 10g of assam tamarind paste and ginger paste on the fish. Marinate for 10- 15 minutes.
- 2 In a blender, add galangal, candle nut, turmeric ginger, and 30g of water. Blend for 30 seconds.
- 3 Add lemon grass, red chilli, chilli padi, and dried chilli. Blend for 1 minute.
- 4 Add garlic and shallot. Blend for 1 minute.
- 5 In a non-stick pan, add oil and spice paste. Fry for 5 minutes. Add dried tamarind slice and lime leaf. Fry for another 5-10 minutes.
- 6 Add assam water (assam paste, dried tamarind slice) and fish.
- 7 Simmer for 5 minutes then add eggplant, ladies finger, salt, and sugar. Simmer on low fire for another 5 minutes.
- 8 Skim off any visible oil and serve hot with brown rice.

NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1 plate) : 200 g

Energy	271 kcal
Protein	20.7 g
Total fat	13.5 g
Saturated fat	2.4 g
Carbohydrate	17.0 g
Sodium	99.9 mg

TIPS

- May add more oil when frying the paste. Drain oil at the end of cooking to remove excess oil.
- Can be made into a one-dish meal by adding more vegetables.
- Assam tamarind paste contains high sodium content. Hence, should be used in moderation.
- For those who prefer a less spicy dish, please reduce the amount of chilli padi and dried chilli.
- ** Dried tamarind slice provides sourness in assam pedas due to the reduced usage of assam tamarind paste.



INDIAN CUISINE

TANDOORI CHICKEN

BUTTER CHICKEN

Lower in
sodium & fat!

By Alpana Keertikar



TANDOORI CHICKEN

Tandoori chicken is a beloved Indian dish known for its flavourful marinated chicken, cooked to perfection in a Tandoor, a traditional cylindrical clay oven. Now, it is usually prepared in an oven or air fryer. Ms. Alpana has fond memories of growing up and enjoying Tandoori Chicken in restaurants. She has always harboured a desire to recreate the comforting and delectable flavours of this dish on her own. Her version of Tandoori chicken is now a delicacy enjoyed by many during parties.

Tandoori chicken typically contains high levels of sodium due to the salt content in the spices used, a fact not widely known. To reduce the sodium content, we used the same amount of marinade while increasing the quantity of chicken drumstick used. This adjustment was made after observing excess marinade during our cooking trials. Hence, the sodium content of the dish was reduced to the desired amount while not compromising the flavour and juiciness of the chicken.

By Alpana Keertikar



Great as a simple special
party snack !

By Alpana Keertikar



Preparation time:
2 hour 15 mins



Cooking time:
20 mins

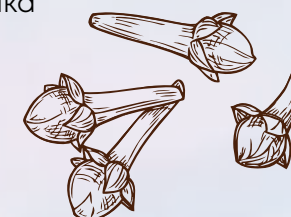


Serving size:
4 pax

INGREDIENTS

Ingredients A:

- 140 g of low fat yogurt
- 4 pieces of green chilli (chopped finely)
- 2 tbsp of lemon juice (from freshly squeezed lemon)
- 2 tbsp of margarine
- 2 tbsp of ginger garlic paste
- 4 tsp of kashmiri chilli powder / paprika
- 2 tsp of garam masala
- 2 tsp of coriander powder
- 1 tsp of cumin powder
- 1 tsp of salt
- 1/2 tsp of turmeric powder
- 1/2 tsp of kasoori methi (dried fenugreek leaves)



Ingredients B:

- 4 pieces of skinless chicken drumstick
- 1 whole lemon (sliced into wedges)
- 1 tsp of melted margarine
- 1 sprig of coriander (garnish)



NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1 skinless drumstick) : 120 g

Energy	145 kcal
Protein	19.7 g
Total fat	5.9 g
Saturated fat	1.8 g
Carbohydrate	5.3 g
Sodium	89.1 mg

METHODS OF COOKING

- 1 Mix ingredients A to make a marinade.
- 2 Marinate the drumsticks and leave covered for at least 2 hours or overnight.
- 3 Wipe the marinade and arrange in a single layer in oven at 200 degree C for 20 minutes or air fryer for 15 - 20 minutes until deep golden brown.
- 4 Brush the drumstick with margarine, garnish with coriander, and serve with lemon wedges.

