

Eat Well. Age Well. Live Well.

RECIPE BOOK



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Age Well.
Live Well.**

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Foreword

When the Agency for Integrated Care (AIC) first introduced the Intermediate and Long-Term Care (ILTC) Nutrition Movement in 2011, we had aimed to provide elderly clients of Community Care service providers with more food options that are tasty, more nutritious and suitable for their various medical conditions.

We have come a long way since, and are today happy with the many recipes we have put together in collaboration with the Singapore Chefs Association (SCA). These recipes have been documented in three treasured collections. They include hawker recipes such as Char Kway Teow and Chapati with Dhal, nutritious easy-to-cook one-dish soups like Ayam Dangan Ikan Bakwan Soup, and flavourful snacks such as Chocolate Tofu Pudding. In addition, there are recipes for those with swallowing difficulties. Feedback on these recipes has been positive. Our Community Care service providers have cited their ease of use and their clients have been enjoying the nutrients-packed and yummy dishes prepared.

This unique cookbook of 50 recipes brings the ILTC Nutrition Movement to a new level and it is also AIC's tribute to our SG50 Celebrations. In honour of our Pioneers, we have chosen well-loved nostalgic dishes such as Mdm Lily Chew Geok Neo's Ikan Chilli Garam and Mdm Kum See Mui's Fried Chicken in Capsicum. These recipes were again generously contributed by our Community Care sector clients and partners, SCA chefs, distinguished individuals and famous local restaurants.

As I looked through the wide-ranging recipes, I am reminded of the hard work and sacrifices made by our Pioneers to build up Singapore to what it is today, as well as the simple pleasures they once enjoyed, like food. I hope

that the recipes will bring back fond memories of old for our elderly clients. It is also our way of preserving a slice of our Pioneers' food heritage for our future generation.

I would like to express my gratitude to all the contributors who had shared their treasured recipes for this effort. Special mention must also be made of Chef Edmund Toh and the SCA who have participated avidly in the ILTC Nutrition Movement since its inception.

We will continue to improve the quality of nutrition for our elderly so that they will eat well, live well and age gracefully.

Dr Jason Cheah
Chief Executive Officer
Agency for Integrated Care





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About the Nutrition Movement

Good nutrition and food service are integral to good quality care for elderly persons provided by community healthcare facilities like nursing homes and senior care centres. Singaporeans enjoy our food. It is safe to assume that we all want to continue to enjoy our food even though our bodies are ageing; and even though some of us have to leave our own homes to be cared for in healthcare facilities.

“One cannot think well, love well, sleep well, if one has not dined well.” What Virginia Woolf said rings so true, especially in the food paradise that is Singapore.

The quality of nutrition and food service provided by community healthcare facilities is not incidental. We need to work at it. This is why the Agency for Integrated Care, together with our community healthcare partners, have been committing ourselves to **Nutrition Movement** over the last 4 years. Annually, through a series of activities, we remind ourselves of the need to continuously improve. We refresh our food preparation and cooking skills; we expand our menus and we keep a watchful eye to avert malnutrition in our elderly clients.

Nutrition Movement is a wonderful blend of both science and art. It combines efforts around care staff learning the hard facts about nutrition, calorie counts, oral health and dysphagia, as well as cooks learning creative ways to vary the taste, texture and presentation of the meals they serve to their clients every day.

In its 5th year, **Nutrition Movement** continues to have a simple objective: sustaining a community of healthcare providers who have committed to helping their elderly charges eat well.

Eating well is a necessary ingredient — and some might even say — the secret ingredient to ageing well and living well.

We will know if our efforts have paid off when we are able to serve warm nutritious meals in a variety of textures that not only taste good, but also look appetising, every single day. We will know if we have arrived when our elderly charges simply finish their meals and give us their thumbs up every day.

“Food is symbolic of love when words are inadequate”

-Alan D. Wolfelt-



Acknowledgements

Recipe Contributors

The Agency for Integrated Care (AIC) is grateful to the following contributors for helping us put together this tome of 50 recipes that hark back to the days of our pioneers and are a celebration of SG50.

Organisations

Ang Mo Kio - Thye Hua Kwan Hospital
AWWA Ltd
ECON Healthcare Group (Choa Chu Kang Branch)
Ju Eng Home for Senior Citizens
Lee Ah Mooi Old Age Home
Ling Kwang Home for Senior Citizens
Marine Parade - Foo Hai Elderly Lodge
Min Chong Comfort Home Pte Ltd
Moral Home for the Aged Sick
Salem Day Rehabilitation Centre
St Luke's Hospital & St Luke's ElderCare Ltd
The Lenton Residence
Thye Hua Kwan Moral Society
United Medicare Centre
Villa Francis Home for the Aged
Windsor Convalescent Home Pte Ltd

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Chef Heman Tan, Membership
Chef Leons Tan, Honorary Secretary
Chef Eric Low, SCA Website
Chef Louis Tay, Corporate Services
Chef Kiang Siang Heng, Education
Chef Derek Ang, Education
Chef Kong Kok Kiang, Social Activities/Sports



Indonesian Heritage

Mouthwatering classics from Tambuah Mas Indonesian Restaurant.

- **Soto Ayam (Spiced Chicken Soup) - p10**
- **Tempe Kering (Fried Fermented Bean Cake in Spicy Sweet Sauce) - p12**
- **Semur Ayam (Smothered Chicken Stew) - p14**
- **Es Blewa (Iced Rockmelon Drink) - p16**





Soto Ayam (Spiced Chicken Soup)

No. of Servings: 10
Serving size: 250 ml

INGREDIENTS

	QUANTITY
1. Water	3 litres
2. Bean sprout	100 gm
3. Shallot	10 gm
4. Garlic	5 gm
5. Ginger	20 gm
6. Turmeric powder	10 gm
7. Cloves	5 pcs
8. Star anise	5 pcs
9. Cumin (Jintan)	10 gm
10. Coriander seed (Ketumbar)	10 gm
11. Nutmeg powder	5 gm
12. Pepper	10 gm
13. Cinnamon stick	2 pcs
14. Salt	15 gm
15. Sugar	10 gm
16. Chicken powder	20 gm
17. Whole chicken, cut into quarters	2 kg

Condiments

1. Fried shallot (bawang goreng)	to taste
2. Coriander leaf, shredded	to taste
3. Lime, halved	to taste
4. Chilli padi, ground	to taste



Recipe by:
Tambuah Mas

“Since 1981, Tambuah Mas has earned a reputation for serving heartwarming Indonesian home-style cuisine from Padang, Sulawesi and Java.

The allure of Tahu Telor, Rendang Lembu and Kepala Istimewa, to name a few, stems from closely guarded family recipes passed down from generation to generation. Our distinctive flavours come from the delicate blend of herbs and spices, fresh ingredients, and an extraordinary amount of precision in preparation.”

METHOD

1. Heat water up in pot, blanch bean sprouts and set aside for later use.
2. Add all ingredients, except chicken, into water to boil for 20 minutes.
3. Add chicken into pot and simmer for 40 minutes.
4. Once chicken is cooked, remove it and shred the chicken meat.
5. Portion shredded chicken and bean sprouts into individual bowls before portioning out the soup.
6. Dish is now ready to be served with fried shallots and coriander leaves. Add lime and chilli padi to suit individual taste.

Nutrient analysis per serving:

Energy (kcal)	400	Calcium (mg)	44
Total Fat (g)	24	Folate (µg)	19
Sat Fat (g)	8	Iron (mg)	2
Cholesterol (mg)	170		
Carbohydrate (g)	2		
Protein (g)	43		
Dietary Fibre (g)	1		
Sodium (mg)	690		



Tempe Kering

(Fried Fermented Bean Cake in Spicy Sweet Sauce)

No. of Servings: 10

Serving size: 150 gm

INGREDIENTS

	QUANTITY
1. Cooking oil	100 ml
2. Shallot, blended	120 gm
3. Garlic, blended	40 gm
4. Blue ginger, blended	80 gm
5. Lemongrass, blended	80 gm
6. Brown sugar/Gula melaka	100 gm
7. Assam water	20 ml
8. Salt	10 gm
9. Water	100 ml
10. Tempe, cut into thin slices	800 gm
11. Red chilli, cut into thin slices	80 gm

METHOD

1. Fry the tempe in hot oil till crispy and set aside for later use.
2. Heat oil up in pan and fry the blended shallots, garlic, blue ginger and lemongrass till brown.
3. Add in gula melaka, assam water, salt and water and bring mixture to a boil.
4. Lastly add in fried tempe and sliced chillies and the dish is ready to be served.



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Nutrient analysis per serving:

Energy (kcal)	303	Calcium (mg)	115
Total Fat (g)	19	Folate (µg)	31
Sat Fat (g)	4	Iron (mg)	3
Cholesterol (mg)	0		
Carbohydrate (g)	21		
Protein (g)	15		
Dietary Fibre (g)	3		
Sodium (mg)	411		



Semur Ayam (Smothered Chicken Stew)

No. of Servings: 10

Serving size: 150 gm

INGREDIENTS

	QUANTITY
1. Cooking oil	100 ml
2. Onion, sliced	200 gm
3. Chicken thigh, boneless, cut into bite-sized pieces	900 gm
4. Shallot, ground	20 gm
5. Garlic, ground	10 gm
6. Nutmeg, grated	5 gm
7. Kecap manis (sweet soy sauce)	40 gm
8. Salt	15 gm
9. Water	1 litre
10. Pepper	to taste

METHOD

1. Heat oil in pan and fry onions till brown over high heat. Set aside for later use.
2. In the same pan, add chicken and fry till brown. Set aside for later use.
3. In a clean pan, stir-fry ground shallots and garlic till fragrant. Add nutmeg and kecap manis and fry for 30 seconds.
4. Add in pre-fried onions, salt and water. Stir well and cook over high heat.
5. Add in chicken and simmer till tender.
6. Add pepper to taste. Serve immediately.



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Nutrient analysis per serving:

Energy (kcal)	210	Calcium (mg)	21
Total Fat (g)	13	Folate (µg)	2
Sat Fat (g)	2	Iron (mg)	2
Cholesterol (mg)	45		
Carbohydrate (g)	2		
Protein (g)	21		
Dietary Fibre (g)	1		
Sodium (mg)	867		



Es Blewa (Iced Rockmelon Drink)

No. of Servings: **10**
Serving size: **250 ml**

INGREDIENTS

	QUANTITY	REMARKS
1. Ripe rockmelon	1	approx. 1.5kg
2. Ice water	1 litre	
3. Sugar syrup	250 ml	
4. Crushed ice	to taste	

METHOD

1. Cut the rockmelon in half and remove the seeds.
2. Over a large mixing bowl, use the serrated end of a melon baller to scrape the flesh of the rockmelon into long strips.
3. Add ice-cold water and sugar syrup.
4. Mix well and portion the mixture into tall glasses and top each glass with crushed ice.

Nutrient analysis per serving:

Energy (kcal)	67	Calcium (mg)	14
Total Fat (g)	0	Folate (µg)	29
Sat Fat (g)	0	Iron (mg)	<1
Cholesterol (mg)	0		
Carbohydrate (g)	15		
Protein (g)	<1		
Dietary Fibre (g)	1		
Sodium (mg)	26		



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Hearty & Spicy

Wake up those tastebuds with these Indian-inspired flavours.

- **Hot & Sour Vegetable Soup - p20**
- **Heritage Rolls (Deep-fried Breaded Spring Rolls) - p22**
- **Chicken Briyani - p24**
- **Kaya Rock & Roll Cake - p26**





Hot & Sour Vegetable Soup

No. of Servings: **10**
Serving size: **250 ml**

INGREDIENTS

	QUANTITY
1. Vegetable seasoning cube	2 cubes
2. Hot water	2 litres
3. Shredded cabbage	400 gm
4. Small carrot, grated	200 gm
5. Spring onion, separate white and green parts	50 gm
6. Cornflour	40 gm
7. Soy sauce	20 ml
8. White vinegar	20 ml
9. Red chilli paste	20 gm
10. Pepper	5 gm
11. Salt	to taste
12. Cooking oil	40 ml
13. Garlic, crushed	20 gm

METHOD

1. Heat oil in a soup pot and add garlic. Fry till fragrant.
2. Add cabbage, carrots and white part of spring onions. Sauté well.
3. Add soy sauce, white vinegar, chilli paste and continue to fry for 2 minutes. Add water and bring mixture to a boil.
4. Add vegetable seasoning cubes, salt and pepper. Mix cornflour with water and thicken the soup.
5. Cook on low heat for 4-5 minutes till the soup thickens.

Serving

1. Garnish with finely chopped spring onion greens. Serve hot.

Note: Vegetable seasoning cubes contain a lot of salt. Taste before adding more salt.



Recipe by:
Islamic Restaurant

“Established in 1921 by M Abdul Rahiman, master chef of the Alsagoff family, the Islamic Restaurant is appreciated by dignitaries, sultans, heads of state and professionals and the man in the street alike. The menu here offers both South and North Indian cuisines and the signature dish is chicken briyani rice cooked with Basmati rice that is flavourful but not overpowered by spices. Conceived as a specialty halal Asian heritage dining centre, it introduces heritage flavours that are new to the Food & Beverage service industry.”

