108
CHINESE VEGETARIAN DISHES

Bilingual Edition

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Rose Soo Hoo

I really feel so privileged to be able to compile these 108 Chinese Vegetarian Dishes to be shared with my Sai Family. Swami has been actively encouraging devotees to become vegetarian so I feel that I must do my part by contributing my recipes.

With my vast experiences in dishing out economy rice and home catering for 19 years I have many recipes to share with our devotees. I have included a photo of a shop that swami had appeared way back in 1991 in his astral form.

One day Swami walked into this shop in his orange robe and bushy hair. He told this shop owner who did not have much business compared to other nearby shops. "DO YOU WANT TO HAVE GOOD BUSINESS?" Now for your information this owner was a very stingy man so straight away he thought Swami was a fortune teller. He quickly asked Swami "HOW MUCH DO YOU CHARGE TO READ MY FORTUNE?" Swami said that he is not a fortune teller but if this man wanted to have good business then he must go to "Hawkers Delight Food Court" to see "Rose Economy Rice" and convinced her to come to operate her business in this shop and he will have good business. After that he said this bushy hair man just went out of the shop and disappeared. The shop owner came straight away to my place at around 11.00am and told me that a bushy Indian man in orange robe came to his shop and asked him to convince me to go to his shop to operate my business. When he described this man to me straight away I knew it was Swami who has come to answer my prayers. For your information I have been praying very hard to Swami to find me another place to operate my business as I was not happy doing my business here. My business was really very good but because of this, other stalls were getting jealous of me and threw my forks and spoons etc everyday. Thus everyday before going out to do my business I prayed hard to Swami to please find me another place where it is near my house and also near the factories as I stay near the factory areas and most of my customers come from there. Within two weeks of praying, Swami answered my prayers and found me this place.

I only stopped my business after Swami has helped me all the way to send my two sons overseas for their university education.

I believe Swami have charted my life even before coming to know him as I was working as a secretary in a Japanese factory before venturing into food business. So with my vast experiences in cooking I am sure I can share more recipes in the near future but of course with Swami's Blessings.

There have been many group interviews, personal interviews, dreams, many healings, many encouragements to move on with my life when times are bad, countless changes since coming to know about Swami in 1989 that there is A Living God On Earth. It is real thrilling and no words can describe the joy when I have numerous opportunities to touch, kiss and sit near His Lotus Feet. It is real heart-warming to see face to face every shade of differences in his face, hands or posture as every moment tells a story and I know Swami has chart out my entire life.

Jai Sai Ram,
Rose Soo Hoo

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Glossary of Ingredients 材料介绍

Beancurd Puffs
豆腐泡芙

Beancurd Sheets
豆腐皮

Beancurd Slices
豆腐切片

Beancurd sticks
豆腐支

Black Fungus
黑木耳

Smooth Tofu
光滑豆腐

Celery
芹菜

Chestnut
板栗

Chinese Mushroom
中国蘑菇

Chilli Sauce
辣椒酱

Sour Plum Sauce
酸梅酱

Vegetarian Stock
斋汤

Glossary of Ingredients 材料介绍

Curry Flower
咖喱花

Fermented Tofu
豆腐乳

Flat Dried Gluten
平干面筋

Four Angled Beans
四斜角豆类

Fresh Galangal
新鲜高良姜

Fresh Lemongrass
鲜柠檬草

Fresh Lotus Stem
莲花茎鲜

Fresh Turmeric
鲜黄姜

Ginger
姜

Glass Noodles
玻璃面

Hard Tofu
硬豆腐

Medium Sized Dried Gluten
中型干面筋

Mini Sized Dried Gluten
迷你干面筋

Mushroom Slices
蘑菇片
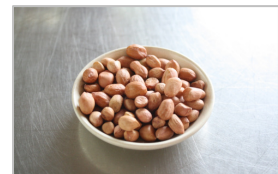
Peanut
花生

Glossary of Ingredients材料介绍

Preserved Black Beans
黑豆脯

Red Dates
红枣

Round Dried Gluten
圆干面筋

Shanghai Veg
上海菜

Spring Onions
葱

Square Beancurd Puffs
正方形豆腐泡芙

Tamarind Paste
罗望子糊

Garlic
大蒜

Yam Bean
豆薯

Oyster Mushroom
平菇

Dried Spinach
鲜干白菜

Fried Five Spice Tofu
五香豆腐

Glossary of Ingredients材料介绍

Abalone Mushroom
鲍鱼菇

Seaweeds
海带

Mock Shrimp Paste
素食峇拉煎

Instant Coconut Milk Powder
速溶椰子奶粉

Mock Chicken Spice Powder
素食鸡香粉

Mock Fish Spice Powder
素食鱼香粉

Tumeric Powder
黄姜粉

Braised Peanuts
焖花生

Fried Gluten
油炸面筋

Glossary of Ingredients材料介绍

Golden Mushrooms
金针菇

Mock Abalone
斋鲍鱼

Straw Mushrooms
草菇

Abalone Mushrooms
鲍鱼菇

Mock Duck Meat
焖斋鸭

Five Spice Rolled Bean Curd Skin
五香豆腐皮轧制

Mock Chicken Meat
斋鸡肉

Vegetarian Mock Chicken
焖斋鸡

Pickled Lettuce
香菜心

THE MAKING OF HOMEMADE GLUTEN
面筋的制作过程

Ingredients :
2kg plain flour   1200ml water
Method:
1. Mix plain flour with water and knead into a smooth dough.
2. Cover with damp cloth and allow to rest for 30 mins.
3. Put the rested dough into a pot of water and soak for 2 hours.
4. Rub and wash the dough carefully under running water until water almost turn clear.
5. Strain away the water and gather up the gluten in the strainer.

Note: grind spinach, carrot strips or any vegetables or spices of your choice can be kneaded into the fresh gluten.

材料：
2 公斤面粉   1200 毫升水
做法：
1。面粉加入水拌均，搓成光滑的面团。
2。然后用湿布盖好，休息 30 分钟。
3。将面团泡入水中浸泡 2 小时。
4。然后在流动的水中搓洗，至水变得清澈为止。
5。然后将沉淀物倒入簸箕沥干即成面筋团。

注：菠菜搅烂，红萝卜条或任何蔬菜和调味料都可以加入面筋。

METHOD ON MAKING FRIED GLUTEN BALLS
面筋卜的制作过程

Ingredients :
2kg plain flour   1200ml water
Method:
1. Mix plain flour with water and knead into a smooth dough.
2. Cover with damp cloth and allow to rest for 30 mins.
3. Put the rested dough into a pot of water and soak for 2 hours.
4. Rub and wash the dough carefully under running water until water almost turn clear.
5. Strain away the water and gather up the gluten in the strainer.

Method on making fried gluten balls:

1. Cut homemade gluten into small pieces with scissors and form into small balls.
2. Deep fry in hot oil till golden brown. Dish up and drain and keep till ready to use.

Note: grind spinach, carrot strips or any vegetables or spices of your choice can be kneaded into the fresh gluten.

材料：
2 公斤面粉   1200 毫升水
做法：
1。面粉加入水拌均，搓成光滑的面团。
2。然后用湿布盖好，休息 30 分钟。
3。将面团泡入水中浸泡 2 小时。
4。然后在流动的水中搓洗，至水变得清澈为止。
5。然后将沉淀物倒入簸箕沥干即成面筋团。：

面筋卜的制作过程：
1。面筋用刀切成小块稍微弄圆。
2。放入热油中炸至金黄色，捞起即成面筋卜。

注：菠菜搅烂，红萝卜条或任何蔬菜和调味料都可以加入面筋。

METHOD ON MAKING SEAWEED GLUTEN BALLS
海带面筋的制作过程

Ingredients :
2kg plain flour   1200ml water
Method:
1. Mix plain flour with water and knead into a smooth dough.
2. Cover with damp cloth and allow to rest for 30 mins.
3. Put the rested dough into a pot of water and soak for 2 hours.
4. Rub and wash the dough carefully under running water until water almost turn clear.
5. Strain away the water and gather up the gluten in the strainer.

Method on making seaweed gluten balls:
1. Grind some seaweed and knead into the fresh gluten till well combined.
2. Cut according to required size. Ready to be used.

Note: grind spinach, carrot strips or any vegetables or spices of your choice can be kneaded into the fresh gluten.

材料：
2 公斤面粉   1200 毫升水
做法：
1。面粉加入水拌均，搓成光滑的面团。
2。然后用湿布盖好，休息 30 分钟。
3。将面团泡入水中浸泡 2 小时。
4。然后在流动的水中搓洗，至水变得清澈为止。
5。然后将沉淀物倒入簸箕沥干即成面筋团。

海带面筋的制作过程：
1。海藻搅烂后加入面筋搓成面团。
2。切割后随时可以使用。

注：菠菜搅烂，红萝卜条或任何蔬菜和调味料都可以加入面筋。

METHOD ON MAKING CRISPY BLACK FUNGUS GLUTEN BALLS
黑木耳面筋球的制作过程

Ingredients :
2kg plain flour   1200ml water
Method:
1. Mix plain flour with water and knead into a smooth dough.
2. Cover with damp cloth and allow to rest for 30 mins.
3. Put the rested dough into a pot of water and soak for 2 hours.
4. Rub and wash the dough carefully under running water until water almost turn clear.
5. Strain away the water and gather up the gluten in the strainer.

Method on making crispy black fungus gluten balls:
1. Soak some thick black fungus till soft and cut into small thin strips.
2. Knead into fresh gluten till well combined. Cut according to required size.

Note: grind spinach, carrot strips or any vegetables or spices of your choice can be kneaded into the fresh gluten.

材料：
2 公斤面粉   1200 毫升水
做法：
1。面粉加入水拌均，搓成光滑的面团。
2。然后用湿布盖好，休息 30 分钟。
3。将面团泡入水中浸泡 2 小时。
4。然后在流动的水中搓洗，至水变得清澈为止。
5。然后将沉淀物倒入簸箕沥干即成面筋团。

黑木耳面筋球的制作过程：
1。黑木耳浸泡至软并切成小细条状。
2。黑木耳加入面筋里搓成面团后切割即可。

注：菠菜搅烂，红萝卜条或任何蔬菜和调味料都可以加入面筋。

TEOW CHEW STEW BEAN CURD IN CLAYPOT
潮州豆腐煲

Ingredients :
300g ready-soaked deep fried plain beancurd sticks cut into 1 inch length
200g bitter gourd cut into little finger strips
1 carrot cut into slices
10 button mushrooms cut into slices
8 cloves garlic – chopped
1 onion cut into cubes
5 slices ginger
2 Tbsp preserved salted black beans (rinse)
1 stalk spring onions cut into 1 inch length

Seasoning (A) :	**Seasonings (B) :**
300ml water	A dash of pepper
2 Tbsp Maggie vegetarian stock paste	A dash of sesame oil
1 Tbsp sugar	
1 Tbsp light soy sauce	

Thickening mix:
3 Tbsp cornflour mix with 4 Tbsp water

1. Heat up 2 Tbsp oil in claypot and fry garlic, ginger and onion till fragrant.
2. Add in preserved black beans and fry till fragrant.
3. Add in all balance stuffs from ingredients and seasonings (A) and cook till bitter gourd become soft.
4. Add in seasoning (B), stir till well mix and then add in thickening mix. Bring to boil.

材料：
300 克浸泡的炸豆腐（切成方块）
200 克苦瓜（切成条状）
1 条胡萝卜（切片）
10 朵蘑菇（切片）
8 瓣蒜茸（切幼）
1 粒洋葱（切丁）
5 片姜
2 汤匙腌制咸豆鼓（洗净）
1 棵青葱（切成 1 寸长）

调味料（A）：	**调味料（B）：**
300 毫升水	**少许胡椒粉**
2 汤匙素上汤酱	**少许麻油**
1 汤匙糖	**芡汁：**
1 汤匙生抽	**3 汤匙粟粉加入 4 汤匙水**

1。锅中烧热 2 汤匙油，爆香蒜茸，生姜和洋葱。
2。加入豆鼓爆香。
3。加入其余的材料和调味料（A）煮至苦瓜变软。
4。加入调味料（B），勾芡即可。

HAKKA STEAMED BEAN CURD PUFFS
客家蒸豆腐卜

Ingredients:
300g ready-soaked dried flat gluten
10 pieces bean curd puffs cut into halves
3 stalks leeks cut into slant slices
1 Tbsp preserved salted black beans (rinse)
5 sticks dried chilli cut into sections
1 white radish cut into big cubes
2 stalks fresh basil leaves (pluck leaves)
Seasoning :
2 Tbsp preserved salted black beans (rinse)
1 Tbsp sugar
1 tsp light soy sauce
2 Tbsp Maggie vegetarian stock paste
1 ½ tsp thick dark soy sauce
1 ½ tsp pepper powder
3 cloves garlic - chopped
2 Tbsp sesame oil
150ml water

1. Mix soaked dried gluten with seasonings and set aside.
2. Take a ceramic pot and place bean curd puffs at the base, follow by leeks, radish, basil leaves and dried chilli. Add in soaked dried gluten mixture and sprinkle top with 1 Tbsp salted black beans .
3. Place pot in a steamer and steam for about 2 hours OR you can cook in your microwave for ½ hour but add in 100ml of water when you cook in microwave.