TIPS

- Serve with 1.5 pieces of chapati OR 1/2 bowl of basmati rice OR 3/4 bowl of brown rice.
- Some options for a serving of vegetables (100g) include:
 1. Gobi Ki Sabzi (Stirfried Spicy Cauliflower) - or other vegetables.
 2. Steamed vegetables.
 3. Kachumber (Indian salad).



SCAN ME!

Scan here for video or
click the link

<http://tinyurl.com/chickentandooriAHTP>



Low sodium option & Lower in fat!

By Alpana Keertikar



BUTTER CHICKEN

Butter chicken, a classic Indian curry featuring tender chicken in a spiced tomato and butter sauce, is renowned for its luxurious silky texture. Ms. Alpana developed a deep affection for this dish after enjoying it at a restaurant during her upbringing. Inspired by her love for the flavours and textures, she crafted her own version of butter chicken, which she now frequently prepares for dinner.

Butter chicken is usually high in fat and saturated fat due to the high amount of butter and full cream used. It may also be high in sodium due to the spices and salt added. To keep the buttery flavour and silky texture we reduced the amount of butter used and added non-fat yoghurt (no sugar added) to provide the creaminess of the dish. To reduce the sodium content, we used no salt canned tomatoes instead and lowered the amount of salt used in the dish.

By Alpana Keertikar



A homely dish great for sharing with friends and family

By Alpana Keertikar



Preparation time:
20 mins



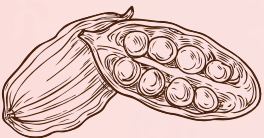
Cooking time:
20 mins



Serving size:
4 pax

INGREDIENTS

- 400 g of boneless skinless chicken thigh (cut into 4cm by 4cm)
- 130 g of canned tomato (diced, no salt added)
- 50 g of non-fat / low fat yogurt
- 1/4 cup of water
- 20 g of butter (15g for frying tomato paste. 5g for frying chicken)
- 1 tbsp of sugar
- 2 tsp of Kashmiri chilli powder/ paprika
- 2 tsp of coriander powder
- 1 tsp of cumin powder
- 1 tsp of kasoori methi (dried fenugreek leaves)
- 1/2 tsp of salt
- 1/2 tsp of garam masala
- 1/2 tsp of white pepper



NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1/2 plate) : 120 g

Energy	208 kcal
Protein	20.2 g
Total fat	10.2 g
Saturated fat	4.0 g
Carbohydrate	9.2 g
Sodium	395.9 mg



METHODS OF COOKING

- 1 Marinate chicken with white pepper and a dash of salt for 15-20 minutes.
- 2 Lightly roast all spice powders for 1-2 minutes on low flame. (Be careful not to burn it as it will result to a bitter taste).
- 3 In a pan, add butter and heat on low till it melts.
- 4 Add canned tomatoes and saute for 5 minutes.
- 5 Add roasted spice powders, salt, sugar and mix till curry is fragrant. Set it aside to cool.
- 6 Once cooled, blend the paste for 1-2 minutes.
- 7 In a pan, add butter and fry chicken for 5-10 minutes until lightly browned.
- 8 Add the paste and water to the pan. Simmer for 10-20 minutes on low fire.
- 9 Once done, turn off the flame and leave it to cool for 1 minute before adding yoghurt. Mix well till incorporated. (Do ensure that this step is followed as yoghurt will curdle when the temperature is too high).
- 10 Serve warm with a bowl of brown rice and a plate of vegetables.

TIPS

- Chicken thigh should be lean, skinless, and trimmed of fat.
- Kashmiri chilli powder is non-spicy and adds flavour and colour.
- Some options for a serving of vegetables (100g) include:
 1. Gobi Ki Sabzi (Stirfried Spicy Cauliflower) - or other vegetables.
 2. Steamed vegetables.
 3. Kachumber (Indian salad).