Nutrient analysis per serving:

Energy (kcal)	77	Calcium (mg)	26
Total Fat (g)	4	Folate (µg)	10
Sat Fat (g)	<1	Iron (mg)	<1
Cholesterol (mg)	<1		
Carbohydrate (g)	7		
Protein (g)	1		
Dietary Fibre (g)	2		
Sodium (mg)	491		



Heritage Rolls (Deep-fried Breaded Spring Rolls)

No. of Servings: 10

Serving size: 120 gm

INGREDIENTS

For the Crepe

1. Ready-made crepe (frozen)

QUANTITY

1 pkt

For the Filling

1. Mixed vegetable (carrot, pea and corn) 300 gm
2. Large red onion, chopped 300 gm
3. Garlic, finely chopped 20 gm
4. Prawn, shelled and sliced finely 450 gm
5. White pepper 7 gm
6. Oyster sauce 30 gm
7. Vegetable oil 60 ml
8. Salt to taste
9. Coating Process -
Egg wash 2
Breadcrumbs 500 gm

METHOD

Crepe

1. Defrost the ready-made crepe.

Filling

1. Heat oil in a frying pan and stir-fry onions and garlic until fragrant over medium heat.
2. Add in the mixed vegetables, oyster sauce, prawn meat, white pepper and salt.
3. Mix well and let it cook for 5 minutes before putting the mixture aside.

Serving

1. Scoop 2 tablespoons of the filling and place it on the crepe.
2. Roll tightly like a spring roll, dip into beaten egg and then roll it on a bowl of breadcrumbs.
3. Heat frying pan with vegetable oil and shallow fry the roll evenly until it turns golden brown.
4. Repeat for all pieces of crepe.

Note: Best served hot.



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Nutrient analysis per serving:

Energy (kcal)	255	Calcium (mg)	87
Total Fat (g)	10	Folate (µg)	23
Sat Fat (g)	2	Iron (mg)	2
Cholesterol (mg)	94		
Carbohydrate (g)	26		
Protein (g)	14		
Dietary Fibre (g)	4		
Sodium (mg)	516		



Chicken Briyani

No. of Servings: 10
 Serving size: 250 gm

INGREDIENTS	QUANTITY	REMARKS
For the Rice		
1. Basmati rice, rinsed and soaked for 10 minutes	100 gm	Alternative: can be replaced with brown rice
2. Ghee	30 gm	Alternative: can be replaced with canola oil
3. Evaporated milk	200 ml	
4. Briyani spice mix	15 gm	
5. Onion, sliced	150 gm	
6. Salt	5 gm	
7. Cloves	3 pcs	
8. Cinnamon	1 stick	
9. Cardamom	3 pcs	
10. Garlic, blended	10gm	
11. Water	1.1 litres	
For the Chicken Briyani		
1. Cooking oil	50 ml	
2. Onion, sliced	400 gm	
3. Tomato, chopped	3	
4. Ginger and garlic paste	10 gm	To prepare the paste, blend the ginger and garlic 50/50 with a little water
5. Black pepper	10 gm	
6. Boneless chicken thigh, cut into small pieces	2 kg	
7. Salt	to taste	
8. Tomato paste	20 gm	



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Nutrient analysis per serving:

Energy (kcal)	800
Total Fat (g)	41
Sat Fat (g)	13
Cholesterol (mg)	142
Carbohydrate (g)	74
Protein (g)	33
Dietary Fibre (g)	4
Sodium (mg)	390
Calcium (mg)	119
Folate (µg)	26
Iron (mg)	3



METHOD

Rice

1. Heat a frying pan with ghee and sauté cardamom, cinnamon, cloves and onions. Cook till the onions are transparent.
2. Add garlic paste and cook for 1 minute.
3. Add evaporated milk, salt, spice mix and cook for another 5 minutes or till boiled before removing from heat.
4. Pour all sautéed ingredients, rice and water into the rice cooker to cook.

Note: Colouring Option

1. Pour a tablespoon of turmeric powder in 60ml of water and gently mix with the rice.

Chicken Briyani

1. Heat oil in a frying pan and sauté onions till fragrant and transparent.
2. Add ginger and garlic paste, tomatoes and black pepper. Cook for 5 minutes.
3. Add chicken thighs, salt, tomato paste and mix well. Cook over medium heat till chicken is tender and cooked.

Kaya Rock & Roll Cake

No. of Servings: 10

Serving size: 150 gm

INGREDIENTS

1. Butter, melted
2. Kaya (egg jam)

QUANTITY

- 180 gm
- 380 gm

For the Batter

1. Egg yolk
2. Egg white
3. Plain flour
4. Baking powder
5. Caster sugar
6. Condensed milk
7. Cornflour
8. Ovalett (Cake stabilizer)
9. Vanilla essence

- 10
- 6
- 200 gm
- 5 gm
- 200 gm
- 20 ml
- 20 gm
- 10 gm
- 10 ml

METHOD

1. Preheat oven at 180 °C.
2. In a mixing bowl, blend the batter ingredients with a cake mixer at high speed until fluffy.
3. Add melted butter and mix well at low speed.
4. Prepare and line a 10 x 10 x 2 inch baking tray with baking paper and brush with butter all around the tray.
5. Pour the batter into the baking tray. Bake for 12 to 20 minutes at 180 °C.
6. Once baked, leave to cool for 20 minutes. Spread kaya and roll like a swiss roll using baking paper.
7. Leave to chill in the refrigerator for a few hours before serving.



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Nutrient analysis per serving:

Energy (kcal)	521	Calcium (mg)	80
Total Fat (g)	31	Folate (µg)	38
Sat Fat (g)	20	Iron (mg)	2
Cholesterol (mg)	272		
Carbohydrate (g)	51		
Protein (g)	10		
Dietary Fibre (g)	3		
Sodium (mg)	165		



Cantonese Cravings

Authentic Cantonese cuisine from the legendary Red Star Restaurant.

- Lotus Root with Chicken Soup - p30
- Steamed Fish Fillet with Preserved Mustard Green - p32
- Steamed Chicken with Preserved Sausage - p34
- Sweetened Red Bean Soup - p36





Lotus Root with Chicken Soup

No. of Servings: **10**
Serving size: **250 ml**

INGREDIENTS

1. Lotus root, sliced
2. Chicken thigh
3. Dried octopus, soaked
4. Peanut, soaked
5. Luo han guo (罗汉果)
6. Water
7. Salt
8. Sugar

QUANTITY

- 1 kg
- 1 kg
- 200 gm
- 200 gm
- 1 pc
- 2 litres
- 10 gm
- 20 gm

METHOD

1. Wash and peel lotus root. Cut into slices.
2. Remove bones from chicken drum sticks and cut chicken into smaller pieces.
3. Rinse the dried octopuses and soak them in warm water for 20 minutes. Cut into pieces.
4. Rinse peanuts and soak them for 20 minutes.
5. Break luo han guo into smaller pieces.
6. In a large soup pot, bring water to a boil and add in all the ingredients as well as the seasonings. Allow this to cook for 1 hour over medium heat.
7. Ensure that the lotus root and chicken are tender enough for the elderly to eat. Cut them into smaller pieces if necessary.
8. Check taste and serve.

Nutrient analysis per serving:

Energy (kcal)	319	Calcium (mg)	54
Total Fat (g)	14	Folate (µg)	38
Sat Fat (g)	4	Iron (mg)	2
Cholesterol (mg)	157		
Carbohydrate (g)	21		
Protein (g)	30		
Dietary Fibre (g)	1		
Sodium (mg)	1086		

FOR SOFT DIET

1. Strain the cooked soup to separate the ingredients.
2. Finely chop the lotus root, chicken meat, peanuts separately on a clean cutting board.
3. Place a desired mould on a serving plate and fill the mould with the finely chopped lotus root. Remove the mould carefully.
4. Top it with the rest of the chopped ingredients and pour the soup around the bowl.
5. Serve immediately.



Recipe by:
Red Star Restaurant

“The Red Star restaurant, founded in 1974 by an owner chef, is one of Singapore’s most authentic Cantonese restaurants. Masterchefs Sin Leong, and Hooi Kok Wai – two of the remaining Four Heavenly Kings of Cantonese Cuisine – are there every day to ensure tastes and cooking techniques are consistent, and ingredients used are the best and freshest. Recipes on the menu and the décor are largely unchanged since the 70s.”



Steamed Fish Fillet with Preserved Mustard Green

No. of Servings: 10

Serving size: 120 gm

INGREDIENTS

1. Boneless fish fillet	1 kg
2. Preserved sweet mustard green (甜梅菜)	300 gm
3. Chicken breast, sliced	200 gm
4. Dried mushroom, soaked and sliced	5 pcs
5. Red date, pitted	10 pcs
6. Ginger, sliced	20 gm
7. Tapioca starch (flour + water 50/50)	20 gm

Seasoning

1. Light soy sauce	15 ml
2. Sugar	15 gm
3. Dark soy sauce	10 ml
4. Cooking oil	20 ml
5. White pepper	3 gm
6. Water	50 ml

QUANTITY

METHOD

1. Rinse fish fillets and cut them into 10 pieces. Lightly mix with the tapioca starch and set aside.
2. Rinse the preserved mustard green and cut it into small pieces.
3. Slice chicken and ginger, then set aside.
4. Soak dried mushrooms and slice them.
5. Rinse red dates, cut each into 2 and discard the pits if any.
6. Add the rest of the ingredients into a mixing bowl. Add the seasonings and mix well.
7. Lay out fish slices and top them with the seasoned ingredients.
8. Steam for 7 minutes or till cooked. Do not overcook.

FOR SOFT DIET

1. Separate the cooked ingredients from the sauce.
2. Chop the ingredients separately on a clean cutting board and set aside.
3. Use 5 heart-shaped moulds and fill them up with the ingredients. Transfer them onto a serving plate.
4. Pour the sauce over the dish and around the plate.



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Nutrient analysis per serving:

Energy (kcal)	215	Calcium (mg)	41
Total Fat (g)	9	Folate (µg)	16
Sat Fat (g)	2	Iron (mg)	1
Cholesterol (mg)	86		
Carbohydrate (g)	6		
Protein (g)	28		
Dietary Fibre (g)	<1		
Sodium (mg)	1055		



Steamed Chicken with Preserved Sausage

No. of Servings: 10

Serving size: 120 gm

INGREDIENTS

1. Boneless chicken thigh
2. Dried Chinese chicken sausage, thinly sliced
3. Ginger, sliced

QUANTITY

- 1 kg
- 200 gm
- 50 gm

Seasoning

1. Light soy sauce
2. Sugar
3. Egg
4. Water
5. Corn starch

- 15 ml
- 15 gm
- 1
- 50 ml
- 20 gm

Garnish

1. Spring onion, diced
2. Chilli, sliced

METHOD

1. Rinse chicken thighs and drain them, then cut them into smaller pieces.
2. Rinse dried chicken sausages and cut each into slices.
3. Mix seasoning ingredients together in a large bowl. Add the chicken and mix well.
4. Lay seasoned chicken out on a plate and top the dish with the cut sausages and sliced ginger.
5. Steam for 15 minutes till fully cooked. Serve hot.

FOR SOFT DIET

1. Separate each cooked ingredient and finely chop them. Place them in 4 separate small square moulds.
2. Transfer them onto a clean plate and place the 4 items together, forming a large square.
3. Pour the sauce over it and serve immediately.



Recipe by:
Red Star Restaurant

“The Red Star restaurant, founded in 1974 by an owner chef, is one of Singapore’s most authentic Cantonese restaurants. Masterchefs Sin Leong, and Hooi Kok Wai – two of the remaining Four Heavenly Kings of Cantonese Cuisine – are there every day to ensure tastes and cooking techniques are consistent, and ingredients used are the best and freshest. Recipes on the menu and the décor are largely unchanged since the 70s.”

Nutrient analysis per serving:

Energy (kcal)	300	Calcium (mg)	19
Total Fat (g)	21	Folate (µg)	11
Sat Fat (g)	7	Iron (mg)	1
Cholesterol (mg)	127		
Carbohydrate (g)	4		
Protein (g)	25		
Dietary Fibre (g)	0		
Sodium (mg)	494		



Sweetened Red Bean Soup

No. of Servings: 10

Serving size: 200 ml

INGREDIENTS

	QUANTITY
1. Dried red bean, soaked	600 gm
2. Glutinous rice, soaked	200 gm
3. Dried orange peel, soaked	5 pcs
4. Sugar	400 gm
5. Water	2.5 litres

METHOD

1. Rinse red beans and allow them to soak in water for 4 hours. Rinse them again and drain.
2. Separately, rinse glutinous rice and dried orange peel and soak them in water.
3. In a large pot, bring water to a boil. Add the red beans, glutinous rice and orange peel and boil over medium heat until red beans and glutinous rice break. Stir regularly to avoid burning at the bottom of the pot.
4. Add sugar to taste.

Nutrient analysis per serving:

Energy (kcal)	349	Calcium (mg)	57
Total Fat (g)	1	Folate (µg)	60
Sat Fat (g)	<1	Iron (mg)	3
Cholesterol (mg)	0		
Carbohydrate (g)	72		
Protein (g)	11		
Dietary Fibre (g)	10		
Sodium (mg)	483		



Recipe by:
Red Star Restaurant

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FOR SOFT DIET

1. Strain the red bean soup to separate the ingredients from the soup. Keep the soup warm.
2. Place the ingredients on a clean cutting board and finely chop them. Place the chopped ingredients in the centre of the soup bowl and pour the soup into the bowl. Serve immediately.



Nai Nai Knows Best

Granny's best loved dishes with extra helpings of love.