材料：
300 克干面筋片（浸泡）
10 粒豆腐卜（切半）
3 棵青葱（切成斜片）
1 汤匙腌制咸豆豉（洗净）
5 条干辣椒（切段）
1 粒大白萝卜（切丁）
2 棵九层塔叶

调味料：
2 汤匙腌制咸豆豉（洗净）
1 汤匙糖
1 茶匙生抽
2 汤匙素上汤酱
1½茶匙老抽
1½茶匙胡椒粉
3 瓣蒜茸（切幼）
2 汤匙麻油
150 毫升水

1。 面筋加入调味料，备用。
**2。 把豆腐卜排在陶瓷锅里，遵循的加入青葱，白萝卜，九层塔叶和干辣椒。然后
加入浸泡干面筋，再撒上 1 汤匙腌豆豉。**
3。 蒸煮约 2 小时，或放在微波炉烹调½小时（但必须加入 100 毫升的水）。

NYONYA DAUN KADOK PARCELS
娘惹假蒌叶豆腐卷

Ingredients :
100g yam bean (sengkuang) – minced small
1 small carrot – minced small
3 pieces soft bean curd – mashed and drain excess water
5 small chilli padi – chopped
6 lime leaves cut into small shreds
3 Tbsp Maggie vegetarian stock paste/vegetarian oyster sauce
1 tsp pepper
5 Tbsp cornflour

Big Size Betel leaves (daun kadok) for wrapping

1. Mix all ingredients (A) till well combined. Set aside.
2. Turn over betel leave and place some ingredients (A) mixture near to the stem. Roll it up like spring roll and fold ends. Secure with toothpick.
3. Place folded parcels on steaming tray and brush with some oil. Steam over high heat for 8 mins. Serve hot with chilli sauce.

材料：
100 克（切幼）
1 条红萝卜（切幼）
3 块软豆腐 压成泥，沥干
5 粒指天椒（切幼）
6 片枫柑叶（切成小丝）
3 汤匙素上汤酱/素食蚝油
1 茶匙胡椒粉
5 汤匙粟粉

大片假蒌叶

1。将所有材料拌匀，备用。
2。把假蒌叶反转把材料放在假蒌叶上，然后卷起来（像春卷）夹上牙签。
3。放在已刷上少许油的蒸盘里高温蒸大约 **8** 分钟。趁热配上辣椒酱享用。

STEWED BEANCURD WITH VEGETABLES
红烧豆腐和蔬菜

Ingredients:
2 pieces firm beancurd cut into 8 squares each and deep fry till golden brown
2 pieces sweet beancurd cut into 1 inch slices and deep fry
½ stick bittergourd cut into chunks
½ stick carrot cut into chunks
1 celery cut into 1 inch slices
2 tomatoes cut into chunks
1 onion cut into cubes
3 slices ginger cut into strips
2 cloves garlic finely chopped
2 Tbsp preserved soy beans
2 Tbsp cooking oil
Seasoning:
½ Tbsp vegetarian stock paste
a dash of sesame oil
a dash of pepper
200ml water
Thickening solution : Mix 3 Tbsp cornflour with some water

1. Heat up cooking oil and fry garlic and ginger till fragrant. Add in preserved soy beans and onion and fry till fragrant.
2. Add in balance ingredients and fry till well combined.
3. Add in water and seasoning and bring to boil till cooked.
4. Add in Thickening solution and stir well.

材料：
2 块豆腐（1 块切成 8 块炸至金黄色）
2 片甜豆腐（切 1 寸后炸香）
½ 条苦瓜（切大块）
½ 条红萝卜（切块）
1 棵西芹菜（切片）
2 粒番茄（切块）
1 粒洋葱（切块）
3 片生姜（切细）
2 瓣蒜茸（切碎）
2 汤匙豆酱
2 汤匙食油

调味料：
½ 汤匙素上汤酱
少许麻油
胡椒粉少许
200 毫升水
沟茨：3 汤匙粟粉加入少许水拌均

1。烧热油，爆香蒜茸和姜。加入豆酱和洋葱炒香。
2。加入其余的材料炒香。
3。加入水和调味料，煮沸至熟。
4。沟茨炒均匀即可。

CANTONESE SWEET AND SOUR BEANCURD
广东甜酸豆腐

Ingredients :
1 stick cucumber
2 big onions
20 pieces 1 inch square firm beancurd
100g wheatstarch flour for coating
2 cups cooking oil
1 Tbsp fried sesame seeds
Sauce :
3 Tbsp Thailand chilli sauce OR any chilli sauce
3 Tbsp plum sauce
3 Tbsp tomato sauce
1 Tbsp sugar
3 Tbsp water
1 tsp chopped garlic
½ tsp salt

1. Wash and remove skin of cucumber. Shred into long strips.
2. Peel onions and cut into thin long strips. Mix with shredded cucumber and leave aside.
3. Coat beancurd with wheatstarch flour and leave aside.
4. Heat up oil. Coat beancurd again with wheatstarch flour. Place into hot oil and deep-fry till golden brown. Remove and place on serving plate.
5. Combine sauce ingredients in a small pot and bring to boil.
6. Sprinkle mixed cucumber and onions on top of fried beancurd. Pour cooked sauce on top and sprinkle with fried sesame seeds. Serve hot.

材料：
一条黄瓜
2 粒大洋葱
20 块 1 寸豆腐
100 克澄面粉
2 杯食油
1 汤匙炒芝麻
酱料：
3 汤匙泰国辣椒酱或辣椒酱
3 汤匙酸梅酱
3 汤匙番茄酱
一汤匙糖
3 汤匙水
1 茶匙蒜茸
半茶匙盐

1。黄瓜洗净，去皮切丝。
2。洋葱去皮切丝。把黄瓜和洋葱混合，待用。
3。豆腐沾上澄面粉，待用。
4。烧热油。把豆腐再次沾上澄面粉。放入热油炸至金黄色。取出并放在盘子。
5。用小锅把酱料煮滚。
6。把黄瓜丝和洋葱丝铺在豆腐上。淋上酱料和撒上芝麻即可。

SZECHUAN MA PO BEAN CURD
四川麻婆豆腐

Ingredients :
3 pieces soft bean curd
3 Tbsp oil
2 cloves garlic- chopped
½ Tbsp ginger – chopped
100g ready-soaked mini dried gluten
200g szechuan vegetable- wash , slice into thin strips and soak to remove salt (drain)
1 Tbsp chopped spring onions

Seasonings (A) :	**Seasonings (B):**
A dash of cooking oil	1 Tbsp hot soy bean paste
1 Tbsp cornflour	2 Tbsp Maggie vegetarian stock paste
1 tsp light soy sauce	2 Tbsp sugar
2 Tbsp water	1 bowl water

Seasoning (C):	**Starch Solution:**
1 tsp szechuan pepper powder	3 tsp cornflour
1 Tbsp sesame oil	2 Tbsp water

1. Cut bean curd into 1cm cubes. Scald it into boiling water for 10 seconds. Remove and drain.
2. Mix soaked gluten with seasonings (A) and marinate for 10 mins.
3. Heat up 3 Tbsp cooking oil, fry garlic and ginger till fragrant. Add in soaked gluten mixture and stir fry till well mix. Add in szechuan vegetable ,soy bean paste and fry till fragrant. Add in balance seasonings (B) and bring to boil. Add in bean curd and stew for 3 mins.
4. Thicken with starch solution ,add in chopped spring onions and seasonings (C).

材料：
3 块软豆腐
3 汤匙油
2 瓣蒜茸（切碎）
½汤匙姜 （切碎）
100 克小粒干面筋（浸泡）
200 克四川菜（洗净，切细条）浸泡（去除咸味）沥干
1 汤匙青葱

调味料（A）：	调味料（B）：	调味料（C）：
少许食油	1 汤匙辣豆酱	1 茶匙四川胡椒粉
1 汤匙粟粉	2 汤匙素上汤酱	1 汤匙麻油
1 茶匙生抽	2 汤匙糖	茨汁：3 汤匙粟粉
2 汤匙水	1 碗水	2 汤匙水

1。豆腐切成约 1 公分小方块。放入沸水中烫约 10 秒钟，捞起后沥干。
2。调味料（A）加入小粒干面筋，腌 10 分钟。
3。烧热 3 汤匙食油，爆香蒜茸和姜。加入面筋炒香后加入四川菜，辣豆酱爆香。加入调味料（B）和煮沸，加入豆腐焖 3 分钟。
4。加入茨汁，葱花及调味料（C）。

NYONYA BLACK SAUCE CLAYPOT BEAN CURD
娘惹豆腐煲

Ingredients :
3 pieces firm beancurd – cut into 2 pieces each triangular shape and deep fry
6 chinese mushrooms – wash and soak till soft with 1 litre water
3 pieces plain dried bean curd sticks – cut into 1inch length, deep fry and soak till soft
6 cloves garlic
1 inch cinnamon stick
3 Tbsp Maggie vegetarian stock paste/vegetarian oyster sauce
2 Tbsp sugar
2 Tbsp light soy sauce
3 Tbsp dark soy sauce
2 tsp peppercorn – crushed

1. Place all ingredients into claypot and bring to boil over high heat.
2. Turn down heat and slowly stew for 1 hour. Make sure the gravy is not too thick. Add in more hot water if necessary. Taste and serve.

(Note: You may cook them in your microwave oven for about 20 mins but make sure it doesn't dry up.)

材料：
3 块炸豆腐 （1 块切成 2 块三角形）
6 朵中国香菇- 洗净和浸泡至软（3 公升水）
3 条竹支 切段，炸后，浸泡至软
6 瓣蒜茸
1 寸肉桂
3 汤匙素上汤酱或素食蚝油
2 汤匙糖
2 大匙生抽
3 汤匙老抽
2 茶匙胡椒粒（磨碎）

1。所有材料放入煲，高温煮沸。
2。调低火焖 1 个小时，确保汁液不要太浓。加入更多的热水。(如果有必要可加入调味 料和热水)
   （注：也可以用微波炉煮约 20 分钟）

STEAMED YAM WITH FRIED PLAIN BEAN CURD STICKS
蒸炒芋头豆腐

Ingredients:
10 pieces ½ inch sliced yam deep fry till cooked
10 pieces 2 inches long plain bean curd sticks deep fry and then soak in water till soft
1 stalk coriander finely chopped
Seasoning:
1 Tbsp fried garlic
1 tsp sesame oil
2 cubes fermented red bean curd – mashed
2 Tbsp sugar
1 Tbsp vegetarian stock paste
5 Tbsp water

1. Place fried yam and soft bean curd sticks in deep steaming plate.
2. Mix seasoning mixture till well combined. Pour on top of yam mixture.
3. Steam over high heat for 20 mins. Sprinkle top with chopped coriander.

材料：
10 片½寸芋头（炸熟）
10 条 2 寸长炸豆腐（浸泡至软）
1 棵芫荽切碎
调味料：
1 汤匙炒蒜茸
1 茶匙麻油
2 粒红腐乳 – 压烂
2 汤匙糖
1 汤匙素上汤酱
5 汤匙水

1。把芋头和炸豆腐排在蒸盘上。
2。把调味料拌均。然后淋在芋头和炸豆腐上。
3。蒸大约 20 分钟后撒上切碎的芫荽即可。

STEAMED PRESERVED VEGETABLE WITH BEAN CURD
梅菜蒸豆腐

Ingredients A:
50g preserved vegetable (wash off salt and soak in water for 1 hour- squeeze and drain water)
2 pieces soft bean curd (mashed)
1 Tbsp cornflour
1 stalk coriander finely chopped
1 Tbsp garlic oil
Ingredients B:
2 tsp ginger (chopped)
2 cloves garlic (chopped)
2 Tbsp oil
Seasoning :
2 Tbsp Maggie vegetarian stock paste/vegetarian oyster sauce
½ tsp sugar
1 tsp light soy sauce
⅛ tsp salt
4 Tbsp water

1. Place drained preserved vegetable into a wok and fry till dry (without any oil).
2. Heat up (B) 2 Tbsp oil and fry ginger and garlic till fragrant. Add in fried vegetable and fry till fragrant. Add in seasonings and fry till fragrant.
3. Mix mashed bean curd with cornflour till well combined. Mix in (2) till well combined. Pour onto serving plate and steam over medium heat for 6 mins.
4. Remove, sprinkle with chopped coriander and garlic oil.