A top-down view of various fresh ingredients including herbs, spices, and vegetables on a dark blue textured background. The ingredients are scattered across the left and bottom portions of the frame. On the left, there are sprigs of green herbs, including what appears to be rosemary and cilantro. Below them are several sliced red chili peppers and a cluster of sliced green onions. In the center-left, a small white bowl contains a yellow liquid, possibly oil, with a sprig of rosemary and some red chili flakes floating in it. Scattered around these are various spices, including small red and green peppercorns, and some dried red chili flakes. The background is a dark blue, textured surface that resembles stone or paper.

OTHER CUISINE

BURMESE CURRY

Lower in sodium!

By Waing Waing Han



BURMESE CURRY

Burmese curry is a culinary tradition of Myanmar. Ms. Waing Waing's grandmother raised nine children. Back then, serving only meat for the entire family was financially challenging. To address this, they incorporated a variety of vegetables into their meat dishes, ensuring cost-effectiveness. Hence, this version of Burmese Curry, usually served with a bowl of warm rice, is enjoyed by their family as it brings back many fond memories.

Burmese curry traditionally contains higher levels of sodium due to the inclusion of fish sauce and shrimp paste which are common ingredients in Burmese cuisine. To mitigate this while still retaining the authentic flavours of the dish, we reduced the quantity of fish sauce and substituted it with light soy sauce (reduced salt). Additionally, the protein content of the dish was also slightly lacking, hence we increased the quantity of chicken thighs used. We also noted that the fibre content of the dish was lacking, hence we added more vegetables such as eggplant and long bean to enhance variety and nutritional balance, transforming it into a wholesome one-dish meal when served with a bowl of brown rice.

By Waing Waing Han



A very easy and simple traditional burmese dish that tastes good with a bowl of rice

By Waing Waing Han



Preparation time:
1 hour



Cooking time:
25 mins



Serving size:
4 pax

INGREDIENTS

- 1/2 medium-sized pumpkin (sliced thinly, 0.5cm thick)
- 2 pieces of boneless skinless chicken thigh
- 1 1/2 cup of water
- 1 large white onion (diced)
- 1/2 medium eggplant (cut into 2cm by 3cm)
- 140 g of chinese long beans (cut into 3cm long)
- 1 medium tomato (diced)
- 2 green chilli
- 20 g of ginger paste (15 g for marinade, 5 g for saute)
- 1 1/3 tbsp of canola oil (20 ml)
- 4 cloves of garlic (minced)
- 1 tbsp of thai shrimp paste
- 1 tsp of light soya sauce, reduced sodium
- 1 tsp of thai fish sauce
- 1 tsp of chilli powder
- 1 sprig of coriander (garnish)
- 1/2 tsp of salt
- 1/4 tsp of turmeric powder



- 1 Add ginger paste, salt, and turmeric powder to chicken thigh and marinate for 1 hr.
- 2 Heat oil in a pan, saute minced garlic and ginger paste till fragrant.
- 3 Add diced onion and fry for 5 minutes.
- 4 Add tomato, fish paste and cook for 2-3 minutes until it becomes a paste.
- 5 Add marinated chicken, eggplant, long beans and cook for 5 minutes.
- 6 Add pumpkin, green chilli, fish sauce, salt, and 1 cup of water. (enough to cover the pumpkin)
- 7 Simmer on a small fire for 5-8 minutes and cover the pot. Do not stir frequently.
- 8 Add the remaining 1/2 cup of water if the stew is dry.
- 9 Garnish with coriander and serve hot with a bowl of brown rice.

TIPS

- Chicken thigh should be lean, skinless, and trimmed of fat.
- For people with diabetes, reduce quantity of pumpkin to 200 g and increase quantity of eggplant and chinese long beans to 200 g each.

NUTRITIONAL INFORMATION (PER SERVING) Serving Size (1 bowl) : 300 g

Energy	256 kcal
Protein	20.2 g
Total fat	10.2 g
Saturated fat	2.0 g
Carbohydrate	19.1 g
Sodium	510.1 mg

METHODS OF COOKING



Scan here for video or
click the link

<https://shorturl.at/UbloH>



We hope this recipe book would be useful and meaningful for you in the creation of healthier family meals. We welcome feedback and collaboration for nutrition-related projects for our community.

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