- Braised Cabbage with Mushrooms - p40
- Ngoh Hiang - p42
- Steamed Chicken with Pumpkin - p44
- Beancurd Dessert with Gingko and Barley - p46





Braised Cabbage with Mushrooms

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

For the Wok Fried Mushrooms

	QUANTITY
1. Cooking oil	50 ml
2. Old ginger, minced	50 gm
3. Garlic, minced	50 gm
4. Straw mushroom	1 can
5. Button mushroom	1 can
6. Dried Chinese mushroom, soaked	200 gm
7. Light soy sauce	50 ml

For the Braised Cabbage

1. Cooking oil	25 ml
2. Old ginger, minced	25 gm
3. Garlic, minced	25 gm
4. White cabbage, sliced	1.5 kg
5. Shanghai red beancurd	15 gm
6. Excess mushroom water	250 ml
7. Dark soy sauce	10 ml
8. Black moss (fatt choy) (soaked in water and some oil)	5 gm

METHOD

1. Mince old ginger and garlic and set aside for later use.
2. Remove mushrooms from can and reserve liquid for later use.
3. Cut straw mushrooms and button mushrooms into halves.
4. Soak dried mushrooms overnight, strain off the water. Keep the water for stir-frying. Cut mushrooms into halves.
5. Heat up wok, add in oil and sweat ginger and garlic till lightly brown.
6. Add in all 3 types of mushrooms, fry them with some light soy sauce for 15 minutes and then remove and set them aside for later use.
7. Heat up wok, add in oil and sweat ginger and garlic till lightly brown.
8. Add in cabbage and fry well. Then, add in red beancurd and mushroom water.
9. Add in dark soy sauce and fried mushrooms and braise cabbage till it is soft.
10. Lastly, add in black moss and spread it evenly over the cabbage dish. Serve the dish immediately.

FOR SOFT DIET

1. Strain the cooked ingredients and keep the liquid aside for later use.
2. Place the ingredients on a clean cutting board and chop finely.
3. Place the chopped ingredients into a frying pan together with the liquid and heat up over medium heat.
4. Serve the dish immediately.

Nutrient analysis per serving:

Energy (kcal)	159	Calcium (mg)	114
Total Fat (g)	7	Folate (µg)	57
Sat Fat (g)	1	Iron (mg)	3
Cholesterol (mg)	0		
Carbohydrate (g)	12		
Protein (g)	8		
Dietary Fibre (g)	11		
Sodium (mg)	845		



Recipe by:
Mrs Melinda Lam,
Salem Day Rehabilitation Centre

“I inherited this recipe from my in-laws and I prepare it every year on the first day of Lunar New Year for my guests. In addition, I will prepare lotus root with red date soup and fried beehoon with cabbage and carrots. These three dishes make a filling and complete meal.”



Ngoh Hiang

No. of Servings: 10

Serving size: 100 gm

INGREDIENTS

	QUANTITY
1. Onion, sliced	50 gm
2. Carrot, shredded	50 gm
3. Water chestnut, peeled and chopped	100 gm
4. Prawn, sliced	300 gm
5. Chicken, minced	500 gm
6. Salt	10gm
7. Pepper	5 gm
8. Egg	1
9. Beancurd skin (wipe both sides with slightly damp cloth)	5 pcs
10. Egg wash for beancurd skin	1

METHOD

1. Slice the onions, shred the carrots and chop the water chestnuts finely.
2. Mix onions, carrots and water chestnuts together and wrap them in a dry cloth. Squeeze out the excess water.
3. Dice the prawns and mix well with minced chicken in a large mixing bowl.
4. Season the prawn and chicken mixture with salt, pepper and egg and let it stand for 30 minutes.
5. Add onions, carrots and chestnuts and mix well.
6. Spread the mixture on the pieces of beancurd skin and roll each up. Seal each roll with some egg wash.
7. Deep fry at 170°C for 5 minutes or until golden brown.
8. Slice the Ngoh Hiang into thin slices. The dish is now ready to be served.



Recipe by:
Mdm Lee Geok Eng,
AWWA Ltd

“I inherited this traditional recipe of Ngoh Hiang from my father. He used to make and sell it for a living and I would help him prepare it when I was young. Hence, I always have pleasant memories of those days with my father when I make this dish on special occasions for my family.”

Nutrient analysis per serving:

Energy (kcal)	101	Calcium (mg)	45
Total Fat (g)	3	Folate (µg)	9
Sat Fat (g)	1	Iron (mg)	1
Cholesterol (mg)	78		
Carbohydrate (g)	1		
Protein (g)	16		
Dietary Fibre (g)	1		
Sodium (mg)	500		



Steamed Chicken with Pumpkin

No. of Servings: 10

Serving size: 200 gm

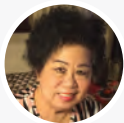
INGREDIENTS

1. Old ginger	200 gm
2. Boneless chicken thigh, cubed	500 gm
3. Oyster sauce	30 ml
4. Fish sauce	30 ml
5. Pumpkin, whole	2 kg
6. Cooking oil	50 ml
7. Wolfberry	50 gm
8. Astragalus root (黄芪)	8 strips

QUANTITY

METHOD

1. Pound ginger till fine, squeeze juice out and set aside.
2. Marinate chicken cubes with ginger juice for 30 minutes.
3. Cut the top part of pumpkin and remove seeds totally from the inside of the pumpkin.
4. Heat oil up in wok, add wolfberries and astragalus root and stir-fry.
5. Add in chicken cubes followed by oyster sauce, fish sauce and stir-fry till fragrant.
6. Scoop up chicken cubes and use them to fill the hollow in the pumpkin.
7. Steam pumpkin for about 30 minutes or until the pumpkin flesh inside starts to fall apart.



Recipe by:

Mdm Lau Ah Chian, Millie

St. Luke's Hospital & St. Luke's ElderCare Ltd

“I love cooking and would like to share this love with the elderly through the food I cook. In this recipe created for them, I used pumpkin and wolfberries as they are known to improve eyesight. These ingredients also contain a natural sweetness that flavours the dish so it does not need too much seasoning. This results in a healthy, wholesome and tasty dish which the elderly will enjoy.”

Nutrient analysis per serving:

Energy (kcal)	232	Calcium (mg)	68
Total Fat (g)	10	Folate (µg)	53
Sat Fat (g)	1	Iron (mg)	1
Cholesterol (mg)	31		
Carbohydrate (g)	25		
Protein (g)	12		
Dietary Fibre (g)	8		
Sodium (mg)	378		



Beancurd Dessert with Gingko and Barley

No. of Servings: 10
Serving size: 250 gm

INGREDIENTS

1. Water
2. Pandan leaf
3. Dried beancurd skin
4. Gingko nut
5. Barley
6. Lily bulb
7. Rock sugar

QUANTITY

- 4 litres
- 40 gm
- 300 gm
- 40 pcs
- 400 gm
- 200 gm
- 400 gm

METHOD

1. Boil pandan leaves in water for 10 minutes.
2. Add in dry beancurd skin and simmer for 1 hour.
3. Add in barley and slow cook for another 30 minutes.
4. Add in lily bulbs, gingko nuts and rock sugar. Simmer for 10 minutes.
5. It is ready to be served.

Nutrient analysis per serving:

Energy (kcal)	312	Calcium (mg)	10
Total Fat (g)	2	Folate (µg)	11
Sat Fat (g)	<1	Iron (mg)	1
Cholesterol (mg)	11		
Carbohydrate (g)	70		
Protein (g)	4		
Dietary Fibre (g)	3		
Sodium (mg)	190		



Recipe by:
Mdm Xiang Ai Qing,
ECON Healthcare Group (Choa Chu Kang Branch)

“This dish is my family's favourite dessert and I used to prepare it for my parents occasionally. It is particularly popular among the elderly, even those in China. Beancurd, gingko and barley are cooling in nature and help to promote youthfulness. Hence this dish is delicious and beneficial for health.”

FOR SOFT DIET

1. Place everything into the food processor, including the liquid, and press the PULSE mode shown on the blender.
2. Blend until smooth. It is ready to be served.



Home Comforts

Traditional favourites that delight and bring a touch of nostalgia.

- **Egg in Toast - p50**
- **Stewed Winter Melon with Black Fungus - p52**
- **Minced Chicken with Potatoes - p54**
- **Stir-fried Chicken with Tri-colour Capsicums - p56**





Egg in Toast

No. of Servings: 10

Serving size: 100 gm

INGREDIENTS

1. Thick sliced bread, 6cm x 6cm x 2cm	10 pcs
2. Whole egg	10
3. Butter, unsalted	100 gm
4. Salt	10 gm
5. Pepper	10 gm
6. Cherry tomato and cucumber	to garnish

QUANTITY

METHOD

1. Cut a square hole in the middle of each slice of bread.
2. Spread butter over the bread.
3. Place bread on a non-stick pan and brown it over low heat.
4. Break an egg into the square and fry for 2 minutes.
5. Flip the bread over and fry for another minute.
6. Season with salt and pepper. Garnish with cherry tomatoes and cucumber. Serve immediately.



Recipe by:

Ms Anna Leow,

Marine Parade - Foo Hai Elderly Lodge

“A hearty and delicious breakfast is a pleasure, hence I wanted to create an appetising recipe for everyone – from young children to the elderly – to enjoy breakfast. This affordable dish is nutritious, healthy and easy to make. As I often prepare this dish for my family as a special breakfast item, it brings back fond memories of breakfast with them.”

Nutrient analysis per serving:

Energy (kcal)	244	Calcium (mg)	45
Total Fat (g)	17	Folate (µg)	37
Sat Fat (g)	8	Iron (mg)	2
Cholesterol (mg)	228		
Carbohydrate (g)	14		
Protein (g)	10		
Dietary Fibre (g)	1		
Sodium (mg)	538		



Stewed Winter Melon with Black Fungus

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

1. Cooking oil	30 ml
2. Garlic, minced	50 gm
3. Winter melon, small cubes	1 kg
4. Dried black fungus (soak for 30mins and sliced)	20 gm
5. Rice wine	50 ml
6. Water	750 ml
7. Light soy sauce	25 ml
8. Pepper	5 gm
9. Potato starch (mix with water in the ratio 2:1)	10 gm
10. Spring onion, chopped	30 gm
11. Wolfberry, soaked	10 pcs

QUANTITY

METHOD

1. Heat up oil in wok and stir-fry garlic till fragrant.
2. Add in winter melon cubes, black fungus slices and rice wine.
3. Add in water and simmer till winter melon softens.
4. Season with light soy sauce and pepper.
5. Stir in potato starch mixture to thicken the sauce.
6. Garnish with wolfberries and chopped spring onions. It is ready to be served.



Recipe by:

Mr Sameera,

Min Chong Comfort Home Pte Ltd

“I have always wanted our residents to feel like they are having a meal at home. One day, I saw many Chinese enjoying a large plate of black fungus mixed with other ingredients. At that moment, the idea came to me to prepare a simple version of this dish using suitable ingredients for the elderly. As I often prepare winter melon at home, I used it as an ingredient to let our residents think of home.”

Nutrient analysis per serving:

Energy (kcal)	90	Calcium (mg)	57
Total Fat (g)	4	Folate (µg)	15
Sat Fat (g)	<1	Iron (mg)	1
Cholesterol (mg)	0		
Carbohydrate (g)	13		
Protein (g)	2		
Dietary Fibre (g)	6		
Sodium (mg)	533		



Minced Chicken with Potatoes

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

1. Cooking oil
2. Chicken, minced
3. Potato, peeled
4. Water
5. Spring onion, chopped
6. Dark soy sauce
7. Salt

QUANTITY

- 40 ml
- 300 gm
- 900 gm
- 1.2 litres
- 20 gm
- 30 ml
- 10 gm

METHOD

1. Peel potatoes and cut into small cubes. Set aside.
2. Heat wok up with cooking oil and stir-fry minced chicken over high heat for 3 minutes.
3. Add in potatoes and water and bring it to a boil. Simmer over low heat for 15 minutes.
4. Once potatoes are softened, add in spring onions and season with dark soy sauce and salt.
5. Stir well and it is ready to be served.

Nutrient analysis per serving:

Energy (kcal)	124	Calcium (mg)	7
Total Fat (g)	6	Folate (µg)	13
Sat Fat (g)	1	Iron (mg)	<1
Cholesterol (mg)	17		
Carbohydrate (g)	12		
Protein (g)	6		
Dietary Fibre (g)	2		
Sodium (mg)	592		



Recipe by:
Mr Ong Hock Chai @ Lim Hock Chai,
Windsor Convalescent Home Pte Ltd

“When I was young, my mother would often cook this dish for my family as it is easy to prepare and simply delicious. Nowadays, when I prepare this dish for my clients, I am often reminded of my mother and the times we spent together. The dish is ideal for elderly residents as the potatoes are cooked until they are soft and cut into small pieces so they will not have any problems eating it. ”



FOR SOFT DIET

1. Place the cooked dish into a food processor and press PULSE mode a few times. Do not over-blend as the texture should be fine but not mashy.



Stir-fried Chicken with Tri-colour Capsicums

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

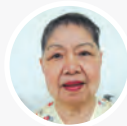
1. Cooking oil
2. Ginger, sliced
3. Garlic, minced
4. Boneless chicken thigh
5. Oyster sauce
6. Red capsicum
7. Green capsicum
8. Orange capsicum
9. Water
10. Salt
11. Pepper
12. Cornstarch for thickening

QUANTITY

- 100 ml
- 40 gm
- 60 gm
- 600 gm
- 60 ml
- 200 gm
- 200 gm
- 200 gm
- 600 ml
- 10 gm
- 5 gm

METHOD

1. Cut all capsicums into cubes and set aside.
2. Trim and cut chicken thighs into cubes.
3. Heat up wok, add in oil and stir-fry ginger and garlic till fragrant.
4. Add in chicken cubes and oyster sauce, stir-fry quickly over high heat.
5. Add in all capsicums and water and simmer for 10 minutes.
6. Season with salt and pepper to taste and thicken lightly with cornstarch. It is ready to be served.



Recipe by:

Mdm Kum See Mui,

Ju Eng Home for Senior Citizens

“This dish makes me reminisce about the past as I used to prepare it for my family. Adding the capsicums makes this recipe special. They introduce multiple colours to the dish and make it look appetising for the elderly. At the same time, they are not spicy and can be eaten by everyone.”