材料 A：
50 克腌制梅菜-浸泡 1 小时（去除咸味）沥干
2 块软豆腐（压成泥）
1 汤匙粟粉
1 棵芫荽（切幼）
1 汤匙蒜茸油
材料 B：
2 茶匙姜（切幼）
2 瓣蒜茸（切幼）
2 汤匙油
调味料：
2 汤匙素上汤酱或素食蚝油
½茶匙糖
1 茶匙生抽
⅛茶匙盐
4 汤匙水

1。爆香梅菜至干（无油）。
2。烧热材料（B ）加入 2 汤匙油，爆香蒜茸和姜。加入榨菜爆香，加入调味料爆香即可。
3。粟粉加入豆腐泥拌均，加入（2）拌均，倒入蒸盘里中温（中火）蒸大约 6 分钟。
4。取出撒上芫荽和蒜茸油即可。

HAINAN SALTED SPICY BEANCURD
海南椒盐豆腐

Ingredients :
16 pieces 1 inch square hard beancurd
2 cups cookingoil
Batter:
80g plain flour
50g rice flour
50g glutinous rice flour
10g double-action baking powder
220g ice-water
4 Tbsp chopped spring onions
2 sticks chopped red chilli
Seasoning:
¾ tsp salt
1 tsp white pepper powder
2 Tbsp chopped spring onions
4 cloves chopped garlic
2 sticks chopped red chilli

1. Combine all batter flour ingredients with ice-water and baking powder. Mix in spring onions and red chilli. Set aside.
2. Heat up oil. Dry beancurd with kitchen towel and coat with batter.
3. Deep fry coated beancurd in hot oil till golden brown. Set aside.
4. Heat up some clean oil in wok and fry chopped garlic till fragrant. Add in chopped chilli, chopped spring onions , pepper and salt. Stir till well mix.
5. Mix in fried beancurd till well combined. Serve hot.

材料：
16 块 1 寸硬豆腐
2 杯食油
脆浆：
80 克面粉
50 克粘米面粉
50 克糯米粉
10g 的双倍发粉
220 克冰水
4 汤匙青葱（切粒）
2 条红辣椒（切幼）

调味料：
½小匙盐
1 小匙胡椒粉
2 汤匙青葱（切粒）
4 瓣蒜茸（切幼）
2 条红辣椒（切幼）

1。将脆浆的粉料混合，然后加入冰水和双倍发粉混合。加入青葱和红辣椒。待用。
2。烧热油。豆腐吸干水份，沾上脆浆。
3。放入热油内炸至金黄色。待用。
4。锅中烧热少许油，爆香蒜茸。加入切碎的辣椒，葱花，胡椒粉和盐。搅拌至均匀。
5。放入炸豆腐块炒匀即可。

NYONYA MANGO BEANCURD
娘惹芒果豆腐

Ingredients:
2 pieces firm beancurd cut into 1 inch square
100g mini dried gluten – deep fried and leave aside
1 mango - peeled and cut into cubes
1 green capsicum cut into cubes
1 red capsicum cut into cubes
3 stalks fresh basil leaves- pluck leaves
3 cloves garlic – chopped
5 slices ginger
1 onion cut into cubes
2 Tbsp cooking oil

Seasoning（A）:	**Seasoning （B）:**
2 Tbsp hot soy bean paste	A dash of sesame oil
1 tsp light soy sauce	Some pepper powder
2 tsp sugar	3 Tbsp cornflour mix with some water for thickening
7 Tbsp water	
2 Tbsp Maggie vegetarian stock paste	

1. Soak beancurd squares in some boiling water with a pinch of salt for 5 mins. Remove, drain and set aside.
2. Mix fried mini gluten with seasoning (B) sesame oil and pepper powder and set aside.
3. Heat up 2 Tbsp oil and fry garlic and ginger till fragrant. Add in onion cubes and fry till soft. Add in seasoning (A) hot soy bean paste and fry till fragrant.
4. Add in balance seasoning (A) , soak beancurd, mini fried gluten and all other balance ingredients and bring to boil.
5. Add in cornflour mix, thicken the gravy and serve hot.

材料：	调味料（A）：
2 块豆腐切大约 1 寸	**2 汤匙辣豆瓣酱**
100 克小粒干面筋 - 油炸，待用	**1 茶匙生抽**
1 粒芒果 （ 去皮，切丁）	**2 茶匙糖**
1 粒青灯笼椒（切丁）	**7 汤匙水**
1 个红灯笼椒（切丁）	**2 汤匙素上汤酱**
3 棵九层塔叶	
3 瓣蒜茸 （切碎）	**调味料（B）：**
5 片姜	**少许麻油少许胡椒粉**
一粒洋葱切丁	**3 汤匙粟粉加入少许水勾芡**
2 汤匙食油	

1。豆腐放入沸水浸泡（加入少许盐）5 分钟，取出沥干待用。
2。把油炸面筋加入调味料 B，麻油和胡椒粉，待用。
3。烧热 2 汤匙油，爆香蒜茸和姜。加入洋葱炒至软，加入辣豆瓣酱爆香。
4。加入其余的调味料 A，浸泡豆腐，油炸面筋和其余配料煮沸。
5。加入粟粉勾芡即可。

CRISPY GLUTEN WITH FERMENTED RED BEAN CURD
南乳脆筋豆腐

Ingredients:
200g flat gluten soak till soft
8 cauliflower florets
5 chinese mushrooms soaked with 100ml water till soft and cut into cubes – retain water
20g small black fungus soak in water till soft
2 pieces fermented red bean curd
3 slices ginger
2 cloves garlic finely chopped
2 Tbsp cooking oil
Seasoning:
½ Tbsp vegetarian stock paste
a dash of pepper
½ tsp sesame oil
1 tsp sugar
Thickening solution: Mix 2 Tbsp cornflour with some water

1. Heat up cooking oil and fry ginger and garlic till fragrant. Add in fermented bean curd and fry till fragrant.
2. Add in Chinese mushroom cubes and fry till fragrant
3. Add in balance ingredients and bring to boil till cauliflower are cooked.
4. Add in seasoning and stir till well combined. Add in thickening solution and stir.

材料：
200 克平面筋（浸泡至软）
8 朵菜花
5 朵中国香菇 – 洗净和浸泡（100 毫升水）切丁，水待留
20 克黑木耳（浸泡至软）
2 块红腐乳
3 片生姜
2 瓣蒜茸（切碎）
2 汤匙油
调味料：
½ 汤匙素上汤酱
胡椒粉少许
½ 茶匙麻油
1 茶匙糖
茨汁：2 汤匙粟粉加入少许水拌均

1。烧热油， 爆香姜和蒜茸。加入腐乳炒香。
2。加入蘑菇粒炒香
3。加入其余的材料煮沸至菜花熟。
4。加入调味料搅拌至均匀，沟茨即可。

FIVE SPICE ROLLED BEAN CURD SKIN WITH SNOW PEAS
五香豆腐皮卷与荷兰豆

Ingredients:
1 tin five spice rolled bean curd skin
20 snow peas
1 tin straw mushrooms – drained
150g cabbage slices
1 carrot cut into slices
2 cloves garlic finely chopped
1 Tbsp cooking oil
100ml water
Seasoning:
½ Tbsp vegetarian stock paste
a dash of pepper
1 tsp sugar
Thickening solution: Mix 2 Tbsp cornflour with some water

1. Heat up oil and fry garlic till fragrant.
2. Add in cabbage, carrot, straw mushrooms and water. Bring to boil.
3. Add in five spice bean curd skin and snow peas and bring to boil again.
4. Add in seasoning and thickening solution. Stir till well combined.

材料：
1 罐五香豆腐皮卷
20 粒荷兰豆
1 罐草菇 – 沥干
150 克包菜（切片）
1 条红萝卜（切片）
2 瓣蒜茸（切碎）
1 汤匙食油
100ml 水
调味料：
½汤匙素上汤酱
胡椒粉少许
1 茶匙糖
沟茨：2 汤匙粟粉加入少许水拌均

1。烧热油，爆香蒜茸。
2。加入包菜，萝卜，草菇和水煮滚。
3。加入五香豆腐皮和荷兰豆煮沸。
4。加入调味料和茨汁煮沸即可。

CRISPY BEAN CURD FRITTERS
脆炸豆腐

Ingredients :
4 pieces firm bean curd – mashed
50g ready-soaked big black fungus strips
6 Tbsp rice flour
4 Tbsp corn flour
10 Tbsp glutinous rice flour
½ tsp five spice powder
1 tsp MSG
2 tsp baking powder
1 tsp pepper
1 tsp salt

2 cups cooking oil for deep frying
chilli sauce and tomato sauce for dipping

1. Mix all ingredients ,except bean curd and black fungus, till well combined.
2. Mix in bean curd and black fungus till well combined.
3. Heat up cooking oil. Spoon in balls of mixture batter and fry till golden brown. Drain and serve hot.

材料：
4 块豆腐- 压成泥
50 克黑木耳（浸泡）
6 汤匙粘米粉
4 汤匙粟粉
10 汤匙糯米粉
½茶匙五香粉
1 茶匙味精
2 茶匙发粉
1 茶匙胡椒粉
1 茶匙盐

2 杯油
辣椒酱，番茄酱（沾料）

1。把所有的材料（除了豆腐和黑木耳）拌均匀。
2。拌入豆腐和黑木耳至均匀。
3。烧热油，舀 1 汤匙面糊，炸至金黄色球趁热享用。

TEOW CHEW STEAM BEAN CURD
潮州蒸豆腐

Ingredients:
350g soft bean curd cut into square slices
2 tomatoes cut into slices
50g china salted vegetables soaked till not so saltish and cut into strips
3 slices ginger cut into strips
1 piece preserved plum – mashed
100ml water
60g abalone mushrooms cut into strips
3 chinese mushrooms soaked till soft and cut into strips
4 slices carrot cut into strips
Seasoning:
½ Tbsp vegetarian stock paste
¼ tsp MSG
1 tsp sesame oil
½ tsp sugar
¼ tsp pepper powder

1 Tbsp garlic oil
1 stalk coriander cut into small pieces

1. Place bean curd on a steaming plate. Arrange balance ingredients on top.
2. Mix seasoning and pour on top of bean curd.
3. Steam over boiling water for 10 mins.
4. Spoon garlic oil on top and sprinkle coriander on top.

材料：
350 克软豆腐（切成方片）
2 粒番茄（切片）
50 克咸菜-浸泡（去除咸味）沥干，切成条状
3 片生姜（切成丝）
1 粒话梅 – 压烂
100 毫升水
60 克鲍鱼菇（切成条状）
3 朵香菇– 浸泡至软（切成条状）
4 片红萝卜（切成条状）

1 汤匙蒜茸油
1 棵芫荽（切小块）

调味料：
½ 汤匙素上汤酱
¼ 茶匙味精
1 茶匙麻油
½ 茶匙糖
¼ 小匙胡椒粉

1。把豆腐排满蒸盘上，然后排上其余的材料。
2。混合调味料，倒在豆腐上。
3。以大火蒸 10 分钟。
4。洒上芫荽和蒜茸油即可。

STEWED ICE-BEAN CURD WITH FRESH GINGKO NUTS
冰豆腐与白果

Ingredients :
3 pieces firm bean curd (keep in freezer for 2 days, remove and squeeze out excess water. Cut into 1 inch square and you will notice that bean curd will have honeycomb holes)
6 pieces Chinese mushrooms (soak till soft. Keep water for later use)
6 button mushrooms (slit top part like a plus sign)
10 fresh ginko nuts
6 seedless red dates (soak in some water for 10 mins)
6 cloves garlic pips
4 slices ginger
1 stalk spring onions cut into 1 inch length
2 Tbsp cooking oil
Seasoning :
1 bowl water
2 Tbsp Maggie vegetarian stock paste/vegetarian oyster sauce
1 tsp light soy sauce
½ tsp dark soy sauce
1 tsp sugar
a pinch pepper powder
1 tsp sesame oil

1. Heat up cooking oil and fry garlic pips spring onions and ginger till fragrant.
2. Add in all balance ingredients and seasonings except sesame oil. Fry till well combined. Cover with lid and stew over slow fire for 3-4 mins till fairly dry.
3. Add in sesame oil and quickly stir till combined. Taste and serve.