Nutrient analysis per serving:

Energy (kcal)	175	Calcium (mg)	13
Total Fat (g)	13	Folate (µg)	26
Sat Fat (g)	2	Iron (mg)	1
Cholesterol (mg)	38		
Carbohydrate (g)	4		
Protein (g)	10		
Dietary Fibre (g)	2		
Sodium (mg)	635		



Pure & Simple

Perfect choices to go with a comforting bowl of warm porridge.

- **Steamed 3-eggs with Wolfberries - p60**
- **The Dainty Phoenix (Handmade Chicken Pattie) - p62**
- **Ikan Chilli Garam (Pan-fried Fish stuffed with Salted Chilli Paste) - p64**
- **Porridge with Diced Chicken and Multi-grains - p66**
- **Sweet Potato and Yam Soup Dessert - p68**





Steamed 3-eggs with Wolfberries

No. of Servings: 10

Serving size: 100 gm

INGREDIENTS

1. Wolfberry, soaked	7 gm
2. Salted egg	1
3. Century egg	1
4. Sesame oil	5 ml
5. Egg (bring to room temperature if chilled)	12
6. Water	300 ml
7. Salt	3 gm

QUANTITY

METHOD

1. Soak wolfberries in water for about 15 minutes till soft.
2. Remove outer coatings from salted & century eggs. Boil salted egg for about 10 minutes. Remove shells from both eggs and dice into cubes.
3. Beat eggs with water and seasoning. For a smooth texture, strain egg mixture with a strainer.
4. Add diced salted and century eggs into the beaten egg mixture and pour this into a deep round dish.
5. Steam egg mixture for about 15 minutes over low heat.
6. Garnish with wolfberries and serve.



Recipe by:

Lee Ah Mooi Old Age Home

“For the residents of Lee Ah Mooi Old Age Home, the steamed 3-egg is a classic comfort food with a distinctly homely flavour that the family of the late Madam Lee Ah Mooi occasionally cooks for them. Madam Lee was strongly committed to and passionate about providing the best care for her residents. This dish, with its distinct home flavour, remains close to the hearts of the residents and her own family.”

Nutrient analysis per serving:

Energy (kcal)	99	Calcium (mg)	27
Total Fat (g)	7	Folate (µg)	31
Sat Fat (g)	2	Iron (mg)	1
Cholesterol (mg)	254		
Carbohydrate (g)	1		
Protein (g)	9		
Dietary Fibre (g)	0		
Sodium (mg)	230		



The Dainty Phoenix (Handmade Chicken Pattie)

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

	QUANTITY
1. Chicken, minced	1 kg
2. Tofu, finely chopped	300 gm
3. Winter mushroom, shredded	100 gm
4. Carrot, shredded	100 gm
5. Bamboo shoot, shredded	100 gm
6. Prawn, sliced	200 gm
7. Spring onion, chopped	50 gm
8. Egg	1
9. Tapioca flour	20 gm
10. White pepper	15 gm
11. Salt	5 gm
12. Dried flat fish, finely chopped	20 gm
13. Chicken seasoning powder	15 gm
14. Sesame oil	20 ml
15. Chinese wine	20 ml

Garnish

1. Red chilli	50gm
2. Cilantro leaf	50gm

METHOD

1. Put all ingredients into a mixing bowl and mix them evenly.
2. Shape the mixture into patties the size of a palm each.
3. Place them evenly on a plate.
4. Steam chicken patties in a steamer for 10 minutes.
5. Once cooked, slice patties into smaller pieces and garnish with cilantro leaves and sliced red chillies.



Recipe by:
Ms Ong Su Lan,
Ling Kwang Home for Senior Citizens

“Ling Kwang Home is a second home to me and I wanted to create a signature dish for its senior citizens. With the help of my colleagues, we created this tasty dish that we hope will bring back fond memories for them. We would also like to share this dish with others in this home and in the community care sector to forge friendships and spread our love for service. We love to serve and serve with love.”

Nutrient analysis per serving:

Energy (kcal)	242	Calcium (mg)	156
Total Fat (g)	13	Folate (µg)	26
Sat Fat (g)	3	Iron (mg)	3
Cholesterol (mg)	125		
Carbohydrate (g)	4		
Protein (g)	26		
Dietary Fibre (g)	3		
Sodium (mg)	694		



Ikan Chilli Garam

(Pan-fried Fish stuffed with Salted Chilli Paste)

No. of Servings: 10

Serving size: 100 gm

INGREDIENTS

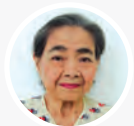
1. Selar fish (Yellowtail Mackerel)
2. Red chilli, pounded
3. Salt
4. Cooking oil
5. Sugar

QUANTITY

10 pcs
100 gm
5 gm
400 ml
5 gm

METHOD

1. Wash and clean fish, fillet the fish and remove its bones.
2. Set aside for later use.
3. Pound red chillies, add in salt and pound further to form a paste.
4. Stuff the sides of the fish with chilli paste.
5. Shallow fry the fish till cooked.



Recipe by:
Mdm Lily Chew Geok Neo,
Ju Eng Home for Senior Citizens

“When I was creating this recipe, my intention was to invent a healthy and easy-to-cook dish for the family. I chose fish as it is full of proteins, vitamins and minerals that are essential for health. This recipe, which involves only four simple steps, always brings back tender memories of my family and the times we gathered together on festive occasions.”

Nutrient analysis per serving:

Energy (kcal)	496	Calcium (mg)	36
Total Fat (g)	43	Folate (µg)	9
Sat Fat (g)	7	Iron (mg)	1
Cholesterol (mg)	84		
Carbohydrate (g)	1		
Protein (g)	28		
Dietary Fibre (g)	1		
Sodium (mg)	291		



Porridge with Diced Chicken and Multi-grains

No. of Servings: 10

Serving size: 250 gm

INGREDIENTS

	QUANTITY	REMARKS
1. Chicken, diced	1 kg	Can replace chicken with fish
2. Old ginger, sliced	20 gm	
3. Water	4 litres	
4. Brown rice	300 gm	
5. White rice	400 gm	
6. Red bean	30 gm	
7. Barley	30 gm	
8. Euryale seed/fox nut (芡实)	30 gm	
9. Peanut	30 gm	
10. Ginkgo nut	30 gm	
11. Wolfberry	20 gm	
12. Dried scallop	30 gm	
13. Salt	5 gm	
14. Pepper	5 gm	
15. Chicken seasoning powder	15 gm	
16. Quaker oat	200 gm	
17. Coriander, shredded	30 gm	
18. Deep fried shallot	30 gm	
19. Sesame oil	30 ml	

METHOD

1. Heat up a stock pot with water and add in chicken dice and ginger slice. Cook for 15 minutes.
2. Add in brown rice, jasmine rice, red beans, barley, euryale seeds, peanuts, white rice, ginkgo nuts, wolfberries and dried scallops and cook for 45 minutes over low heat.
3. Stir from time to time while cooking to prevent the ingredients from sticking to the bottom of the pot. If the water dries up too quickly while cooking, you can add a bit of water.
4. Add in salt, pepper and chicken seasoning powder and simmer for another 15 minutes.
5. Lastly, add in quaker oats and cook for another 15 minutes.
6. Garnish with deep fried shallots and lightly drizzle some sesame oil over porridge.

FOR SOFT DIET

1. Add additional 1 litre of water into the ready cooked porridge and simmer for another 15 minutes.
2. Transfer the porridge to a food processor and blend until smooth.
3. Serve immediately.



Recipe by:
Ms Catherine Yeong Yoon Leng,
Thye Hua Kwan Moral Society

“While I was working at Thye Hua Kwan, I wanted to create a nutritious dish that was suitable for the elderly. I thought of reinventing the “Eight Treasure Porridge” as it was a dish that I grew up with. My version of this dish contains beneficial ingredients like wild yam and wolfberries that have numerous health benefits. This dish is also appropriate for the elderly as it is easy to chew, easy to swallow and easy to digest.”

Nutrient analysis per serving:

Energy (kcal)	435	Calcium (mg)	33
Total Fat (g)	12	Folate (µg)	39
Sat Fat (g)	3	Iron (mg)	2
Cholesterol (mg)	62		
Carbohydrate (g)	58		
Protein (g)	23		
Dietary Fibre (g)	3		
Sodium (mg)	224		



Sweet Potato and Yam Soup Dessert

No. of Servings: **10**
Serving size: **250 ml**

INGREDIENTS

1. Yam
2. Sweet potato
3. Longan, dried
4. Ginger, sliced
5. Water
6. Sugar
7. Pandan leaf, tied into a knot

QUANTITY

- 500 gm
- 500 gm
- 50 gm
- 30 gm
- 2.5 litres
- 150 gm
- 20 gm

METHOD

1. Peel yam and sweet potatoes and cut into small dice.
2. Place them in 2 separate trays and steam them for 30 minutes and set aside for later use.
3. In a pot, bring water to a boil. Add longan, ginger and pandan leaves and boil for 10 minutes.
4. Add in sugar, cooked yam and sweet potatoes.
5. It is ready to be served.

Nutrient analysis per serving:

Energy (kcal)	159	Calcium (mg)	28
Total Fat (g)	<1	Folate (µg)	11
Sat Fat (g)	0	Iron (mg)	1
Cholesterol (mg)	0		
Carbohydrate (g)	37		
Protein (g)	2		
Dietary Fibre (g)	2		
Sodium (mg)	15		



Recipe by:
Mr Dissanayaka Mudiyansele Eranga Sanjaya D.
The Lantor Residence

“My mentor first taught me how to make this easy-to-prepare, yet nutritious dessert for the elderly. I find it most heart-warming that this dessert brings smiles to the faces of our elderly residents each time it is served. This is my own little way of comforting them.”

FOR SOFT DIET

1. Strain the ready cooked sweet potatoes and yam soup to separate the soup from the ingredients.
2. Place the cooked ingredients on a clean cutting board and cut into smaller dice.
3. Put them in the centre of a soup plate or soup bowl and pour the hot soup around the ingredients.

FOR STRICTER SOFT DIET

1. Place the ready cooked dessert into the food processor and blend till smooth. Serve immediately.



Yesteryear Yum

Delicious selections from the good ol' days.

- **Tang Hoon Soup (Myanmar style) - p72**
- **Steamed Tofu with Fish Paste - p74**
- **Chicken & Spinach Rice - p76**
- **Five-spice Braised Chicken - p78**
- **White Fungus with Sweet Potatoes - p80**





Tang Hoon Soup (Myanmar style)

No. of Servings: 10
Serving size: 250 ml

INGREDIENTS

1. Lemongrass, sliced	20 gm
2. White onion, sliced	40 gm
3. Garlic, sliced	20 gm
4. Ginger, sliced	20 gm
5. Dried chilli, sliced	10 pcs
6. Cooking oil	20 ml
7. Boneless chicken thigh	600 gm
8. Water	2 litres
9. Black fungus, soaked and sliced	60 gm
10. Lily flower, dried	60 gm
11. Tang hoon, soaked	300 gm

Condiments

1. Egg, cooked and chopped	5
2. Fish cake	100 gm
3. Green lime	10 pcs
4. Chinese parsley, chopped	50 gm
5. Coarse roasted dried chilli	to taste
6. Fish sauce	to taste

QUANTITY

METHOD

1. Soak tang hoon, black fungus and lily flowers separately in water.
2. Chop parsley and keep the stalks for later use.
3. Boil eggs and chop them into smaller pieces.
4. Cut chicken into small cubes.
5. Cut fish cakes into thin slices.
6. Slice limes into halves.
7. To prepare the soup – grind lemongrass, parsley stalks, garlic, ginger, white onions and dried chillies into a paste.
8. Heat up a pot, add in oil and stir-fry the paste till fragrant.
9. Put chicken cubes into the pot and add in water, simmer for 15 minutes.
10. Add in black fungus, lily flowers and simmer for 30 minutes till softened.
11. Add in fish cake and onions, season with salt and pepper and lastly add in tang hoon.
12. Serve it with egg, fish cake, lime, parsley, dried chillies and fish sauce.



Recipe by:
Ms Nan Aye Maw,
Moral Home for the Aged Sick



Mr Herman Seow Chin Keong,
Moral Home for the Aged Sick

“In Myanmar, tang hoon soup is known as “kyar san”. It is a traditional dish symbolising happiness and longevity that is commonly served during celebrations such as New Year and birthdays. The lemongrass and fish paste add a pleasant taste and aroma to the dish, which is also suitable for the elderly as it is soft and easy to chew.”

Nutrient analysis per serving:

Energy (kcal)	216	Calcium (mg)	56
Total Fat (g)	10	Folate (µg)	28
Sat Fat (g)	3	Iron (mg)	2
Cholesterol (mg)	151		
Carbohydrate (g)	13		
Protein (g)	17		
Dietary Fibre (g)	5		
Sodium (mg)	136		



Steamed Tofu with Fish Paste

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

1. Silken tofu
2. Fish paste
3. Spring onion, chopped
4. Coriander, chopped
5. Chilli, chopped (optional)
6. Light soy sauce
7. Salt
8. Pepper
9. Sesame oil

QUANTITY

- 900 gm
- 800 gm
- 60 gm
- 60 gm
- 30 gm
- 30 ml
- 15 gm
- 7 gm
- 15 ml

Garnish

1. Coriander leaf

Nutrient analysis per serving:

Energy (kcal)	267	Calcium (mg)	667
Total Fat (g)	14	Folate (µg)	37
Sat Fat (g)	2	Iron (mg)	10
Cholesterol (mg)	49		
Carbohydrate (g)	7		
Protein (g)	24		
Dietary Fibre (g)	8		
Sodium (mg)	1413		



Recipe by:
Ms Marguerite Ng,
St Luke's Hospital & St Luke's ElderCare Ltd

“Having a deep love for cooking, I enjoy preparing healthy and simple dishes for my family and friends. This dish was created with exactly this idea in mind; hence the ingredients used are inexpensive and readily available. The steps are easy to follow as well, so I believe that seniors will be able to make this dish effortlessly and independently.”

METHOD

1. Place tofu and fish paste on a stainless steel plate.
2. Use a fork to break the tofu into smaller pieces and mix in the fish paste.
3. Add in spring onions, coriander, chillies, light soy sauce, salt, pepper and sesame oil.
4. Smoothen/flatten the tofu mixture and steam for 15 minutes.
5. Serve immediately.



FOR SOFT DIET

1. Separate the sauce from the cooked tofu fish mixture. Place the mixture on a clean cutting board.
2. Finely chop the ingredients, then place them back into a porcelain bowl and mix well with the sauce.
3. Steam the mixture for 3 minutes and serve immediately.



Chicken & Spinach Rice

No. of Servings: 10

Serving size: 200 gm

INGREDIENTS

	QUANTITY
1. White rice, uncooked	500 gm
2. Water	650 ml
3. Old ginger, sliced	250 gm
4. Pandan leaf	20 gm
5. Cooking oil	25 ml
6. Salt	2.5 gm
7. Chicken breast, skin removed, diced	500 gm
8. Spinach leaf, blanched	250 gm
9. Sesame oil	25 ml
10. Light soy sauce	25 ml
11. Dark soy sauce	15 ml

METHOD

1. Place pre-washed rice, 5 cups of water, pandan leaves, ginger, salt and cooking oil into rice cooker and cook for 20 minutes.
2. While the rice is cooking, marinate the diced chicken with sesame oil and light soy sauce.
3. Once the water in the rice cooker dries up slightly after 20 minutes of cooking, place the marinated chicken pieces on top of the rice without stirring the rice. Cook for another 10 minutes or till cooked.
4. Blanch the spinach quickly in hot water with a little oil and place on top of the rice and chicken.
5. Pre-mix sesame oil, light soy sauce and dark soy sauce and pour it over the dish before serving.



Recipe by:

Ms Yak Gai Wee,

Ang Mo Kio - Thye Hua Kwan Hospital

“Chicken rice is a favourite family dish, not merely because it is a famous local dish, but also because it brings back memories of a shared family tradition enjoyed over many generations. To make this dish healthier and suitable for the young and old in the family, I modified the original recipe to include more fibre and reduced saturated fat content by replacing this with healthier unsaturated fat.”

Nutrient analysis per serving:

Energy (kcal)	461	Calcium (mg)	44
Total Fat (g)	11	Folate (µg)	47
Sat Fat (g)	2	Iron (mg)	3
Cholesterol (mg)	42		
Carbohydrate (g)	68		
Protein (g)	23		
Dietary Fibre (g)	2		
Sodium (mg)	486		



Five-spice Braised Chicken

No. of Servings: 10

Serving size: 200 gm

INGREDIENTS

	QUANTITY
1. Whole chicken, rinsed	1.8 kg
2. Salt	10 gm
3. Five-spice powder	20 gm
4. Dark soy sauce	320 ml
5. Light soy sauce	20 ml
6. Cooking oil	50 ml
7. Garlic, whole	90 gm
8. Shallot, whole	15 cloves
9. Blue ginger, sliced	100 gm
10. Lemongrass, sliced	30 gm
11. Cinnamon stick	10 gm
12. Star anise	2 pcs
13. Cloves	4 pcs
14. Rock sugar	80 gm
15. Water	3 litres
16. Sesame oil	40 ml
17. Chinese rice wine	50 ml

METHOD

1. Rinse the chicken, remove all impurities and pat dry.
2. Rub the chicken with salt, five-spice powder and dark soy sauce and marinate overnight in chiller.
3. Heat up stock pot over medium heat, add in cooking oil and fry garlic, shallots, blue ginger, lemongrass, cinnamon, star anise and cloves till fragrant and add rock sugar.
4. Add water and bring to a boil for 5 minutes.
5. Hold the the chicken by the neck and dip into the braising stock three times.
6. Let the chicken be immersed totally into the braising stock and simmer over low heat for 50 minutes.
7. Add the sesame oil and Chinese wine 5 minutes before the 50 minutes are up.
8. Chop the chicken into bite-sized pieces.



Recipe by:
Mdm Hong Kee Eng,
Villa Francis Home for the Aged

“I created this dish especially for senior clients. Using numerous spices such as five-spice powder, lemongrass, cinnamon, star anise and cloves makes this dish extremely flavourful. Braising the chicken for one hour also makes it soft and tender so the elderly can chew or swallow it easily. As a finishing touch, sesame oil and Chinese wine are added to give a fragrant aroma to this dish.”

Nutrient analysis per serving:

Energy (kcal)	301	Calcium (mg)	39
Total Fat (g)	17	Folate (µg)	22
Sat Fat (g)	4	Iron (mg)	2
Cholesterol (mg)	112		
Carbohydrate (g)	10		
Protein (g)	28		
Dietary Fibre (g)	<1		
Sodium (mg)	1882		



White Fungus with Sweet Potatoes

No. of Servings: **10**
Serving size: **200 ml**

INGREDIENTS

1. Water	3 litres
2. Pandan leaf	10 gm
3. Red date	60 gm
4. Sweet almond nut (南杏仁)	20 gm
5. White fungus, soaked and cut into small pieces	100 gm
6. Sweet potato, cut into small cubes	700 gm
7. Rock sugar	140 gm

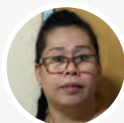
QUANTITY

METHOD

1. Add water in a pot and bring it to a boil.
2. Add in red dates, almond nuts, white fungus and simmer for 1 hour till fungus is softened.
3. Add in sweet potatoes and rock sugar and simmer for another 30 minutes.

Nutrient analysis per serving:

Energy (kcal)	177	Calcium (mg)	48
Total Fat (g)	1	Folate (µg)	13
Sat Fat (g)	<1	Iron (mg)	1
Cholesterol (mg)	0		
Carbohydrate (g)	39		
Protein (g)	3		
Dietary Fibre (g)	9		
Sodium (mg)	14		



Recipe by:
Ms Holly Ong,
United Medicare Centre

“My father, who created this recipe, used to make this dish frequently for my family. Therefore, preparing this dish always brings back many of my childhood memories. The white fungus used in this dessert is beneficial for health and I have further improved the recipe by adding red dates and almond nuts, which help make the dish sweet, colourful and attractive to the elderly.”

FOR SOFT DIET

1. Place the white fungus with sweet potato soup into a food processor and blend till it is smooth.
2. Bring the blended soup back to a boil and serve immediately.



Rainbow Goodness

A taste of Mediterranean sun and the clear blue sea.

- **Puree of Pumpkin, Barley & Mushroom Soup - p84**
- **Quinoa Salad with Avocado & Endives - p86**
- **Steamed Chicken Breast with Spinach Mushroom Stuffing & Roasted Bell Pepper Coulis - p88**
- **Strawberry Sunburst - p90**





Puree of Pumpkin, Barley & Mushroom Soup

No. of Servings: 10

Serving size: 200 ml

INGREDIENTS

QUANTITY REMARKS

For the Puree of Pumpkin Soup

1. Whole pumpkin	400 gm	Washed, skin on, wrapped in aluminium foil
2. Soya bean oil	40 ml	
3. Chicken broth	900 ml	Available in supermarkets
4. Salt	0.5 gm	

For the Vegetables

1. Gingko nut	10 pcs	Whole, pre-cooked and unsweetened
2. Carrot	40 gm	Peeled and cut into 1 cm dice, keep trimmings
3. Pearl barley	40 gm	Washed and boiled in water for 45 minutes or till soft and puffy
4. Shiitake/button mushroom	80 gm	Cut into 1 cm dice
5. White fungus	10 gm	Soaked in warm water for 15 minutes and steamed for 30 minutes till soft, julienned
6. Pumpkin seed, toasted	40 gm	Toasted



Recipe by:
Chef Leons Tan,
Singapore Chefs Association

“The dishes in this menu are designed to have taste, nutritional value and professional appeal and yet be simple enough to be whipped up in a matter of minutes.”

Nutrient analysis per serving:

Energy (kcal)	166	Sodium (mg)	466
Total Fat (g)	10	Calcium (mg)	49
Sat Fat (g)	1	Folate (µg)	20
Cholesterol (mg)	2	Iron (mg)	1
Carbohydrate (g)	16		
Protein (g)	5		
Dietary Fibre (g)	4		



METHOD

Puree of Pumpkin Soup

1. Pre-heat oven to roast the pumpkin at 160°C.
2. Place the pumpkin into the oven and bake for 45 minutes or till very soft.
3. Remove the skin and seeds from the pumpkin.
4. Place the pumpkin flesh into the unsweetened soya bean milk and chicken broth and puree till fine. Add seasoning to taste.

Vegetables

1. Bring a pot of water to a boil with some salt. Have a bowl of water with ice cubes standing by.
2. Cook the ginkgo nuts, carrots, celery and white fungus separately for 2-3 minutes or till soft and soak them in the ice water for 5 minutes.
3. Drain dry and set aside till needed.
4. Add a little soya bean oil into a frying pan and stir-fry the mushrooms quickly. Set them aside till needed.

To serve

1. Place the vegetables in a soup bowl and pour the hot pumpkin soup into the bowl. Garnish with pumpkin seeds and serve immediately.

FOR SOFT DIET

1. Put all the cooked vegetables on a clean cutting board and chop everything except the pumpkin seeds finely.
2. Transfer the chopped ingredients into a mixing bowl and mix them well.
3. Use two large tablespoons to kernel the mixture and form a nice kernel shape.
4. Place this on a soup plate, pour the pumpkin soup into this and serve immediately.

Quinoa Salad with Avocado & Endives

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

INGREDIENTS	QUANTITY	REMARKS
1. Quinoa	80 gm	Rinsed
2. Water	640 ml	To soak quinoa
3. Japanese cucumber	240 gm	Peeled, ends trimmed and cut into 1/4 inch cubes
4. Red onion	120 gm	Peeled, ends trimmed and cut into 1/4 inch cubes
5. Roma tomato	80 gm	Cored, seedless and cut into 1 cm cubes
6. Chervil herb	12 gm	Finely chopped
7. Mint leaf	20 gm	Finely chopped
8. Olive oil	60 ml	
9. Red wine vinegar (optional)	30 ml	
10. Lemon juice	30 ml	
11. Salt	8 gm	
12. Endive	240 gm	Portioned into individual spears
13. Avocado, ripe	240 gm	Peeled, seed removed and diced for garnish
14. Corn kernel	80 gm	

METHOD

1. Bring water to a boil in a large sauce pot. Add the quinoa, stir well and bring to a boil for 11 minutes.
2. Strain the cooked quinoa and rinse well with cold salt water. Rest this for 5 minutes and sieve.
3. Transfer cooked quinoa to a large mixing bowl and add Japanese cucumber, red onions and Roma tomatoes. Mix well.
4. Add in chopped chervil and chopped mint leaves, fold in with olive oil.
5. After mixing well, season dish with red wine vinegar and a little touch of salt and lemon juice to taste.
6. Portion quinoa salad on endives and garnish with avocado and corn kernels.
7. Arrange salad on a nice plate and it is ready to be served.
8. Alternatively, serve in a bowl.



Recipe by:
Chef Kiang Siang Heng,
Singapore Chefs Association

“My grandmother cooked this when I was 12 years old. It inspired me and I remember her whenever I cook this dish.”

Nutrient analysis per serving:

Energy (kcal)	140	Sodium (mg)	333
Total Fat (g)	12	Calcium (mg)	50
Sat Fat (g)	2	Folate (µg)	62
Cholesterol (mg)	0	Iron (mg)	2
Carbohydrate (g)	6		
Protein (g)	2		
Dietary Fibre (g)	3		



Steamed Chicken Breast with Spinach Mushroom Stuffing & Roasted Bell Pepper Coulis

No. of Servings: 10

Serving size: 200 gm

INGREDIENTS	QUANTITY	REMARKS
1. Spring chicken breast (150 gm each)	1.5 kg	Boneless and butterflied
2. Salt	25 gm	
3. Spinach "poh choy"	500 gm	Peeled, ends trimmed and chopped
4. Garlic	75 gm	Peeled, ends trimmed and chopped
5. Olive oil	175 ml	
6. Thyme	25 gm	Finely chopped
7. Chinese mushroom	125 gm	Peeled, ends trimmed and chopped, 1/4 inch cubes
8. Tenggiri fish fillet	175 gm	Finely chopped to make paste
9. Vermicelli	100 gm	Rinsed and soaked
10. Water	200 ml	
11. Red bell pepper	400 gm	Roasted, skin peeled and finely blended to a puree
12. Local potato	250 gm	Roasted, skin peeled and finely blended to a puree
13. Black peppercorn	10 gm	
14. Chicken stock	250 ml	For sauce
15. Celery	5 gm	Peeled and for garnish
16. Edible flower and Shiso purple cress (optional)	5 gm	Peeled and for garnish



Recipe by:

Chef Kiang Siang Heng,
Singapore Chefs Association

“My first Executive Chef gave me the opportunity to prepare this chicken dish for the bodybuilders when I was a trainee at the South East Asia (SEA) Games 1992 hosted in Singapore. My family and I love this dish and we often have it up to this day.”