材料：
3 块豆腐 - 把豆腐冷冻 2 天，切大约 1 寸，沥干（豆腐里如蜂窝）
6 粒中国香菇（浸泡至软，水待用）
6 朵蘑菇
10 粒白果（银杏果仁）
6 粒无籽红枣（浸泡约 10 分钟）
6 瓣蒜茸
4 片姜
1 棵青葱切成 1 寸长
2 汤匙食油

调味料：
1 碗水
2 汤匙素上汤酱或素食蚝油
1 茶匙生抽
½ 茶匙老抽
1 茶匙糖
少许辣椒粉
1 茶匙麻油

1。烧热油，爆香蒜茸，青葱和姜。
2。加入所有的材料（除了麻油）炒至均匀。加盖煮 3 至 4 分钟。
3。加入麻油快速搅拌至均即可享用。

FOO CHOW FRIED ICE-BEANCURD WITH LEEKS
福州蒜香冰豆腐

Ingredients :

2 pieces ice-breancurd (keep fresh firm beancurd in freezer compartment for 2 days to make your ice-beancurd. It will have the pattern of honeycomb. Remove from freezer at least 1 hour before cutting so as to squeeze out excess water)

10 pieces Chinese mushrooms soak in 2 ½ cups water then cut into cubes

2 stalks green leeks cut into slant slices

3 sticks red chilli slices cut into strips

5 cloves garlic – chopped

5 slices ginger

2 Tbsp oil

Seasoning (A):

3 Tbsp Maggie vegetarian stock paste/vegetarian oyster sauce

1 ½ tsp light soy sauce

1 tsp thick dark soy sauce

2 tsp sugar

Seasoning (B):

A dash of pepper

A dash of sesame oil

1. Put soaked Chinese mushroom cubes with mushroom water in pot and bring to boil for 10 mins. Drain and set aside. Keep the water for later use.
2. Heat up 2 Tbsp oil. Add in red chilli and quick fry till fragrant. Dish out and set aside.
3. Fry garlic and ginger till fragrant. Add in leeks and fry till soft.
4. Add in cooked mushrooms and ice-beancurd fry till fragrant.
5. Add in mushroom water , seasonings (A) and braise till fairly dry.
6. Add in seasonings (B) and fried red chilli and stir well. Serve hot.

材料：

2 块冰蜂窝豆腐（把豆腐冷冻 2 天，取出冰箱至少 1 小时前切割，沥干）

10 朵中国香菇（浸泡在 2 ⅓杯水，然后切成方块）

2 棵青葱（切成斜片）

3 条红辣椒（切成条状）

5 瓣蒜茸 （切幼）

5 片姜

2 汤匙油

调味料（A）：   **调味料（B）：**

3 汤匙素上汤酱/素蚝油   **少许胡椒粉**

1½茶匙生抽   **少许麻油**

1 茶匙老抽

2 茶匙糖

1。浸泡蘑菇，把蘑菇烫煮 10 分钟沥干，水待用。

2。烧热 2 汤匙油。加入红辣椒爆香。取出备用。

3。爆香蒜茸和姜，加入青蒜炒至青蒜软。

4。加入煮熟的蘑菇和冰豆腐炒香。

5。加入香菇水，调味料（A）和焖煮至剩余少许汁液。

6。加入调味料（B）和红辣椒拌匀即可。

STIR FRIED BEAN CURD WITH PEANUTS
甜菜脯炒花生

Ingredients :
5 pieces sweet pickled radish (cai po), cut into small cubes
4 chinese mushrooms – soaked and cut into small cubes
2 pieces firm bean curd – cut into cubes and deep fried
1 green capsicum and 1 red capsicum – cut into cubes

300g peanuts – deep fried till crispy
1 Tbsp oil
Seasoning:
2 Tbsp vegetarian stock paste/ vegetarian oyster sauce
½ Tbsp sugar
4 Tbsp water
½ tsp dark soy sauce
a dash of sesame oil
a dash of pepper

1. Heat up 1 Tbsp oil and stir fry sweet pickled radish until fragrant. Add in remaining ingredients and stir fy until cooked. Pour in seasoning and cook till the sauce has thickend.
2. Stir in crispy peanuts. Dish up and serve

材料：
5 个甜菜脯，切丁
4 朵蘑菇 -，浸泡，切丁
2 块炸豆腐-，切块
1 粒红灯笼椒，1 粒青灯笼椒，切丁

300 克花生 ，炸至香
1 汤匙油
调味料：
2 汤匙素上汤酱/素食蚝油
½ 汤匙糖
4 汤匙水
½茶匙老抽
少许麻油
少许胡椒粉

1。烧热 1 汤匙油，爆香甜菜脯。加入其余的材料搅拌至熟。加入调味料炒至干。
2。拌入花生便可盛起享用。

DRIED VEGETARIAN GLUTEN CURRY
干咖喱面筋

Ingredients :
200g home-made fried gluten balls – soaked till soft
1 Tbsp curry powder
2 cups oil for deep frying
200g potatoes- peeled and cut into chunks
100ml thin coconut milk
100g grated white coconut- stir fried in wok till brown without oil
100ml thick coconut milk

Spices to be blended till smooth:	**Seasoning:**
3 ready-soaked dried chillies	½ tsp salt
2 stalks lemon grass cut small slices	1 tsp sugar
4 candle nuts – smashed	1 Tbsp light soy sauce
4 red chillies – seeded	
20g galangal cut into small slices	
2 cm fresh tumeric cut into small slices	
4 Tbsp water	
Some Indian curry leaves	

1. Mix the soaked gluten balls with curry powder for 10 mins.
2. Heat up oil and deep fry potatoes till golden brown. Deep fry (1) till fragrant.
3. Leave 3 Tbsp oil in wok and fry blended ingredients and curry leaves till fragrant. Add in thi coconut milk, seasoning and taste. Add in fried coconut and stir fry for a short while.
4. Add in potatoes and gluten balls and fry till gluten balls are soft. Add in thick coconut milk and bring to boil. Dish up and serve.

材料：	香料（打烂）：
200 克自制炸面筋球 - 浸软	**3 条辣椒干，浸泡**
1 汤匙咖喱粉	**2 支香茅**
2 杯油	**4 粒石古仔， 磨粹**
200 克马铃薯，去皮，切块	**4 条红辣椒 ，去籽**
100 毫升稀椰浆	**20 克南姜，切成小片**
100 克椰丝，干炒	**2 厘米黄姜，切成小片**
100 毫升浓椰浆	**4 汤匙水**
	一些咖喱叶

调味料：
½ 茶匙盐
1 茶匙糖
1 汤匙生抽

1。将面筋球加入咖喱粉腌 10 分钟。
2。烧热油，将马铃薯块炸至金黄色，将腌好的面筋球炸香。
3。留 3 汤匙油 ，爆香香料和咖喱叶。加入稀椰浆和调味。加入椰丝炒一炒。
4。加入马铃薯和面筋球炒至面筋球变软。加入浓椰浆煮滚便可盛起享用。

HOT AND SPICY PEANUTS WITH MINI DRIED GLUTEN
酸辣花生干面筋

Ingredients :
100g ready deep fried mini dried gluten
200g crispy peanuts
1 red chilli – seeded and cut into slices
1 green chilli – seeded and cut into slices
4 pieces kaffir lime leaves finely shredded
Sauce:
2 Tbsp plum sauce
2 Tbsp chilli sauce
1 Tbsp preserved soya bean paste
1 tsp sugar
3 Tbsp water
1 Tbsp cooking oil

1. Heat up oil and pour in sauce. Stir till fragrant.
2. Add in all ingredients and stir well. Dish up and serve

材料：
100 克炸小干面筋
200 克花生
1 条红辣椒， 去籽和切片
1 条青辣椒 -，去籽和切片
4 片枫干叶，切细
酱料：
2 汤匙梅子酱
2 汤匙辣椒酱
1 汤匙豆酱
1 茶匙糖
3 汤匙水
1 汤匙食油

1。烧热油，加入酱料炒香。
2。加入所有材料炒匀便可盛起享用。

YAM BALLS IN SWEET AND SOUR SAUCE
酸甜腰果芋枣

Yam Balls:
300g mashed cooked yam
1 Tbsp tapioca flour
1 Tbsp plain flour
¼ tsp pepper
¼ tsp five spice powder
½ tsp salt

2 cups oil for deep frying

Ingredients:	**Seasoning:**
1 tsp shredded ginger	2 Tbsp tomato sauce
1 green chilli seeded and sliced	1 Tbsp chilli sauce
1 red chilli seeded and sliced	1 Tbsp light soy sauce
10g thick black fungus, soaked and cut into slices	½ Tbsp sugar
80g pineapple, peeled and cut into small pieces	1 tsp Lea and Perrin Sauce
1 cucumber, cut into chunks	

1 Tbsp cornstarch, mixed with 2 Tbsp water for thickening
100g toasted cashewnuts

1. Combine yam balls ingredients and mix into a dough. Divide into small portions and deep fry in hot oil till golden brown
2. Leave 1 Tbsp oil in wok and stir fry ginger till fragrant. Add in remaining ingredients and stir fry till well mixed. Add in seasoning and stir well. Thicken with cornflour mix. Add in yam balls and cashewnuts and mix well. Dish up and serve.

芋枣：
300 克熟芋泥
1 汤匙薯粉
1 汤匙面粉
¼ 茶匙胡椒粉
¼ 茶匙五香粉
½ 茶匙盐

2 杯油

材料：	**调味料：**
1 茶匙姜丝	**2 汤匙番茄酱**
1 条青辣椒，去籽，切片	**1 汤匙辣椒酱**
1 条红辣椒，去籽，切片	**1 汤匙生抽**
10g 黑木耳，浸软，切片	**⅓ 汤匙糖**
80 克黄梨（菠萝），去皮，切成小块	**1 茶匙李派林酱油（急汁）**
1 条黄瓜，切块	

1 汤匙粟粉加入 2 汤匙水混合
100 克烤腰果

1。将全部材料一起拌匀，搂成芋团，分成小份，炸至金黄色。
2。烧热 1 汤匙油，爆香姜。加入其余的材料搅拌至均匀。加入调味料拌匀，加入粟粉拌匀，再加入芋球及腰果即可。

SZECHUAN BRAISED PEANUTS GLUTEN
四川红烧花生面筋

300g ready-soaked dried flat gluten
1 tin (182g) pickled lettuce – drain and keep some water for later use. Cut each slice of
pickled lettuce into 4 pieces each
2 tins (170g) braised peanuts – drain and keep the water aside
10 chilli padi – cut into small pieces
10 button mushrooms cut into slices
2 cloves garlic – chopped
1 carrot cut into slices
5 Tbsp water
2 Tbsp sugar
2 Tbsp cooking oil

1. Heat up 2 Tbsp oil and fry garlic till fragrant. Add in flat gluten and carrot and fry till fragrant.
2. Add in button mushroom slices ,braised peanut water, sugar and 5 Tbsp water. Cook till carrot are soft. Adding in some more water if dish looks dry.
3. Slowly add in reserved lettuce water making sure you taste the dish otherwise it might become too saltish. Add in chilli padi and braised peanut. Once boil quickly off heat. Taste and serve hot.

材料：
300 克干面筋片（浸泡）
1 罐（182 克）腌制菜心 – 沥干，水待用。将每个 腌制菜心各切 4 块
2 罐（170 克）香焖花生 -沥干，水待用。
10 粒指天椒 （切小块）
10 朵蘑菇（切片）
2 瓣蒜茸（切幼）
1 条红萝卜（切片）
5 汤匙水
2 汤匙糖
2 汤匙食油

1。烧热 2 汤匙油，爆香蒜茸。加入面筋和红萝卜炒香。
2。加入蘑菇片，香焖花生水，糖和 5 汤匙水炒至红萝卜变软。（菜干燥可加一些水）
3。慢慢加入预留的菜心水（品尝和加入至咸味刚好即可），加入指天椒和焖花生煮 滚， 趁热享用。

HONGKONG GOLDEN PUFFS BALLS
香港金球

Ingredients :
20 pieces big bean curd puffs
2 pieces soft bean curd – mash and drain out excess water
4 chinese mushrooms – soak till soft, drain out water and chop finely
15g glass noodles – soak till soft, drain excess water and chop finely
2 stalks spring onions chop finely
1 stalk Chinese celery chop finely
2 inches carrot chop finely
4 Tbsp wheatstarch flour
a dash of pepper
1 tsp salt
1 Tbsp sesame oil

100g wheatstarch flour for rolling

Oil for deep frying

1. Slit bean curd puff but do not cut through. Turn inside out and remove loose puffs.
2. Mix loose puffs with all balance ingredients into a bean curd paste.
3. Stuff some paste into the cut puffs and seal opening with some starch solution. Roll into wheatstarch flour.
4. Heat up oil for deep frying. Fry the puffs till golden brown and crispy. Do not over burn careful on the heat.

材料：
20 粒豆腐卜
2 块软豆腐 （压成泥，沥干）
4 朵中国的蘑菇 - 浸泡至软，沥干，切幼
15 克冬粉 - 浸泡至软，沥干，切幼
2 棵青葱（切幼）
1 棵西芹（切幼）
2 寸红萝卜（切幼）
4 汤匙澄面粉
少许胡椒粉
1 茶匙盐
1 汤匙麻油

100 克澄面粉（沾）

食油（炸）

1。豆腐卜对角开一 刀，中间掏 个洞。翻转挖出豆腐泥。
2。把豆腐泥加入其余的材料拌均。
3。酿入每粒豆腐卜，然后逢口沾上澄面粉，再把整个豆腐卜沾上澄面粉。
4。烧热油，炸至金黄色和酥脆即可。

BRAISED GLUTEN WITH SOYA BEAN SAUCE
回锅炸筋卜

Ingredients :
1 Tbsp oil
4 slices ginger
1 red capsicum cut into cubes
30g vegetarian ham cut into slices
100g fried gluten balls – blanched in boiling water and drained
8 fresh black mushrooms
10 button mushrooms
1 carrot cut into slices
120g Chinese long cabbage cut into strips
Seasoning :
1 tsp sugar
1 Tbsp light soya sauce
½ Tbsp fermented soya bean paste
dash of pepper
1 tsp sesame oil
200ml water

1. Heat up 1 Tbsp oil and fry ginger till fragrant. Add in vegetarian ham and capsicum and fry till fragrant.
2. Add in remaining ingredients, seasoning and simmer till thick. Dish up and serve.