Nutrient analysis per serving:

Energy (kcal)	443
Total Fat (g)	24
Sat Fat (g)	5
Cholesterol (mg)	96
Carbohydrate (g)	12
Protein (g)	42
Dietary Fibre (g)	7
Sodium (mg)	1062
Calcium (mg)	92
Folate (µg)	78
Iron (mg)	5



METHOD

1. Bring water to a boil in a large sauce pot. Add the spinach, stir well and bring it to a boil for 2 minutes. Rinse with cold water and sieve.
2. Stir-fry lightly with olive oil, garlic and season with salt and pepper. Set aside.
3. Trim and butterfly spring chicken breasts, pat them lightly and season with salt, thyme and pepper.
4. Using a bowl, mix in mushroom, tenggiri fish paste, cooked spinach and vermicelli. Stir it well, stuff the mixture into each spring chicken breast and roll it into roulard.
5. Wrap the dish to a thickness of about 55mm with cling film and silver foil, steam for 8 minutes till cooked. Set aside when cooked.
6. To make the sauce, roast potatoes and red bell peppers for 10 minutes, peel the skin, and blend both with stock into a puree. Use a saucepan to bring mixture to a boil.
7. Season to taste with salt and peppercorn, cut chicken roulard into portions of 12mm thickness, drizzle with roasted red bell pepper sauce.
8. Arrange pieces on a nice plate, garnish with celery, edible flowers, Shiso purple cress. It is ready-to-serve.

FOR SOFT DIET

1. Remove the skin of the cooked steamed chicken roll and chop this finely on a clean cutting board.
2. Place the finely chopped stuffed steamed chicken into a heart shape mould and transfer to a serving plate.
3. Serve the roasted bell pepper coulis along the side of the chopped chicken and garnish with spring onions. Serve immediately.

Strawberry Sunburst

No. of Servings: 10

Serving size: 150 gm

INGREDIENTS

For the Strawberry sauce

1. Strawberry, pureed
2. Sugar

For the Almond cream

- | | |
|-----------------------|--------|
| 1. Ground almond | 228 gm |
| 2. Icing sugar | 200 gm |
| 3. Cake flour, sieved | 60 gm |
| 4. Salt | 6 gm |
| 5. Butter | 114 gm |
| 6. Egg | 4 |
| 7. Zest from orange | 2 |

For the Topping

- | | |
|-----------------------|--------|
| 1. Strawberry, sliced | 700 gm |
| 2. Icing sugar | 100 gm |
| 3. Vanilla ice cream | 200 gm |
| 4. Mint sprig | 2 gm |

QUANTITY

METHOD

Strawberry sauce

1. Mix strawberry puree with sugar, bring it to a boil and cool off, set aside for later use.

Almond cream

1. Mix all ingredients well and fill the mixture in a piping bag. Set this aside for later use.

Topping

1. Slice all strawberries into even slices and set aside for later use.

To Assemble

1. Pipe almond cream onto the centre of the plate.
2. Arrange sliced strawberries neatly on top of almond cream.
3. Sprinkle icing sugar over this lightly.
4. Drizzle strawberry coulis over it and top with a scoop of vanilla ice cream.
5. Serve immediately.

FOR SOFT DIET

1. Place the strawberries into a food processor and blend till this is a fine puree.
2. Place the almond cream in a nice bowl and pour the strawberry puree over this.
3. Top with vanilla ice cream.



Recipe by:
Chef Kong Kok Kiang,
 Singapore Chefs Association

“This was the first dessert I learned at the Raffles Grill in Raffles Hotel during my internship there in 1993.”

Nutrient analysis per serving:

Energy (kcal)	456	Calcium (mg)	91
Total Fat (g)	26	Folate (µg)	98
Sat Fat (g)	9	Iron (mg)	2
Cholesterol (mg)	117		
Carbohydrate (g)	45		
Protein (g)	10		
Dietary Fibre (g)	3		
Sodium (mg)	277		

Flavours in Harmony

A combination of culinary traditions from the Singapore Chefs Association (SCA).

- **Seafood Bouillabaisse Soup - p94**
- **Fresh Shiitake Mushroom with Summer Vegetable Tartare - p96**
- **Pan-seared Salmon with Steamed Brown Rice and Raisins - p98**
- **Banana Sago Gula Melaka - p100**





Seafood Bouillabaisse Soup

No. of Servings: **10**
Serving size: **200 ml**

INGREDIENTS

For the Bouillabaisse Soup

	QUANTITY
1. Red snapper	1 kg
2. Flower crab	500 gm
3. Fish stock	2 litres
4. Fennel, sliced	300 gm
5. Fennel seed	2 gm
6. Onion, sliced	300 gm
7. Celery, sliced	300 gm
8. Leek, sliced	200gm
9. Ripe tomato, chopped	400 gm
10. Garlic	30 gm
11. Bay leaf	2 pcs
12. White peppercorn	2 gm
13. Orange, peeled	1
14. Thyme	5 gm
15. Basil leaf	5 gm
16. Tomato paste	100 gm
17. Clam juice	500 ml
18. Cayenne pepper	20 gm
19. White wine (optional)	200 ml
20. Olive oil	100 ml
21. Rice	100 gm

For the Seafood

1. Prawn, shelled	300 gm
2. Snapper, sliced	300 gm
3. Salt and pepper	5 gm

METHOD

Bouillabaisse Soup

1. Pan fry the red snapper with olive oil until golden brown. Add in the flower crab and sauté for about 5 minutes.
2. Combine all the vegetables, herbs, spices and sauté for another 10 minutes until all the vegetables are tender.
3. Add in the tomato paste and sauté until the paste turns dark red and releases its oil.
4. Add in the white wine and reduce the mixture till dry. Pour in fish stock and bring to a boil.
5. Add in the rice and simmer for 1 hour.
6. Blend all the ingredients with the stock in a food processor and strain.
7. Bring the bouillabaisse to a boil and it is ready to be served.

Seafood

1. Season all the seafood with salt and pepper.
2. Place the seafood into the bouillabaisse, bring to a boil and simmer for about 1 minute or until the seafood is just cooked and tender.

To Assemble

1. Remove the seafood from the pot and arrange them on a soup plate.
2. Pour the bouillabaisse soup into the soup plate.

FOR SOFT DIET

1. Chop all the seafood finely on a clean cutting board and place it on a soup spoon.
2. Heat up the soup then pour into a soup plate. Place the soup spoon with the finely chopped seafood onto the soup and it is ready to be served.



Recipe by:
Chef Louis Tay,
 Singapore Chefs Association

“I first learned how to cook bouillabaisse from my chef de cuisine at Raffles Hotel in 1991. I had not previously come across this beautiful soup using different kinds of fish, seafood and vegetables. It took me a while to master the method to perfect the dish, which was one of the most popular dishes at the time. I remember preparing almost 100 litres of it per week.”

Nutrient analysis per serving:

Nutrient analysis per serving:		Protein (g)	56
Energy (kcal)	577	Dietary Fibre (g)	6
Total Fat (g)	20	Sodium (mg)	1784
Sat Fat (g)	6	Calcium (mg)	344
Cholesterol (mg)	224	Folate (µg)	58
Carbohydrate (g)	21	Iron (mg)	4

Fresh Shiitake Mushroom with Summer Vegetable Tartare

No. of Servings: 10

Serving size: 100 gm

INGREDIENTS

For the Tartare Sauce

	QUANTITY
1. Dijon mustard	20 gm
2. Cayenne spice	5 gm
3. Worcestershire sauce	20 gm
4. Capers, chopped	20 gm
5. Gherkin (菜心), chopped	40 gm
6. Extra virgin olive oil	60 ml
7. Salt	to taste
8. Pepper	to taste

For the Vegetable Tartare

1. Shiitake mushroom	440 gm
2. Carrot, peeled and diced	160 gm
3. Yellow bell pepper	120 gm
4. Tomato, peeled, deseeded and chopped	2
5. Garlic, peeled and finely chopped	20 gm
6. Basil, roughly chopped	60 gm

Nutrient analysis per serving:

Nutrient analysis per serving:		Sodium (mg)	248
Energy (kcal)	110	Calcium (mg)	56
Total Fat (g)	7	Folate (µg)	47
Sat Fat (g)	1	Iron (mg)	1
Cholesterol (mg)	0		
Carbohydrate (g)	11		
Protein (g)	3		
Dietary Fibre (g)	4		



Recipe by:
Chef Derek Ang,
Singapore Chefs Association

“The dishes in this menu can be easily prepared quickly. They are not complicated, but taste professionally prepared and appealing.”

METHOD

Tartare Sauce

1. Place the Dijon mustard, cayenne spice, Worcestershire sauce, capers and gherkins in a mixing bowl.
2. Add in the extra virgin olive oil and mix the contents with a spoon.
3. Set aside.

Vegetable Tartare

1. Discard the stalks of the shiitake mushrooms. Keep aside 8 large shiitake and dice the remaining ones.
2. Pour about 300ml of water into a small pot and add a large pinch of salt and bring the water to a boil.
3. Add in the carrots and blanch them for 1 minute, then add in the yellow bell peppers and the rest of the diced shiitake mushrooms.
4. Cover the pan for 2 minutes, then pour the vegetables into the sieve and drain them thoroughly.
5. Leave them to cool.
6. When cold, add the tartare sauce to the vegetables and mix well. Add in the chopped garlic and basil.
7. Add salt & pepper to taste and set aside.
8. Before serving, heat up the olive oil in a non-stick pan and fry 8 whole shiitake mushrooms for 2 minutes on one side then turn them over to cook for another 1 minute.
9. Leave the shiitake mushrooms to cool.
10. Spoon the vegetables tartare on top of the cooked shiitake mushrooms, shaping each individually.
11. Garnish with chopped tomatoes. For the leftover vegetables and tomatoes, scatter them over the plate.
12. Serve at room temperature.



Pan-seared Salmon with Steamed Brown Rice and Raisins

No. of Servings: 10

Serving size: 220 gm

INGREDIENTS

For the Salmon

1. Salmon fillet	1 kg	
2. Salt	10 gm	
3. White pepper powder	10 gm	

For the Vegetables

1. Broccoli	80 gm	Cut, trimmed and blanched
2. Cauliflower	80 gm	Cut, trimmed and blanched
3. Young corn	80 gm	Cut, trimmed and blanched
4. Cooking oil	2 tbsp	
5. Garlic, chopped	1 tsp	
6. Salt and pepper		

For the Brown Rice

1. Brown rice	250 gm	Soaked for 1 hour
2. Water	350 ml	
3. Raisin - black and golden	100 gm	

For the Garlic and Ginger Soya Sauce

1. Garlic	50 gm
2. Ginger	50 gm
3. Soy sauce	50 ml
4. Sugar	30 gm
5. Cornstarch	25 gm



Recipe by:
Chef Heman Tan,
Singapore Chefs Association

“When I was a boy, my mother used to pan fry fish fillet and serve it with a bowl of rice. I learned to cook it as I grew older and now I have modified the recipe to feature salmon fillet, served with brown rice with raisins and nuts.”

QUANTITY REMARKS

METHOD

Sliced Salmon

1. Cut salmon into portions of 100gm each.
2. Pan sear salmon till the skin is crispy and cooked.

Vegetables

1. Blanch all vegetables separately in boiling water with salt added. Set aside.
2. Heat wok up with oil using high heat and fry the garlic for 30 seconds without letting it get overburnt.
3. Add all the vegetables in and toss quickly, then season with salt and pepper.

Brown Rice

1. Wash and drain the brown rice.
2. Add in water and raisins then cook in rice cooker.

Garlic and Ginger Soya Sauce

1. Chop the garlic and ginger.
2. Sauté garlic and ginger, add in soy sauce and sugar, thicken with cornstarch.

To Assemble

1. Place the cooked brown rice as base.
2. Place salmon over the brown rice with the skin side up. Arrange vegetables around the salmon with the sauce served separately.

Nutrient analysis per serving:

Energy (kcal)	324	Calcium (mg)	25
Total Fat (g)	11	Folate (µg)	28
Sat Fat (g)	3	Iron (mg)	2
Cholesterol (mg)	61		
Carbohydrate (g)	29		
Protein (g)	26		
Dietary Fibre (g)	4		
Sodium (mg)	697		



Banana Sago Gula Melaka

No. of Servings: 10

Serving size: 120 gm

INGREDIENTS

	QUANTITY
1. Mini sago pearl	75 gm
2. Banana, sliced	800 gm
3. Gula melaka	125 gm
4. Coconut cream	100 gm
5. Vanilla ice cream	200 gm

Coconut cream can be replaced with evaporated milk.

METHOD

To Assemble

1. In a large pot, bring water to a boil and cook sago pearls till transparent. Rinse with cold water and drain, set aside.
2. Melt gula melaka with a few tablespoons of water into syrup and bring to a boil. Add the sliced bananas and simmer for 3 minutes.
3. Divide sago and bananas into 10 portions. Spoon some coconut milk over each portion. Top with a scoop of vanilla ice cream and serve.



Recipe by:
Chef Eric Low,
Singapore Chefs Association

“This is a nostalgic recipe of simple flavours with great taste using local ingredients. Simple and easy to prepare, it is a heritage dessert from Peranakan cuisine. Gula melaka is a palm sugar indigenous to this region and its aroma cannot be substituted easily with other types of sugar.”

Nutrient analysis per serving:

Energy (kcal)	167	Calcium (mg)	24
Total Fat (g)	4	Folate (µg)	28
Sat Fat (g)	3	Iron (mg)	<1
Cholesterol (mg)	7		
Carbohydrate (g)	31		
Protein (g)	2		
Dietary Fibre (g)	2		
Sodium (mg)	15		



Tan-thai-lising Flavours

Zesty Thai dishes with a local twist.

- **Roasted Fish & Garlic Soup - p104**
- **Wrapped Lettuce with Curry Potato & Chicken - p106**
- **Thai Pineapple Fried Rice - p108**
- **Pandan Soya Pudding - p110**





Roasted Fish & Garlic Soup

No. of Servings: 10
Serving size: 200 ml

INGREDIENTS

For the Sliced Fish

	QUANTITY	REMARKS
1. Fresh snapper fish, whole	280 gm	Fillet, sliced, with skin on. Retain bones.
2. Less-salt soy sauce	40 ml	
3. White pepper powder	0.5 gm	
4. Sesame oil	2 ml	
5. Spring onion	40 gm	Washed and roots trimmed
6. Young ginger	10 gm	Peeled and julienned

For the Vegetables

1. Spring onion	40 gm	Rinsed and sliced
2. Carrot	40 gm	Peeled and cut into 1cm dices, keep trimmings
3. Celery	40 gm	Peeled and cut into 1cm dices, keep trimmings
4. Pearl barley	40 gm	Washed and boiled in water for 45 minutes or till soft and puffy
5. Black fungus	20 gm	Soaked in warm water for 15 minutes and steamed for 1/2 hour till soft, julienned

For the Fish Soup

1. Bones from filleted fish	From above	Gutted, washed, cleaned and chopped into 2-3 inch pieces
2. Spring onion	40 gm	Washed and kept whole
3. Carrot trimming	From above	
4. Celery trimming	From above	
5. Leek trimming	From above	
6. Soya bean cooking oil	120 ml	
7. White peppercorn	1 gm	Crushed
8. Chicken broth	900 ml	
9. Young ginger	80 gm	Peeled and crushed
10. Unsweetened soya bean milk	900 ml	

For the Roasted Garlic

1. Whole garlic	70 gm	Peeled and crushed
2. Soya bean oil	20 ml	



Recipe by:
Chef Leons Tan,
Singapore Chefs Association

“Fish is a good source of high quality protein, but some do not include it in their protein diet because of its strong fishy smell. The garlic component of this soup has cardiovascular benefits while also neutralising the taste of fish.”

Nutrient analysis per serving:

Energy (kcal)	247
Total Fat (g)	18
Sat Fat (g)	3
Cholesterol (mg)	21
Carbohydrate (g)	13
Protein (g)	10
Dietary Fibre (g)	4
Sodium (mg)	660
Calcium (mg)	52
Folate (µg)	9
Iron (mg)	1



METHOD

Sliced Fish

1. Marinate the sliced fish with all the ingredients for 30 minutes.
2. Set aside in the refrigerator.

Vegetables

1. Bring a pot of water to boil with some salt, keep a bowl of water with ice cubes standing by.
2. Blanch the spring onions, carrots, celery, vegetables separately for 2-3 minutes or till soft. Soak in the ice water for 5 minutes.
3. Drain and set aside for later use.

Fish Soup

1. Add half the quantity of the soya bean oil in a stock pot and heat till it smokes.
2. Add the fish bones in and fry on all sides till light golden brown and fragrant. Add some liquid to deglaze the bones if they stick to the bottom of the pot.
3. Add all the vegetables and remaining soya bean oil, mix well. Bring to a boil for 10 minutes.
4. Add the chicken stock and unsweetened soy bean milk and simmer for 30 minutes.
5. Strain and adjust seasoning if need be.

Roasted Garlic

1. Combine the soya bean oil with the crushed whole garlicks, place onto a baking tray and roast at 180°C in the oven for 15 minutes or till golden brown and soft.
2. Set aside till needed.

To Assemble

1. Combine the roasted garlic and fish soup and puree till fine. Taste, add salt if need be.
2. Remove all the marination ingredients from the sliced fish and pour in the pureed fish garlic soup and simmer.
3. Portion and garnish the soup with all the pre-cooked vegetables as shown on photo.



FOR SOFT DIET

1. Chop the cooked sliced fish finely and set aside for later use. Repeat this process to the black fungus, barley, celery and carrots.
2. Use a rectangular mould and place it in the centre of the soup bowl. Put the chopped fish into the mould then follow with the black fungus.
3. Add in the barley, celery and top with carrots. Pour the soup into the bowl carefully and serve the dish immediately.

Wrapped Lettuce with Curry Potato & Chicken

No. of Servings: 10

Serving size: 150 gm

INGREDIENTS

	QUANTITY
1. Potato, steamed, skin peeled and diced, mashed	300 gm
2. Chicken breast, minced	180 gm
3. Ginger, peeled and finely chopped	25 gm
4. White onion, roughly chopped	75 gm
5. Curry powder for meat	65 gm
6. Cream	60 ml
7. Carrot, peeled and diced	120 gm
8. Green pea	90 gm
9. Fresh tomato, skinned, diced and de-seeded	2
10. Corn oil	45 ml
11. Green chilli, finely chopped	25 gm
12. Butter lettuce, washed and peeled in pieces	240 gm
13. Salt	to taste
14. Pepper	to taste

Nutrient analysis per serving:

Energy (kcal)	142	Calcium (mg)	55
Total Fat (g)	7	Folate (µg)	21
Sat Fat (g)	2	Iron (mg)	3
Cholesterol (mg)	14		
Carbohydrate (g)	10		
Protein (g)	7		
Dietary Fibre (g)	4		
Sodium (mg)	103		



Recipe by:
Chef Derek Ang,
Singapore Chefs Association

“This dish is one of my late grandfather’s favourites. I used to prepare it for him on special occasions such as his birthday or for our monthly family gatherings.”

METHOD

Lettuce Wrap

1. Peel lettuce in pieces, wash with water and set aside.
2. Wash lettuce stems and slice them thinly for garnishing.
3. Set aside.

Curry Potato & Chicken

1. Wash potatoes and steam them for 15 minutes till cooked, set aside, and peel them when cool, then crush them coarsely.
2. Blanch carrots for 5 minutes in boiling water and soak them in ice water to stop the cooking process.
3. Heat up a pot with corn oil over medium heat. Sauté onions and ginger for 2 minutes until fragrant.
4. Add in minced chicken and curry powder, fry for another 2 minutes till chicken is cooked.
5. Add in diced tomatoes evenly and add in the green peas, carrots, crushed potatoes. Fold mixture evenly.
6. Add salt and pepper to taste. Mix well, fold in the cream and set aside.
7. To serve, place curry potatoes and chicken on top of butter lettuce.
8. Garnish with leftover onions, lettuce stems, green chillies and tomatoes. Place them on a plate nicely.
9. Serve at room temperature.

FOR SOFT DIET

1. Place the cooked curry potato chicken and the lettuce on a clean cutting board and chop finely.
2. Portion the mixture into 15 - 20gm sized helpings and roll each into a ball with clean hands.
3. Place the curry chicken balls on a plate and serve immediately.



Thai Pineapple Fried Rice

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

	QUANTITY	REMARKS
1. Garlic, minced	15 gm	
2. Black Tiger shrimp, peeled and deveined	450 gm	Can be replaced with chicken meat
3. Carrot, diced	150 gm	
4. Onion, diced	150 gm	
5. Whole egg, beaten	5	
6. Jasmine rice, cooked	900 gm	
7. Curry powder	30 gm	
8. Chilli padi, sliced	5 pcs	
9. Butter	30 gm	
10. Salt	15 gm	
11. Sugar	15 gm	
12. White pepper	7 gm	
13. Green pea	90 gm	
14. Raisin	75 gm	
15. Soy sauce	60 ml	
16. Pineapple, whole	1	Cut in half with flesh removed
17. Pineapple flesh cut into dice and added into fried rice		

METHOD

1. Heat up a wok over medium heat with oil and fry garlic till golden brown. Add the shrimps and cook for 3 more minutes, stirring occasionally. Follow with carrots and onions, stir-fry for 2 minutes.
2. Add in beaten egg and stir-fry for 30 seconds. Add cooked rice, butter, salt, sugar, white pepper, sweet peas, raisins, soy sauce and fresh pineapple, chilli padi and curry powder and stir well.
3. Transfer the rice into the hollowed-out pineapple halves and serve immediately.



Recipe by:
Chef Eric Neo,
Singapore Chefs Association

“This was the first wok-fried dish I learned during my apprenticeship.”

Nutrient analysis per serving:

Energy (kcal)	398	Calcium (mg)	111
Total Fat (g)	17	Folate (µg)	31
Sat Fat (g)	5	Iron (mg)	4
Cholesterol (mg)	161		
Carbohydrate (g)	40		
Protein (g)	18		
Dietary Fibre (g)	5		
Sodium (mg)	1052		



Pandan Soya Pudding

No. of Servings: 10

Serving size: 100 gm

INGREDIENTS

	QUANTITY
1. Soya milk (unsweetened)	400 ml
2. Milk	600 ml
3. Sugar	80 gm
4. Agar agar	2 gm
5. Coffee-mate	100 gm
6. Pandan leaf	20 gm

Garnish

1. Strawberry, sliced
2. Icing sugar

METHOD

1. Bring the pandan leaves, milk, soya milk and half of the sugar to a boil.
2. After the mixture boils, add in the sugar, agar agar and Coffee-mate and boil again.
3. Strain mixture with a fine strainer.
4. Pour mixture into moulds/cups and allow to set overnight in the fridge.
5. This dessert can be served with a scoop of vanilla ice cream and red beans.



Recipe by:
Chef Kong Kok Kiang,
Singapore Chefs Association

“When I was a kid, my neighbour had a soya bean drink stall and as he always had plenty of this left over, he gave some to us. My mother therefore used it to make soya bean agar agar for us. When I learned to cook, I changed the agar agar texture to a softer one and added the pandan flavour into the pudding.”

Nutrient analysis per serving:

Energy (kcal)	102	Calcium (mg)	67
Total Fat (g)	4	Folate (µg)	9
Sat Fat (g)	1	Iron (mg)	<1
Cholesterol (mg)	7		
Carbohydrate (g)	15		
Protein (g)	3		
Dietary Fibre (g)	<1		
Sodium (mg)	58		



East Meets West

Tasty recipes that marry the best of Western and Chinese cuisines.

- **Fresh Tomato Soup with Silken Tofu - p114**
- **Oven-roasted Chicken Breast coated with Pistachio Nuts - p116**
- **Fragrant Yam Rice - p118**
- **Sweet Broth of Wild Yam and Quail Eggs - p120**





Fresh Tomato Soup with Silken Tofu

No. of Servings: 10
Serving size: 200 ml

INGREDIENTS

For the Tomato Soup

	QUANTITY	REMARKS
1. Fresh red tomato	1 kg	Roughly chopped
2. Onion	200 gm	Peeled and chopped
3. Garlic	40 gm	Peeled and chopped
4. Tomato paste	60 gm	
5. Chicken stock	2 litres	Heated
6. Fresh oregano leaf	10 gm	
7. Fresh basil leaf	10 gm	Sliced
8. Extra virgin olive oil	40 ml	
9. Salt and pepper	to taste	
10. Fresh cream	600 ml	
11. Silken tofu	2 pkts	

For the Red Cherry Tomatoes

1. Red cherry tomato	100 gm
2. Extra virgin olive oil	20 ml

Garnish

1. Parsley	10 sprigs
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Nutrient analysis per serving:

Energy (kcal)	156	Dietary Fibre (g)	4
Total Fat (g)	8	Sodium (mg)	1219
Sat Fat (g)	2	Calcium (mg)	54
Cholesterol (mg)	25	Folate (µg)	31
Carbohydrate (g)	7	Iron (mg)	2
Protein (g)	12		



Recipe by:
Chef Louis Tay,
Singapore Chefs Association

“I chose this special San Marzano tomato to make this soup because the flesh is much thicker, it has fewer seeds, and the taste is stronger, sweeter and less acidic.”

METHOD

Tomato Soup

1. Sweat the onion and garlic with olive oil till soft and fragrant in a soup pan.
2. Add in tomato paste and stir for 2 minutes until the paste turns dark red and oil is released.
3. Add in the tomato chunks and continue to cook for 3 minutes.
4. Add in the heated chicken stock and herbs.
5. Simmer for half an hour, check seasoning, then blend into puree in a blender. Add fresh cream then bring to a boil.

Red Cherry Tomatoes

1. Season the red cherry tomatoes with olive oil, salt and pepper.
2. Bake in the pre-heated oven at 120°C for about 10 minutes.

To Assemble

1. Place silken tofu in the middle of a soup plate.
2. Ladle the tomato soup over the silken tofu and garnish with parsley and a red cherry tomato.

FOR SOFT DIET

1. Place two round moulds onto a soup plate, with the smaller mould sitting inside the bigger one.
2. Finely chop the silken tofu and fill it into the larger mould. Do the same for the cherry tomatoes and fill it into the smaller mould.
3. Carefully remove the moulds and slowly pour the tomato soup into the soup plate. It is ready to be served.



Oven-roasted Chicken Breast coated with Pistachio Nuts

No. of Servings: 10

Serving size: 230 gm

INGREDIENTS

For the Chicken Breast

	QUANTITY
1. Chicken Breast (Butterfly the pieces of chicken breast and de-skin them)	900 gm
2. Salt	25 gm
3. White pepper powder	25 gm
4. Sesame oil	5 ml

For the Vegetables (Cut into small pieces and blanch)

1. Broccoli	80 gm
2. Carrot	80 gm
3. Cauliflower	80 gm
4. Young corn	80 gm

For the Idaho Mashed Potatoes

1. Idaho potato	900 gm
2. Cream	300 ml
3. Salt	to taste
4. Pepper	to taste

For the Pistachio Nuts

1. Pistachio nut, finely chopped	200 gm
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For the Yogurt Sauce

1. Cucumber, grated	1
2. Yogurt, mango flavour	400 gm
3. White onion, chopped	2

METHOD

Chicken Breast

1. Season the pieces of chicken breast with salt, white pepper powder and sesame oil.
2. Wrap each chicken breast in food grade aluminium foil and oven bake for 12 minutes at 170°C.

Vegetables

1. Bring a pot of water with some salt to a boil. Stand by with a bowl of ice water.
2. Cook the vegetables separately for 2-3 minutes or till soft, soak in the ice water for 5 minutes.
3. Drain and set aside for later use.

Mashed Potatoes

1. Boil the potatoes till soft and then mash them.
2. Add salt and pepper to the cream and boil.
3. Add mashed potatoes to cream and mix well.