材料：
1 汤匙油
4 片姜
1 条红灯笼椒，切丁
30 克素火腿，切片
100 克炸面筋卜，烫过，沥干
8 朵鲜冬菇
10 朵蘑菇
1 条红萝卜，切片
120 克大白菜，切成条状
调味料：
1 茶匙糖
1 大匙生抽
½汤匙原粒豆酱
少许胡椒粉
1 茶匙麻油
200 毫升水

1。烧热 1 汤匙油，爆香姜。加入素火腿和红灯笼椒炒香。
2。加入剩余的材料和调味料煮即可。

CRISPY GLASS NOODLES WITH CRISPY MUSHROOMS
香脆冬粉蘑菇

Ingredients :
100g glass noodles deep fry till crispy
10 chinese mushrooms soak till soft and squeeze out water then coat with cornflour and deep fry till crispy
5 dried chilli seeded and cut into small pieces
1 onion cubes
2 cloves garlic finely chopped
2 slices ginger
1 Tbsp cooking oil
Seasoning:
1 Tbsp vegetable stock paste
2 Tbsp sugar
a dash of pepper
2 Tbsp chilli sauce

1. Heat up oil and fry garlic and ginger till fragrant. Add in dried chilli and onions and fry till soft. Add in seasoning.
2. Stir in crispy mushrooms till well combined. Pour on top of crispy glass noodles.

材料：
100 克冬粉（炸香脆）
10 朵香菇 - 浸泡至软，沥干，沾上粟粉后炸至酥脆
5 条干辣椒 - 去籽（切块）
1 粒洋葱（ 切丁）
2 瓣蒜茸（切碎）
姜 2 片
1 汤匙油
调味料：
1 汤匙素上汤酱
2 汤匙糖
胡椒粉少许
2 汤匙辣椒酱

1。烧热油，爆香蒜茸和姜。加入干辣椒和洋葱炒香。加入调味料。
2。加入香脆蘑菇搅拌至均匀。倒入炸脆冬粉即可。

LOHAN MIXED VEGETABLES DELIGHT
罗汉生筋

Ingredients :
1 Tbsp oil
5 slices ginger
100g fried gluten balls- blanched in boiling water and drained
35g dried lily buds – soaked in water till soft
5 pieces small black fungus – soaked in water till soft and drained
50g green peas
½ carrot peeled and slice
Seasoning:
½ tsp salt
1 tsp light soya sauce
½ tsp sugar
½ Tbsp vegetarian stock paste/vegetarian oyster sauce
dash of pepper
dash of sesame oil
150ml water

1 Tbsp cornflour mix with 2 Tbsp water for thickening

1. Heat up 1 Tbsp oil and fry ginger till fragrant. Add in remaining ingredients,seasoning and stir till well combined.
2. Cover with lid and simmer until all ingredients are cooked.
3. Add in cornflour solution and stir well. Dish up and serve.

材料：
1 汤匙油
5 片姜
100 克炸面筋卜，烫过，沥干
35 克金针菜，浸软，沥干
5 个黑色的小木耳 ， 浸软，沥干
50 克青豆
½条红萝卜去皮，切片
调味料：
½ 茶匙盐
1 茶匙生抽
½ 茶匙糖
½ 汤匙素上汤酱/素食蚝油
少许胡椒粉
少许的麻油
150 毫升水

1 汤匙粟粉加入 2 汤匙水

1。烧热 1 汤匙油，爆香姜。加入其余的材料，调味料，搅拌至均匀。
2。加盖煮至材料熟。
3。加入粟粉搅拌均匀即可。

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FRIED BRINJAL WITH FRAGRANT BASIL LEAVES
义香茄子

Ingredients:
2 brinjals cut into 2 inches lengths and deep fry till soft – drain on kitchen towel
100g small dried gluten deep fry till crispy
30 basil leaves
2 onions cut into strips
3 Tbsp cooking oil
Chilli Paste to be blended till smooth:
2 onions cut into small pieces
2 stalk serai cut into small pieces
1 inch ginger cut into small pieces
10 dried chilli soaked with water till soft
1 Tbsp vegetarian prawn paste(belacan)
2 cloves garlic
enough water to blend
Seasoning:
1 Tbsp vegetarian stock paste
3 Tbsp sugar
salt to taste

1. Heat up cooking oil and fry onion strips till soft. Add in chilli paste and fry till fragrant.
2. Add in basil leaves and seasoning and fry till fragrant.
3. Mix in crispy gluten and fried brinjal and stir till well combined. Serve.

材料：
2 条茄子（切 2 寸长，炸至软）沥干
100 克小干面筋（炸香脆）
30 片九层塔（义香叶）
2 粒洋葱(切成条状)
3 汤匙油
辣椒酱- 搅拌至滑（用搅拌机）
2 粒洋葱（切小块）
2 枝香茅（切小块）
1 姜寸（切小块）
10 条干辣椒（浸泡至软）
1 汤匙素食虾酱（马来栈）
2 瓣蒜茸
少许水
调味料：
1 汤匙素上汤酱
3 汤匙糖
盐调味

1。烧热油炒洋葱至软。加入辣椒酱爆香。
2。加入九层塔和调味料爆香。
3。加入面筋和炸茄子搅拌至均匀即可。

WHITE CREAMY MIX VEGETABLES
奶油蔬菜

Ingredients:
10 cauliflower florets – blanch in boiling water mix with some oil and salt and quickly put into cold water when soft
10 brocolli florets – blanch in boiling water mix with some oil and salt and quickly put into cold water when soft
1 carrot cut into slices
150g cabbage slice
1 tin straw mushrooms – drained
100g gingko nuts
100ml water
2 cloves garlic finely chopped
1 heaped Tbsp margarine
Seasoning:
1 Tbsp vegetarian stock paste
a dash of pepper
200ml fresh milk
Thickening solution: Mix 3 Tbsp cornflour with some water

1. Heat up margarine and fry garlic till fragrant. Add in 100ml water and bring to boil.
2. Add in carrot, gingko nuts, straw mushrooms, cabbage ,seasoning and bring to boil till cooked.
3. Stir in blanched cauliflower and brocolli and thickening solution, Bring to boil. Serve.

材料：
10 朵椰菜花 – 加入沸水烫至软（沸水加入一些油和盐），并迅速放入冷水里
10 朵西兰花 –加入沸水烫至软（沸水加入一些油和盐），并迅速放入冷水里
1 条红萝卜（切片）
150 克大白菜（切片）
1 罐草菇 （沥干）
100 克白果
100 毫升水
2 瓣蒜茸（切碎）
1 汤匙菜油（玛淇淋）
调味料：
1 汤匙素上汤酱
少许胡椒粉
200 毫升鲜奶
茨汁：3 汤匙粟粉加入少许水拌均

1。烧热菜油，爆香蒜茸。加入 100 毫升水煮沸。
2。加入红萝卜，白果，草菇，大白菜和调味料煮滚至熟。
3。加入烫过的椰花菜和西兰花，沟茨搅拌煮滚即可。

FRIED SPICY FRAGRANT CRISPY VEGETABLES
辣味蔬菜

Ingredients:
2 kacang botal vegetable cut into strips
5 slices lotus roots cut into small pieces
10 pieces buah petai
2 tiger long beans cut into 1 inch lengths
10 indian curry leaves
1 inch vegetarian prawn paste (belacan)
2 Tbsp chilli paste
2 cloves garlic finely chopped
2 Tbsp cooking oil
4 Tbsp water
Salt to taste
Sugar to taste

1. Heat up cooking oil and fry garlic and curry leaves till fragrant. Add in chilli paste and vegetarian prawn paste and fry till fragrant. Add in 4 Tbsp water.
2. Add in balance ingredients and fry till cooked. Serve

材料：
2 条四边豆 (切成条状)
5 片莲藕 (切成小块)
10 粒臭豆
2 把长豆（切 1 寸长）
10 片咖喱叶
1 寸素虾酱（马来栈）
2 汤匙辣椒糊
2 瓣蒜茸切碎
2 汤匙油
4 汤匙水
盐调味
糖调味

1。烧热食油，爆香蒜茸和咖喱叶。加入辣椒糊和素虾酱炒香。加入 4 汤匙水。
2。加入其余的材料炒香即可。

NYONYA GADO-GADO VEGETABLES
娘惹罗惹蔬菜

Ingredients A:

100g cabbage (cut into small pieces and scald in boiling water and drain well)
50g bean sprouts (scald in boiling water and drain well
3 pieces longbeans (cut into ¾ inch long and scald in boiling water and drain well)
2 potatoes (deep fry and cut into cubes)
2 pieces firm bean curd (deep fry and cut into cubes)

Ingredients B: to be blended till fine

11 pieces shallots
2 stalks lemongrass cut thinly (only use about 1 ½ inches from head)
25g dried chillies (soak in hot water till soft)
3 cloves garlic
3cm fresh tumeric

Ingredients C:

80g cooking oil	1 tsp salt
25g tamarind paste mix with 50g water	50g sugar
50g water	5 pieces kaffir lime leaves finely shred
60g thick coconut milk	150g roughly grind fried peanuts

1. Heat up 80g cooking oil and fry blended (B) till fragrant. Pour in tamarind juice and stir till well combined. Add in 1 Tbsp thick coconut milk and cook for about 15 mins over low fire till fragrant. Stirring occasionally.
2. Add in kaffir lime leaves, salt,sugar and remaining coconut milk and cook till thick.
3. Stir in peanut till well combined and pour on top of arranged vegetable mix.

材料 A：

100 克包菜（切成小块，烫泡至熟，沥干）
50 克豆芽（烫泡至熟，沥干）
3 条豆角（切¾寸长，烫泡至熟，沥干）
2 粒马铃薯（油炸和切丁）
2 块豆腐（油炸和切丁）

材料 B：搅春烂

11 粒红葱头
2 棵香茅切薄片（从头部开始切大约 1 寸半）
25 克辣椒干（浸泡热水至软）
3 瓣蒜茸
3 公分黄姜

材料 C：

80 克油	**1 茶匙盐**
25 克亚叁膏（罗望子酱）加入 50 克水拌均	**50 克糖**
50 克水	**5 片疯柑叶（切幼）**
60 克浓椰浆	**150 克油炸花生（磨幼）**

1。烧热 80 克油，加入材料 B 爆香。加入罗望子汁，搅拌至均匀。再加入 1 汤匙浓椰浆小火煮大约 15 多分钟（不时搅拌）。
2。加入疯柑叶，盐，糖和剩余的椰浆煮至浓调。
3。加入花生拌匀后再倒入蔬菜拌匀即可。

STEWED POTATOES WITH LILY BUDS
马铃薯银针菜

Ingredients:
3 potatoes cut into cubes
1 carrot cut into cubes
20 fresh gingko nuts
10g dried lily buds soaked till soft
5 chinese mushrooms soak with 200ml water and cut into cubes – retain water
2 cloves garlic finely chopped
1 Tbsp cooking oil
Seasoning:
1 Tbsp vegetarian stock paste
salt and sugar to taste
a dash of pepper
500ml water
a dash of sesame oil
¼ tsp dark soy sauce
Thickening solution: Mix 2 Tbsp cornflour with some water

1. Heat up cooking oil and fry garlic till fragrant. Add in potatoes, carrot and mushrooms and fry till fragrant.
2. Add in seasoning and cook till potatoes are soft.
3. Add in lily buds and gingko nuts and bring to boil.
4. Add in thickening solution and stir till well combine.

材料：
3 粒马铃薯（切块）
1 条红萝卜（切块）
20 粒白果
10g 干银针菜(浸泡至软)
5 朵蘑菇- 浸泡（200 毫升水），切块
2 瓣蒜茸（切碎）
1 汤匙食油
调味料：
1 汤匙素上汤酱
盐和糖调味
胡椒粉少许
500 毫升水
麻油少许
¼ 茶匙老抽
沟茨：2 汤匙粟粉加入少许水拌均

1。烧热油，爆香蒜茸。加入马铃薯，红萝卜，蘑菇炒香。
2。加入调味料煮至马铃薯变软。
3。加入银针菜和白果煮沸。
4。加入茨汁炒均即可。

FRIED CRISPY GLUTEN WITH CORN
粟米面筋

Ingredients:
200g dried medium gluten pieces – deep fry till crispy
4 Tbsp canned corn kernel
1 Tbsp margarine
4 slices ginger
2 cloves garlic finely chopped
Seasoning:
½ Tbsp vegetarian stock paste
½ Tbsp soy sauce
½ tsp sugar
some water for gravy
Thickening solution: Mix 2 Tbsp cornflour with some water

1. Heat up 1 Tbsp margarine and fry ginger and garlic till fragrant.
2. Add in canned corn kernel and seasoning. Bring to boil and add in thicken solution.
3. Pour gravy over crispy gluten. Serve immediately.