Pistachio Nuts

1. Chop pistachio nuts finely.

Yogurt Sauce

1. Place all the ingredients in a large bowl and mix well. Keep chilled.

To Assemble

1. Brush the surface of each chicken breast with yogurt sauce, then coat with pistachio nuts.
2. Place a tablespoon of mashed potatoes beside each chicken breast.
3. Arrange the seasonal vegetables next to them then pour in the yogurt sauce.



Recipe by:
Chef Heman Tan,
Singapore Chefs Association

“This is an all-festival dish in my family and we normally roast the whole chicken. For this menu, I am cooking a healthy version using chicken breasts, oven roasted and coated with mustard and crushed pistachio nuts, plus creamy mashed potatoes, beetroot and other vegetables.”

Nutrient analysis per serving:

Energy (kcal)	390
Total Fat (g)	24
Sat Fat (g)	9
Cholesterol (mg)	77
Carbohydrate (g)	17
Protein (g)	24
Dietary Fibre (g)	6
Sodium (mg)	1092
Calcium (mg)	63
Folate (µg)	47
Iron (mg)	2

Fragrant Yam Rice

No. of Servings: 10

Serving size: 180 gm

INGREDIENTS

	QUANTITY
1. Long grain rice, uncooked, washed and water rinsed	1.2 kg
2. Yam, peeled and cubed	400 gm
3. Dried shrimp, soaked	40 gm
4. Chicken, diced	200 gm
5. Water	1.6 litres
6. Salt	to taste
7. Pepper	to taste
8. Light soy sauce	60 ml
9. Dark soy sauce	30 ml
10. Sesame oil	10 ml

Sambal Belachan (optional)

1. Dried shrimp paste	120 gm
2. Cooking oil	50 ml
3. Red chilli	400 gm
4. Kaffir lime leaf	8 pcs
5. Sugar	20 gm

METHOD

1. Heat up wok with a little oil and fry yam cubes on high heat for roughly 5 minutes till they are just about cooked.
2. Using the remaining oil in the wok, stir-fry dried shrimps on medium low heat till fragrant for about 2-3 minutes.
3. Return the cooked yam to wok and add rice, chicken dice and ground white pepper. Stir well for 1-2 minutes till all the ingredients are well mixed.
4. Transfer to a rice cooker and add in water and seasonings. Stir to make sure that the seasonings are well mixed.
5. Cook for about 40 minutes and serve immediately.

Sambal Belachan

1. Blend dried shrimp paste, cooking oil, red chillies, kaffir lime leaves and sugar in a bar blender.
2. Cook mixture in a pot over low fire till fragrant.
3. Serve it with rice.

Note: Yam can be replaced with potatoes, same method.



Recipe by:
Chef Eric Neo,
Singapore Chefs Association

“A dish that I grew up eating as my grandma cooked this every weekend.”

Nutrient analysis per serving:

Energy (kcal)	506	Calcium (mg)	57
Total Fat (g)	9	Folate (µg)	39
Sat Fat (g)	1	Iron (mg)	3
Cholesterol (mg)	19		
Carbohydrate (g)	91		
Protein (g)	13		
Dietary Fibre (g)	4		
Sodium (mg)	1680		



Sweet Broth of Wild Yam and Quail Eggs

No. of Servings: 10
Serving size: 200 ml

INGREDIENTS

	QUANTITY	REMARKS
1. Fresh Chinese wild yam (淮山)	350 gm	Peeled, sliced and soaked in water
2. Dried persimmon, sliced	100 gm	
3. Red date	75 gm	
4. Dried lily bulb	75 gm	
5. Ginkgo nut (canned)	100 gm	
6. Quail egg, hard boiled, peeled	20	

For the Sweet Broth

1. Water	2.5 litres
2. Old ginger juice	50 ml
3. Rock sugar	150 gm

Nutrient analysis per serving:

Energy (kcal)	127	Calcium (mg)	15
Total Fat (g)	2	Folate (µg)	14
Sat Fat (g)	1	Iron (mg)	<1
Cholesterol (mg)	77		
Carbohydrate (g)	24		
Protein (g)	3		
Dietary Fibre (g)	2		
Sodium (mg)	42		



Recipe by:
Chef Eric Low,
Singapore Chefs Association

“It is one of many types of Teochew sweet broths although we primarily have only one type in Singapore. This is a ginger-flavoured one, a recipe my grandfather left that shows the use of savoury ingredients such as quail eggs in desserts — a unique characteristic of our heritage cuisine.”

METHOD

- To prepare sweet broth – In a large pot, bring water to boil and add ginger juice and rock sugar. Simmer for 30 minutes.
- Place dried lily bulbs and red dates into the broth and simmer for another 15 minutes.
- Add in the rest of the ingredients when red dates and lily bulbs have softened and cook for another 10 minutes. Serve hot.

FOR SOFT DIET

- Separate the ingredients from the sweet broth.
- Keep the sweet broth warm in a soup pot.
- On a clean cutting board, chop each ingredient separately and place them nicely in a soup plate or bowl.
- Pour the warm broth into the soup plate or bowl and serve immediately.
- Alternatively, this dish may be pureed in a food processor till smooth.

FOR STRICTER SOFT DIET

- Put all the ingredients into the food processor and blend till smooth.



Celebrity Best

Dishes created with heart by famous Singaporean chefs.

- **Mulligatawny Soup - p124**
- **Meen Polichathu (Fish in Banana Leaf) - p126**
- **Mackerel stuffed with Sambal Grated Coconut - p128**
- **Tang Yuan (Glutinous Rice Ball Soup) - p130**





Mulligatawny Soup

No. of Servings: **10**
Serving size: **250 ml**

INGREDIENTS

1. Cooking oil	60 ml
2. Ginger, finely chopped	30 gm
3. Garlic, finely chopped	30 gm
4. Onion, finely sliced	300 gm
5. Bay leaf	6 pcs
6. Chickpea flour	90 gm
7. Meat curry powder	60 gm
8. Ground turmeric	7 gm
9. Ground white pepper	7 gm
10. Light soy sauce	60 ml
11. Chicken stock cube	6
12. Green apple, skinned and cubed	3
13. Tomato, chopped	6
14. Water	3 litres
15. Boneless chicken breast	900 gm

Garnish

1. Spring onion, sliced	20 gm
2. Coriander leaf, chopped	20 gm

QUANTITY

METHOD

1. Heat oil in a pan and add ginger, garlic and onions.
2. Add bay leaves, chickpea flour, meat curry powder, turmeric, pepper, soy sauce, chicken stock cubes, green apples and tomatoes.
3. Let soup simmer, then add chicken. Cover pot with a lid and cook for 15 minutes.
4. Remove chicken from pot and leave it aside to cool slightly before shredding.
5. When the apples start to soften in the soup, return shredded chicken to pot and boil for another 5 minutes before removing soup from heat.
6. Dish out and garnish with spring onion and coriander. Serve hot.



Recipe by:
Chef Quentin Pereira

“As a child, I remember this soup being served for supper after midnight Mass every Christmas or New Year’s Eve. The whole family would gather at my parents’ home for a feast. My father would prepare this soup on such occasions and till today, when he prepares it – is very much nostalgic. A mild curried soup or it can live up to its name of ‘pepper water’.”

Nutrient analysis per serving:

Energy (kcal)	273	Calcium (mg)	74
Total Fat (g)	11	Folate (µg)	58
Sat Fat (g)	2	Iron (mg)	4
Cholesterol (mg)	50		
Carbohydrate (g)	16		
Protein (g)	25		
Dietary Fibre (g)	7		
Sodium (mg)	887		



Meen Polichathu (Fish in Banana Leaf)

No. of Servings: 10

Serving size: 200 gm

INGREDIENTS

	QUANTITY
1. Shallot, peeled	450 gm
2. Ginger-garlic paste	60 gm
3. Coconut cream	300 ml
4. Cooking oil or canola oil	60 ml
5. Cardamom	7 pcs
6. Fennel seeds, coarsely pounded	7 gm
7. Shallot, peeled and sliced	225 gm
8. Curry leaf	10 sprigs
9. Turmeric powder	7 gm
10. Black peppercorn, coarsely pounded	7 gm
11. Water	300 ml
12. Salt	7 gm
13. Sugar	15 gm
14. Black pomfret fillet (150gm each)	10 pcs
15. Lime juice	45 ml
16. Banana leaf (30cm x 50cm), washed and wiped dry	2 pcs

Nutrient analysis per serving:

Energy (kcal)	313	Sodium (mg)	446
Total Fat (g)	16	Calcium (mg)	185
Sat Fat (g)	7	Folate (µg)	44
Cholesterol (mg)	82	Iron (mg)	4
Carbohydrate (g)	8		
Protein (g)	31		
Dietary Fibre (g)	6		



Recipe by:
Chef Devagi Sanmugam

“I love this traditional coastal dish. It reminds me of my stay in a boat house in Kerala many years ago. I watched the cook grinding the spices in a stone grinder and then he cooked the spices in a clay pot over a firewood stove. The smell was just incredible, especially when the banana leaves got burnt and a bit of the liquid from the fish dropped on the burning firewood and brought out the most amazing flavour to the dish.”

METHOD

1. Place the shallots, ginger-garlic paste and coconut cream in a blender and blend mixture till smooth. Set aside for later use.
2. Heat oil in a wok and fry the cardamoms and fennel seeds until fragrant over medium heat.
3. Add in the 225 gm of sliced shallots and curry leaves and sauté till shallots turn golden brown.
4. Add in the blended shallot garlic ginger paste along with turmeric powder, pounded peppercorns, water, salt and sugar and cook over low heat, stirring occasionally till a thick spicy paste is formed and oil separates from the paste.
5. Remove the mixture from stove and let it cool for later use.
6. Clean, fillet and marinate the fish in lime juice for 10 minutes.
7. Place the cooked curry paste on a large banana leaf over a baking tray. Place the pomfret fillet over the leaf and spread more paste over the fish. Place a sprig of curry leaves on this.
8. Place another large banana leaf over the fish and cover the tray entirely.
9. Bake the parcels of fish in a preheated oven of 180°C for 20 minutes or place them under a preheated electric grill and grill for 5 minutes on each side. Alternatively, you can also pan fry the parcels of fish on both sides till cooked.



Mackerel stuffed with Sambal Grated Coconut

No. of Servings: 10

No. of Servings: 200 gm

INGREDIENTS

1. Garlic, sliced	20 gm
2. Onion, sliced	200 gm
3. Dried chilli, soaked and sliced	20
4. Tamarind juice	20 ml
5. Lemongrass, sliced	100 gm
6. Water	200 ml
7. Grated coconut	900 gm
8. Sugar	40 gm
9. Salt	20 gm
10. Mackerel fish fillet	10 pcs

QUANTITY

METHOD

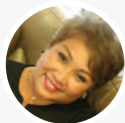
1. Pound garlic, onions, dried chillies and lemongrass together, then mix in tamarind juice and water.
2. Add sugar and salt, followed by grated coconut. Set aside this paste mixture for later use.
3. Clean and gut the fish. Fillet the fish and discard the bones.
4. Pan fry the fish fillets over medium-high heat on both sides until each piece is cooked. Remove the fillets from the pan and keep them warm.
5. Fry the paste mixture in a clean frying pan or wok with very little oil over medium-low heat until fragrant.
6. Add the fried fish fillets into the paste mixture and toss well. Remove from the pan and serve immediately.

FOR SOFT DIET

1. Chop the cooked fish finely on a clean cutting board and set aside.
2. Fry the paste till fragrant, then add the chopped fish into the paste mixture.
3. Toss well and serve immediately.

Nutrient analysis per serving:

Energy (kcal)	871	Calcium (mg)	62
Total Fat (g)	70	Folate (µg)	29
Sat Fat (g)	49	Iron (mg)	4
Cholesterol (mg)	72		
Carbohydrate (g)	30		
Protein (g)	25		
Dietary Fibre (g)	17		
Sodium (mg)	976		



Recipe by:
Chef Queen Siti Dzaleha

“I chose this recipe as it is one of my favourite fish dishes. My mother often used to cook it for me and I would always finish it, up to the last bite. It brings back fond memories of my childhood. A simple bowl of hot white rice is sufficient to complete this dish and bring a high to my day.”



Tang Yuan (Glutinous Rice Ball Soup)

No. of Servings: **10**
Serving size: **250 ml**

INGREDIENTS

1. **Water**
2. **Old ginger**
3. **Osmanthus flower**
4. **Brown sugar**
5. **Fermented rice (酒酿)**
6. **Tang yuan**
(any ready-made tang yuan)

QUANTITY

- 2.5 litres
- 125 gm
- 12 gm
- 25 gm
- 12 gm
- 30 pcs

METHOD

1. **Bring water to a boil and add all the ingredients except tang yuan.**
2. **Simmer for 15 mins.**
3. **Add the tang yuan and cook till these float on the surface.**

Nutrient analysis per serving:

Energy (kcal)	29	Calcium (mg)	8
Total Fat (g)	<1	Folate (µg)	2
Sat Fat (g)	0	Iron (mg)	<1
Cholesterol (mg)	0		
Carbohydrate (g)	7		
Protein (g)	<1		
Dietary Fibre (g)	<1		
Sodium (mg)	11		



Recipe by:
Chef Willin Low

“I was in kindergarten when I had my first taste of tang yuan. It was during Dong Zhi (冬至) at my grandparents' home. I loved it immediately although it wasn't even the fancy ones with fillings. Over the years, the love for it remained and even grew. Years later I went to Shanghai and discovered a rice pudding (GuiHuaJiuNiang) and really liked it too. For this dessert I wanted to bring these two memories together.”





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Notes

A series of horizontal dotted lines for writing notes, organized into two columns.

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Printed in Singapore (11/2015)



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