材料：
200 克干片中筋 - 油炸至香脆
4 汤匙粟米粒（罐头 ）
1 汤匙菜油（马淇淋）
4 片姜
2 瓣蒜茸（切碎）
调味料：
½汤匙素上汤酱
½汤匙生抽
½茶匙糖
水少许
茨汁：**2 汤匙粟粉加入少许水拌均**

1。烧热 1 汤匙菜油，爆香蒜茸和姜。
2。加入粟米粒和调味料。煮滚，加入勾茨。
3。倒入酱汁在酥脆的面筋上，即可食用。

STEWED SWEET TURNIPS WITH PLAIN BEANCURD STICKS
沙葛与腐竹支

Ingredients:
200g sweet turnips (sengkuang) cut into thin 1 inch slices
200g plain dried beancurd sticks cut into 1 inch lengths, deep fry and soak in water till soft
20g thick black fungus soak in water till soft and cut into slices
1 carrot cut into slices
1 stalk coriander cut into strips
2 cloves garlic finely chopped
1 Tbsp preserved black beans
3 slices ginger
1 Tbsp cooking oil
Seasoning:
1 Tbsp vegetarian stock paste
150ml water
a dash of pepper

1. Heat up cooking oil and fry garlic till fragrant. Add in preserved black beans and fry till fragrant.
2. Add in balance ingredients and stir till well combined.
3. Add in seasoning and cook till turnips are soft. Serve

材料：
200 克沙葛（切细约 1 寸）
200 克腐竹支（切约 1 寸长，炸脆后浸泡至软）
20 克黑木耳（浸泡至软，切成薄片）
1 条红萝卜（切片）
1 棵芫荽（切丝）
2 瓣蒜茸（切碎）
1 汤匙黑豆鼓
3 片生姜
1 汤匙食油
调味料：
1 汤匙素上汤酱
150 毫升水
胡椒粉少许

1。烧热油，爆香蒜茸。加入黑豆鼓炒香。
2。加入其余的材料炒均。
3。加入调味料和沙葛煮至红萝卜熟即可。

FRIED SWEET TURNIPS WITH MUSHROOMS
沙葛蘑菇

Ingredients:
200g sweet turnips (sengkuang) shredded
1 carrot shredded
150g cabbage shredded
10 chinese mushrooms soak with some water- drain and cut into thin strips
10 fresh shitake mushrooms cut into thin strips
1 onion cut into thin strips
3 cloves garlic finely chopped
2 Tbsp cooking oil
Seasoning:
1 Tbsp vegetarian cooking oil
sugar to taste
salt to taste

1. Heat up cooking oil and fry garlic till fragrant. Add in onion and fry till soft.
2. Add in Chinese mushrooms and fry till fragrant. Add in shitake mushrooms and stir till combined.
3. Add in balance ingredients and seasoning and slowly fry till fragrant and slightly dry.

材料：
200 克沙葛（切幼）
1 条红萝卜（切丝）
150 克包菜（切丝）
10 朵中国香菇 - 浸泡（切细）
10 朵鲜冬菇（切细）
1 粒洋葱（切细）
3 瓣蒜茸（切碎）
2 汤匙食油
调味料：
1 汤匙油
糖调味
盐调味

1。烧热油，爆香蒜茸。加入洋葱炒香。
2。加入香菇炒香。加入香菇炒均。
3。加入其余的材料和调料后慢慢炒香至稍为汁干即可。

STEWED CHINESE SPINACH WITH VEGETARIAN BROTH
蚧扒菠菜

Ingredients:
200g Chinese spinach cut into 1 ½ inch lengths
1 carrot cut into slices
20g Chinese mushrooms slices soak till soft with 200ml water – retain water
100g sweet turnips (sengkuang) finely chopped
30g snow peas
5 button mushrooms cut into slices
150g soft soy bean curd cut into small pieces
4 baby corn from tin cut into slices
2 cloves garlic finely chopped
1 Tbsp cooking oil
Seasoning:
1 Tbsp vegetarian stock paste
½ tsp sugar
a dash of pepper
Thickening solution: Mix 3 Tbsp cornflour with some water

1. Heat up cooking oil and fry garlic till fragrant.
2. Add in all ingredients and bring to boil till cooked.
3. Add in seasoning, stir well and then add in thickening solution. Bring to boil. Serve.

材料：
200 克菠菜（切 1 ½寸长）
1 条红萝卜（切片）
20 克中国香菇片- 洗净和浸泡（200 毫升水）沥干，水待用
100 克切碎的萝卜甜
30 克荷兰豆
5 朵蘑菇(切片)
150 克软豆腐（切小块）
4 条罐装玉竹（粟米心），切片）
2 瓣蒜茸（切碎）
1 汤匙油
调味料：
1 汤匙素上汤酱
½茶匙糖
胡椒粉少许
茨汁：3 汤匙粟粉加入少许水拌均

1。烧热油爆香蒜茸。
2。加入所有材料煮沸至熟。
3。加入调味料搅拌均匀，沟茨煮滚。即成。

MIX VEGETABLES CURRY
咖喱蔬菜

Ingredients :
1 brinjal (egg plant) cut into chunks
300g cauliflower cut into florets
200g cabbage cut into big slices
10 pieces bean curd puff (tau foo pok)
10 pieces puff gluten
150g long beans cut into 1 inch lengths

Curry Paste blend till smooth:	**Seasoning:**
100g fish curry powder	2 tsp sugar
4 lemongrass cut into thin slices	1 tsp salt
3 candlenuts (buah keras) – mashed	1 Tbsp light soy sauce
50g galangal (lengkuas) cut into small pieces	1 tsp MSG
1 onions cut into small pieces	
½ cup water	

200g thick coconut milk
4 cups water
120ml oil
10 pieces Indian curry leaves

1. Heat up 120ml oil and fry indian curry leaves till fragrant. Add in blended curry paste and fry till fragrant. Adding in some water if too dry. Fry till oil seeps up.
2. Add in all ingredients and stir till well combined. add in water and bring to boil.
3. Add in coconut milk and seasoning and cook till vegetables are soft.

材料：
1 条茄子（切块）   300 克菜花（切朵）   200 克白菜（切成片）
10 粒豆腐扑   10 粒面筋泡   150 克豆角（切割 1 寸长）

咖喱料搅烂：	**调味料：**
100 克鱼咖喱粉	**2 茶匙糖**
4 条香茅（切成薄片）	**1 茶匙盐**
3 粒石古仔（切块）	**1 汤匙酱油**
50 克南姜（切成小块）	**1 茶匙味精**
1 粒葱（切成小块）	
½杯水	

200 克浓椰浆
4 杯水
120ml 油
10 片咖喱叶

1。烧热油，爆香咖喱叶，加入咖喱酱混合炒香。（如果太干添加一些水）然后炒至油渗出了。
2。加入所有材料搅拌至均匀。加水，煮沸。
3。加入椰浆和调味料煮至蔬菜变软即可。

DEEP-FRIED MIX VEGETABLE PARCELS
香脆春卷

Ingredients:
1 Tbsp cooking oil
3 chinese mushrooms soak till soft and diced
8 waterchestnuts peeled and diced
100g diced carrot
1 spring onion chopped
1 piece soft bean curd – mashed
1 Tbsp chopped coriander leaves
50g frozen green peas
10 pieces vegetarian mock abalone - diced
Seasoning :
A dash of salt
A dash of pepper
1 Tbsp vegetarian paste/vegetarian oyster sauce
4 Tbsp cornflour
For wrapping:
20 pieces frozen spring roll skins
some wanton noodles for tying parcels

1. Heat up 1 Tbsp cooking oil and and fry Chinese mushrooms, waterchestnuts and carrot till fragrant and soft. Allow to cool.
2. Mix cooled (1) with all other ingredients till well combined.
3. Take a spoonful and wrap with spring roll skin, tie with wanton noodles and fry in hot oil till golden brown. Make sure you are careful on the heat as spring roll skin will turn dark very fast.

材料：
1 汤匙油
3 朵香菇 - 浸软，切小粒
8 粒马蹄- 去皮，切小粒
100 克红萝卜(切块)
1 棵青葱（切幼）
1 块软豆腐 – 压成泥
1 汤匙芫荽（切幼）
50 克冷藏青豆
10 片素鲍鱼 - 切粒
调味料：
少许盐
少许胡椒粉
1 汤匙素食酱或素食蚝油
4 汤匙粟粉
包扎：
20 张冷藏春卷皮
适量云吞面条

1。烧热 1 汤匙油，将香菇，马蹄和红萝卜炒香，待冷。
2。将（1）和其余的材料拌匀。
3。在春卷皮上舀放 1 大匙陷料，包好和绑上面条，放入热油里炸至金黄色即可。

HAIR SEAWEED AND FRIED GLUTEN
发菜与面筋

Ingredients :
1 tin fried gluten
6 chinese mushrooms soaked till soft with 150ml water(retain water)
100g fresh ginko nuts
15g hair seaweed (fa cai) soaked till soft and drained
1 carrot peeled and sliced
20 snow peas
4 fresh baby corns cut into 1 inch length
1 Tbsp cooking oil
2 cloves garlic finely chopped
Seasoning:
1 Tbsp vegetarian oyster sauce
1 Tbsp vegetarian stock paste
1 tsp sesame oil
½ tsp sugar
½ tsp ginger juice mix with ⅛ tsp five spice powder
a dash of pepper
½ tsp dark soy sauce
Starch solution: Mix 1 ½ tsp tapioca flour with 2 Tbsp water

1. Heat up 1 Tbsp oil and fry garlic till fragrant add in chinese mushrooms and fry till fragrant. Add in balance ingredients and stir till well combined. Bring to boil till carrot are soft.
2. Add in seasoning, starch solution and bring to boil again. Dish up and serve.

材料：
1 罐油炸面筋
6 朵中国香菇 – 洗净和浸泡（150 毫升水）沥干
100 克白果（银杏果仁）
15 克发菜（发财） – 浸泡至软，沥干
1 条红萝卜– 去皮，切片
粉混合
20 粒荷兰豆
4 条粟心– 切大约 1 寸
1 汤匙食油
2 瓣蒜茸（切碎）

调味料：
1 汤匙素食蚝油
1 汤匙素上汤酱
1 茶匙麻油
½茶匙糖
½茶匙姜汁加入⅛ 茶匙五香
少许胡椒粉
½茶匙老抽

勾芡： 1½茶匙薯粉（生粉）加入 2 汤匙水混合

1。烧热 1 汤匙油，爆香蒜茸后加入蘑菇炒香，加入其余的材料煮至红萝卜软。
2。加入调味料，勾芡，煮沸即可。

FRIED BITTERGOURD WITH PLAIN BEANCURD STICKS
苦瓜腐竹支

Ingredients:
1 bittergourd cut into slices
1 carrot cut into slices
100g plain beancurd sticks cut into 1 inch lengths and deep fry till crispy then soak in water till soft
2 Tbsp preserved black beans
2 cloves garlic finely chopped
2 slices ginger cut into strips
1 Tbsp cooking oil
150ml water
Seasoning:
½ Tbsp vegetarian stock paste
a dash sesame oil
a dash of pepper

1. Heat up cooking oil and fry garlic and ginger till fragrant. Add in preserved black beans and fry till fragrant.
2. Add in balance ingredients and seasoning and cook till bittergourd are soft.

材料：
1 条苦瓜(切成薄片)
1 条红萝卜（切片）
100 克腐竹支（切成 1 寸长，炸至香脆，然后浸泡至软）
2 汤匙黑豆鼓
2 瓣蒜茸（切碎）
2 片姜（切细）
1 汤匙食油
150 毫升水
调味料：
½ 汤匙素上汤酱
麻油少许
胡椒粉少许

1。烧热油，爆香蒜茸和姜。加入黑豆鼓炒香。
2。加入其余的材料和调味料煮至苦瓜软即可。

MIXED VEGETABLES WITH MOCK ABALONE
五彩鲍鱼木耳

Ingredients :
1 Tbsp oil
1 tsp shredded ginger
200g pineapple peeled and cut into pieces
30g black fungus, soaked and cut into pieces
1 red capsicum and 1 green capsicum, cut into cubes
1 tin vegetarian mock abalone, use the water also
100g cauliflower cut into florets
100g brocolli cut into florets
Seasoning:
3 Tbsp black sweet vinegar
1 tsp sugar
½ tsp salt
1 tsp sesame oil
100ml water
4 tsp cornflour mix with 4 Tbsp water

1. Heat up 1 Tbsp oil and stir fry ginger till fragrant. Add in remaining ingredients and fry till cauliflower is cooked.
2. Add in seasonings except cornflour solution. When boil add in cornflour solution to thicken gravy. Dish up and serve.

材料：
1 汤匙油
1 茶匙姜丝
200 克黄梨（菠萝）去皮，切块
30 克黑木耳，浸泡，切块
1 粒红灯笼椒，1 粒青灯笼椒，切丁
1 罐素鲍鱼- 水待用
100 克包菜花，切小朵
100 克西兰花，切小朵
调味料：
3 汤匙黑甜醋
1 茶匙糖
½茶匙盐
1 茶匙麻油
100ml 水
4 茶匙粟粉加入 4 汤匙水

1。烧热 1 汤匙油，爆香姜。加入其余的材料炒熟。
2。加入调味料（除了粟粉）。煮熟后加入粟粉勾芡即可。

FRIED SHANGHAI VEGETABLE
上海风光

Ingredients :
2 balls shanghai vegetable (cha cai) washed and soaked till not saltish then cut into strips
        (squeezed out water and wash again till not saltish)
20g thick black fungus soaked till soft and cut into strips
1 carrot peeled and cut into strips
10 chinese mushrooms soaked with 150ml water till soft and cut into strips – retain water
2 cloves garlic finely chopped
1 Tbsp oil
Seasoning:
1 Tbsp sugar
1 Tbsp vegetarian stock paste
½ tsp MSG
½ Tbsp sesame oil
½ cup water

1. Heat up oil and fry garlic till fragrant. Add in balance ingredients and fry till fragrant.
2. Add in mushroom water and seasoning and bring to boil till vegetables are cooked. Dish up and serve.

材料：
2 粒上海菜（榨菜）-洗净，切细条，浸泡（去除咸味）沥干
20 克 黑木耳（浸泡至软，切成条状 ）
1 条红萝卜（去皮，切成条状）
10 朵香菇- 洗净和浸泡（150 毫升水）沥干， 水待用
2 瓣蒜茸（切碎）
1 汤匙油
调味料：
1 汤匙糖
1 汤匙素上汤酱
½ 茶匙味精
½ 汤匙麻油
½ 杯水

1。烧热油，爆香蒜茸。加入所有材料炒香。
2。加入香菇的水及调味料煮沸即可。

STEWED POTATOES WITH RADISH
马铃薯与红萝卜

Ingredients :
1 radish cut into chunks
3 potatoes cut into chunks
1 carrot cut into chunks
20g thick black fungus soaked till soft and cut into slices
5 chinese mushrooms soaked with 300ml water till soft and cut
                into 4 pieces each-retain water for gravy
1 onion cut into cubes
1 stalk coriander cut into 1 inch lengths
3 slices ginger
2 cloves garlic finely chopped
1 Tbsp oil
Seasoning:
2 Tbsp vegetarian stock paste
½ Tbsp sugar
1 Tbsp sesame oil
1 tsp dark soy sauce
1 tsp pepper powder

1. Heat up oil and fry garlic and ginger till fragrant. Add in onion cubes and fry till soft.
2. Add in balance ingredients and stir till well mix. Add in mushroom water and seasoning and stew till cooked.

材料：
1 条白萝卜（切块）
3 粒马铃薯（切块）
1 条红萝卜（切块）
20 克黑木耳(浸泡至软，切片）
5 朵香菇- 洗净和浸泡（300 毫升水）沥干，1 朵切 4 块，水待用
1 粒洋葱（切块）
1 棵芫荽（切 1 寸长）
3 片生姜
2 瓣蒜茸（切碎）
1 汤匙油
调味料：
2 汤匙素上汤酱
½汤匙糖
1 汤匙麻油
1 茶匙老抽
1 茶匙胡椒粉

1。烧热油，爆香蒜茸和姜。加入洋葱炒至软。
2。加入材料搅拌至均匀。加入香菇水和调味料煮至熟。

STEAMED STUFFED BITTER GOURD
酿苦瓜

Ingredients :
15 pieces 1 inch round rings bitter gourd
10 pieces mock abalone – minced
1 piece soft bean curd (tau foo) mashed
2 chinese mushrooms soaked till soft and finely chopped
1 stalk spring onions finely chopped
1 stalk coriander finely chopped
2 inches carrot finely chopped
1 tsp fried finely chopped garlic
2 waterchestnut finely chopped
3 Tbsp wheatstarch flour
1 tsp salt
1 tsp pepper
Gravy:
2 Tbsp vegetarian stock paste
½ tsp MSG
a dash of pepper powder
1 Tbsp sesame oil

Mix 3 Tbsp cornflour with 4 Tbsp water and steamed gravy to make solution

1. Mix all ingredients except bitter gourd till well combined.
2. Stuff ingredients into bitter gourd rings and place on steaming plate.
3. Steam over high heat for 10 mins. Pour out gravy to be mixed into cornflour solution.
4. Cook gravy ingredients till boil and quickly add in cornflour solution to thicken gravy.
5. Pour on top of steamed bitter gourd and serve.

材料：
15 块苦瓜（圆环）　10 片素鲍鱼 – 切碎　　　　1 块软豆腐压泥
2 粒香菇– 浸泡至软，切碎　　　　　　　　　1 棵青葱（切幼）
1 棵芫荽（切幼）　2 寸红萝卜（切幼）　　　　1 茶匙炒蒜茸（切碎）
2 粒 马蹄（切幼）　3 汤匙澄面粉
1 茶匙盐　　　　　1 茶匙胡椒粉

献汁：2 汤匙素上汤酱　　½茶匙味精　　少许胡椒粉　1 汤匙麻油

将 3 汤匙粟粉加入 4 汤匙水

1。把所有材料搅拌至均匀（除了苦瓜）。
2。将材料舀如苦瓜环里然后放在蒸盘上。
3。大火蒸 10 分钟。倒出汁加入粟粉勾芡。
4。煮滚献汁，快速加入粟粉勾芡至浓。
5。倒入蒸苦瓜即可。

STEWED POTATOES WITH GLUTEN BALLS
马铃薯与面筋球

Ingredients :
2 potatoes cut into cubes
150g cauliflower cut into florets
1 carrot cut into cubes
10 pieces straw mushrooms
5 dried chilli soaked and cut into small pieces
2 onions cut into cubes
3 slices ginger
2 cloves garlic finely chopped
2 Tbsp preserved black beans
150g ready fried mini dried gluten balls
Seasoning:
2 Tbsp vegetarian stock paste
¼ tsp MSG
1 Tbsp sugar
1 tsp sesame oil
1 tsp pepper powder
300ml water

1. Heat up oil and fry garlic , dried chilli and ginger till fragrant. Add in preserved soy beans and onions and fry till fragrant.
2. Add in balance ingredients and stir till well combined and fragrant.
3. Add in seasoning and cook till potatoes are soft. Serve.

材料：
2 粒马铃薯（切丁）
150 克白菜花（切朵）
1 条红萝卜（切块）
10 粒草菇
5 条干辣椒（浸泡，切成小块）
2 粒洋葱(切丁)
3 片生姜
2 瓣蒜茸(切碎)
2 汤匙腌制豆鼓
150 克小干面筋球（炸）
调味料：
2 汤匙素上汤酱
¼茶匙味精
1 汤匙糖
1 茶匙麻油
1 茶匙胡椒粉
300 毫升水

1。烧热油，爆香蒜茸，干辣椒和姜。加入腌制豆鼓和洋葱炒香。
2。加入其余的材料炒至香。
3。加入调味料煮至马铃薯变软。

STEWED GLASS NOODLES WITH CABBAGE
冬粉白菜

Ingredients :
100g glass noodles (tang hoon) soaked till soft and cut into short lengths
150g cabbage cut into strips
1 carrot cut into strips
100g xtra mini dried gluten fried till crispy
1 stalk spring onions finely cut
1 stalk coriander finely cut
1 onion cut into round strips
2 Tbsp oil
2 cloves garlic finely chopped
Seasoning:
1 Tbsp vegetarian stock paste
2 cups water
½ tsp MSG
1 tsp pepper powder

1. Heat up oil and fry garlic till fragrant. Add in onions and fry till fragrant.
2. Add in balance ingredients except crispy gluten,spring onions and coriander. Stir well.
3. Add in seasoning and stir till cooked. Add in spring onions and coriander , dish up onto serving plate and sprinkle top with crispy fried gluten.

材料：
100 克冬粉（浸泡至软，切短）
150 克白菜（切成条状）
1 条红萝卜（切丝）
100 克小干面筋（炸酥脆）
1 棵青葱（切细）
1 棵芫荽（切细）
1 粒洋葱（切细）
2 汤匙油
2 瓣蒜茸(切碎)
调味料：
1 汤匙素上汤酱
2 杯水
½茶匙味精
1 茶匙胡椒粉

1。烧热油，爆香蒜茸。加入洋葱炒香。
2。加入材料（除了脆小干面筋，青葱，芫荽）搅拌均匀。
3。加入调味料炒至熟。加入青葱，芫茜，洒上香脆小干面筋。

LOTUS ROOTS WITH GINGER SWEET VINEGAR
莲藕姜醋

Ingredients:
300g lotus roots cut into chunks
100g black beans soak in water for 6 hours
100g thick black fungus soak in water till soft
400g old ginger cut into smaller pieces and flatten
200g fried gluten puffs soak in water till soft
Stock:
400ml sweet black vinegar
1500ml water
200g rock sugar
2 Tbsp sesame oil
2 Tbsp vegetarian stock paste

1. Add in all ingredients, except black fungus and gluten puffs, together with stock and bring to boil over low heat approximately for 2 hours.
2. Add in black fungus and gluten puffs and bring to boil for another 30 mins.

材料：
300 克莲藕（切块）
100 克黑豆（浸泡 6 小时）
100 克黑木耳（浸泡至软）
400 克老姜（切成小块并拍扁）
200 克炸面筋泡芙（浸泡至软）
调味料：
400 毫升黑甜醋
1500 毫升水
200 克冰糖
2 汤匙麻油
2 汤匙素上汤酱

1。加入所有材料，（除黑木耳和面筋泡芙），加上调味料煮 2 小时左右（小火）。
2。加入黑木耳和面筋泡芙再煮 30 分钟即可。

ASAM CURRY BEANCURD
亚叁咖喱豆腐

Ingredients:
4 pieces firm beancurd cut into 4 pieces each and deep fry
5 lady fingers cut into 2 pieces each
2 tomatoes cut into chunks
120g fresh pineapple cut into chunks
1 curry flower(bunga kantang)
some mint leaves
80g tamarind paste mix with 500ml water to make juice
3 Tbsp cooking oil
Curry Paste to be blended till smooth:
10 dried chillies
10 fresh red chillies
2 lemon grass cut into small pieces
4 candlenuts pounded
30g fresh tumeric cut into small pieces
2 onions cut into small pieces
1 inch vegetarian prawn paste (belacan)
enough water to blend
Seasoning:
Sugar and salt to taste

1. Heat up cooking oil and fry curry paste till fragrant. Add in tamarind juice and bring to boil.
2. Add in balance ingredients, except mint leaves, and bring to boil till cooked.
3. Add in seasoning and stir well. Serve with mint leaves sprinkled on top.

材料：
4 块豆腐（切成 4 块后炸至金黄色）
5 条羊角豆（切半）
2 个粒番茄(切块)
120 克黄梨（切块）
1 朵姜花
一些薄荷叶
80 克罗望子加入 500 毫升水混合
3 汤匙食油

咖喱酱- 搅拌至滑（用搅拌机）
10 条干辣椒
10 条红辣椒
2 条香茅（切小块）
4 candlenuts（捣碎）
30 克姜黄（切小块）
2 粒洋葱（切小块）
1 寸素食虾酱（马来栈）
足够的水

调味料：
糖和盐调味

1。烧热油，爆香咖喱酱。加入罗望子汁煮滚。
2。加入其余的材料（除了薄荷叶）煮滚至熟。
3。加入调味料炒均匀。撒上薄荷叶即可。

FRIED POTATOES WITH CHOPPED RADISH
炸马铃薯和萝卜碎（菜脯）

Ingredients :
4 potatoes peeled and cut into cubes then deep fry till golden brown
1 carrot cut into cubes and deep fry till cooked
4 Tbsp finely chopped radish (cai por)
2 cloves garlic finely chopped
100g xtra mini dried gluten fried till crispy
1 stalk spring onions finely cut
1 stalk coriander finely cut
1 Tbsp cooking oil
Seasoning:
1 Tbsp sugar
1 tsp pepper powder
½ tsp MSG

1. Heat up oil and fry garlic till fragrant. Add in chopped radish and fry till fragrant.
2. Add in balance ingredients and seasoning and stir till well combined. Dish up and serve.

Note: If you like it to be spicy you may add in 2 Tbsp of chilli paste together with the chopped radish and fry till fragrant before adding in balance ingredients.

材料：
4 粒马铃薯（去皮，切成方块，炸至金黄色）
1 条红萝卜（切块，炸至熟）
4 汤匙萝卜（菜脯）（切碎）
2 瓣蒜茸（切碎）
100 克小干面筋（炸酥脆）
1 棵青葱（切细）
1 棵芫荽（切细）
1 汤匙油
调味料：
1 汤匙糖
1 茶匙胡椒粉
½ 茶匙味精

1。烧热油，爆香蒜茸。加入切碎的萝卜炒香。
2。加入材料和调味料炒均匀即可。

注意：如果喜欢辣你可以加入 2 汤匙辣椒酱和切碎的萝卜一起炒香，加入材料和调味料炒均匀即可。

FRIED SPICY LOTUS ROOT SLICES
香辣莲藕片

Ingredients :
400g young lotus root cut into thin rounds
6 Tbsp rice flour
4 Tbsp oil
30g curry leaves
Seasoning A:
2 Tbsp margarine
2 tsp curry powder
1 tsp tumeric powder
Seasoning B)
½ tsp MSG
½ tsp salt
6 Tbsp water
2 red chilli seeded and sliced

1. Roll lotus roots in rice flour and set aside.
2. Heat up oil and fry lotus roots till crispy. Drain and set aside.
3. Retain only 2 Tbsp oil in wok and fry curry leaves till crispy. Add in seasoning (A) and fry till fragrant. Add in lotus roots and stir till well combined.
4. Add in seasoning(B) and stir till well combined. Dish up and serve.

材料：
400 克莲藕（切成小薄片）
6 汤匙粘米粉
4 汤匙油
30 克咖喱叶
调味料（A）：
2 汤匙玛淇淋
2 茶匙咖喱粉
1 茶匙姜黄粉
调味料（B）：
½茶匙味精
½茶匙盐
6 汤匙水
2 条红辣椒（去籽，切片）

1。莲藕片粘上粘米粉。
2。烧热油，莲藕片炸脆，沥油，备用。
3。留 2 汤匙油，炒咖喱叶至脆。加入调味料（A）炒香。加入莲藕炒均匀。
4。加入调味料（B）搅拌至均匀即可。

NESTUM GLUTEN WITH MILK
麦片奶油面筋

Ingredients:
300g deep fry crispy dried flat gluten
4 Tbsp butter
30 leaves curry leaves
1 Tbsp evaporated milk
4 Tbsp Nestum
Seasoning:
¼ tsp MSG
¼ tsp salt
½ Tbsp sugar

1. Heat butter and fry curry leaves till fragrant.
2. Add in crispy dried gluten and stir briefly.
3. Add in evaporated milk and seasoning and stir till well combined.
4. Add in Nestum, stir quickly and remove instantly . Dish up and serve.

材料：
300 克炸面筋
4 汤匙牛油
30 片咖喱叶
1 汤匙淡奶
4 汤匙麦片
调味料：
¼茶匙味精
¼茶匙盐
½汤匙糖

1。烧热牛油和咖喱叶至香。
2。加入香脆干面筋拌均。
3。加入淡奶和调味料，搅拌至均匀。
4。加入麦片，立刻快速搅拌上碟即可。

FRIED PUMPKIN WITH PRESERVED SOYA BEANS
南瓜炒豆酱

Ingredients :
400g pumpkin cut into cubes
100g mini dried gluten soak with water till soft – drain
2 Tbsp preserved soya beans
1 tsp crushed peppercorns
2 cloves garlic finely chopped
1 onion cut into cubes
3 slices ginger
2 Tbsp sesame oil
1 stalk spring onions cut small
1 stalk coriander cut small
Seasoning:
1 Tbsp vegetarian oyster sauce
1 Tbsp sugar
½ tsp MSG
1 ½ cups water

1. Heat up sesame oil and fry garlic and ginger till fragrant. Add in onions and fry till fragrant. Add in preserved soya beans and peppercorns and fry till fragrant.
2. Add in pumpkin and gluten and fry till fragrant.
3. Add in seasoning and cook till pumpkin are soft. Stir in spring onions and coriander.

材料：
400 克南瓜（切块）
100 克小干至面筋（浸泡至软）
2 汤匙豆酱
1 茶匙胡椒粒（拍扁）
2 瓣蒜茸（切碎）
1 粒洋葱（切块）
3 片生姜
2 汤匙麻油
1 棵青葱（切细）
1 棵芫荽（切细）
调味料：
1 汤匙素食蚝油
1 汤匙糖
½茶匙味精
1 ½杯水

1。烧热麻油，爆香蒜茸和姜。加入洋葱炒香，加入豆酱和胡椒粒炒香。
2。加入南瓜和面筋炒香。
3。加入调味料，煮沸至南瓜变软，洒上青葱和芫荽即可。

CRISPY FLAT GLUTEN WITH GINGER SAUCE
脆面筋姜汁

Ingredients :
300g flat gluten deep fry till crispy
100g ginger cut into thin slices
2 cloves garlic finely chopped
2 Tbsp sesame oil
Seasoning:
½ Tbsp vegetarian stock paste
1 Tbsp sugar
1 Tbsp dark soy sauce
a dash of pepper
some water for gravy

1. Heat up sesame oil and fry ginger and garlic till crispy.
2. Add in seasoning and bring to boil.
3. Add in fried crispy gluten and stir till well combined.

材料：
300 克面筋（炸酥脆）
100 克姜（切薄片）
2 瓣蒜茸（切碎）
2 汤匙麻油
调味料：
½ 汤匙素上汤酱
1 汤匙糖
1 汤匙老抽
胡椒粉少许
水少许

1。烧热麻油炒姜片和蒜茸直到酥脆。
2。加入调味料煮滚。
3。加入炸脆面筋搅拌至均匀。

BRAISED 3 MUSHROOMS WITH HUAI SHAN
淮山烩三菇

Ingredients :
20 slicies carrot
200g fresh huai shan slices
20 fresh black mushrooms
20 button mushrooms
20 straw mushrooms
1 Tbsp cooking oil
5 slices ginger
Seasonings:
2 Tbsp Maggie vegetarian seasoning paste
1 tsp light soy sauce
½ tsp pepper powder
½ tsp sesame oil
100ml water
2 Tbsp cornstarch water for thickening gravy

1. Bring a pot of water to a boil and add in some salt and 1 Tbsp oil. Blanch carrot and huai shan until cooked. Dish and drain.
2. Heat up 1 Tbsp cooking oil and fry ginger till fragrant. Add mushrooms and stir well. Add in water and bring to boil. Add in blanched carrot and huai shan, seasonings and stir well.
3. Thicken with cornstarch water and stir well. Dish and serve.

材料：
20 红萝卜（切片）
200 克鲜淮山片
20 朵鲜冬菇
20 粒蘑菇
20 粒草菇
1 汤匙油
5 片姜
调味料：
2 汤匙素上汤酱
1 茶匙生抽
½茶匙辣椒粉
½茶匙麻油
100 毫升水
2 汤匙粟粉水沟茨

1。煮沸一锅水，加入了少许盐和 1 汤匙油。放入红萝卜，淮山烫至熟。捞起沥干。
2。烧热 1 汤匙油，爆香姜。加入香菇炒均，加入水煮沸。加入烫熟的红萝卜和淮山及调味料炒均。
3。加入粟粉水沟茨拌均即可享用。

BRAISED GLASS NOODLES WITH MUSHROOMS
蘑菇冬粉

Ingredients:
100g glass noodles (tang hoon) soaked with water till soft and cut into smaller lengths
20g small black fungus soaked with water till soft
5 chinese mushrooms soaked till soft and cut into cubes
1 tin mock abalone – retain water to be added into gravy
1 carrot – peeled and cut into strips
10 snow peas
3 slices ginger strips
2 cloves garlic finely chopped
1 Tbsp oil
Seasoning:
2 Tbsp vegetarian stock paste
1 tsp sugar
1 tsp pepper
1 tsp dark soy sauce
2 cups water
1 tsp sesame oil

1. Heat up oil and fry ginger and garlic till fragrant. Add in Chinese mushrooms and fry till fragrant.
2. Add in all balance ingredients except glass noodles and snow peas. Stir till well mix.
3. Add in seasoning and bring to boil. Add in glass noodles and snow peas and bring to boil again. Dish up and serve.

材料：
100 克冬粉– 浸泡至软，沥干
20 克黑木耳– 浸泡至软
5 朵香菇– 浸泡至软，切丁
1 罐素鲍鱼 - 水待用
1 条红萝卜 - 去皮，切丝
10 粒荷兰豆
3 片生姜
2 瓣蒜茸切碎
1 汤匙油
调味料：
2 汤匙素上汤酱
1 茶匙糖
1 茶匙胡椒粉
1 茶匙老抽
2 杯水
1 茶匙麻油

1。烧热油，爆香姜和蒜茸。加入香菇炒香。
2。加入所有材料搅拌至均匀（除了冬粉和荷兰豆）。
3。加入调味料煮滚。加入冬粉和荷兰豆煮沸即可。

STEAMED FRESH MUSHROOMS WITH DONG GUI
鲍鱼蘑菇与东归

Ingredients :
250g fresh abalone mushrooms
10 pieces fresh shitake mushrooms
1 piece soft bean curd cut into small pieces
1 stalk chopped coriander
Seasonings:
10 pieces dong gui slices
1 Tbsp vegetarian seasoning paste
1 Tbsp cooking oil
60g finely minced fresh ginger
1 tsp cornflour

1. Blanch mushrooms in boiling water for a while and drain.
2. Arrange soft bean curd pieces onto steaming plate. Top up with blanched mushrooms.
3. Mix seasonings and pour on top of (2).
4. Steam over high heat for 10 mins. Sprinkle with chopped coriander.

材料：
250 克鲜鲍鱼蘑菇
10 朵鲜香菇
1 块软豆腐（切小块）
1 棵芫荽（切碎）
调味料：
10 片东归
1 汤匙素食调味酱
1 汤匙油
60 克姜（切碎）
1 茶匙粟粉

1。煮沸一锅水把蘑菇烫至熟，沥干。
2。将软豆腐排在蒸盘上，再排上蘑菇。
3。混合调味料，淋在蘑菇上。
4。大火蒸 10 分钟，撒上芫荽即可。

CURRY VEGETARIAN FISH
咖喱素鱼

Ingredients:
10 slices vegetarian fish fried till crispy
100g brinjal cut into 1 ½ inch strips
100g lady fingers cut into 1 ½ inch length
2 tomatoes cut into chunks
1 onion cut into cubes
12 pieces curry leaves
4 Tbsp cooking oil
150ml water
2 Tbsp tamarind paste mix with water till form into a paste
150ml coconut milk or evaporated milk
Curry Paste to be blended till smooth
5 Tbsp fish curry powder
2 stalk serai cut into small pieces
3 onions cut into small pieces   **Seasoning:**
1 inch vegetarian prawn paste (belacan)   1 Tbsp vegetarian oyster sauce
2 cloves garlic   1 Tbsp light soy sauce
enough water to blend   2 Tbsp sugar

1. Heat up cooking oil and fry curry leaves till fragrant add in blended ingredients and fry till fragrant.
2. Add in lady finger, tomatoes and brinjal and stir till well combined.
3. Add in water and cook till brinjal are soft. Add in seasoning paste and coconut milk and bring to boil.
4. Stir in fried crispy vegetarian fish and serve.

材料：   咖喱酱- 搅拌至滑（用搅拌机）
10 片素鱼（炸香酥）   5 大匙素咖喱鱼粉
100 克茄子（切条约 1 ½ 寸长）   2 枝香茅（切小块）
100 克羊角豆（切条约 1 ½ 寸长）   3 粒 洋葱（切小块）
2 粒番茄（切块）   1 寸素虾酱（马来栈）
1 粒洋葱（切块）   2 瓣蒜茸
12 片咖喱叶   水少许
4 汤匙油   调味料：
150 毫升水   1 汤匙素蚝油
2 汤匙罗望子酱与水混合成糊状   1 汤匙生抽
150 毫升椰浆或淡奶   2 汤匙糖

1。烧热油，爆香咖喱叶，加入咖喱酱炒香。
2。加入羊角豆，番茄和茄子炒均。
3。加水煮至茄子变软，加入调味料和椰浆煮滚。
4。加入炸脆素鱼炒均即可。

SWEET AND SOUR VEGETARIAN FISH
糖醋素鱼

Ingredients:
10 slices vegetarian fish deep fry till crispy
1 onion cut into cubes
2 tomatoes cut into cubes
1 green capsicum cut into cubes
½ cucumber cut into cubes
1 Tbsp cooking oil
2 slices ginger
1 clove garlic finely chopped
enough water to make gravy
Sweet & Sour Gravy Mix:
4 Tbsp tomato sauce
4 Tbsp chilli sauce
2 Tbsp plum sauce
2 Tbsp sugar
½ tsp salt
Thickening solution: 2 Tbsp cornflour mix with some water

1. Heat up oil and fry garlic and ginger till fragrant. Add in balance ingredients except vegetarian fish. Stir till well combined.
2. Add in water and bring to boil. Add in gravy mix and bring to boil again. Add in thickening solution and stir till well combined.
3. Pour on top of crispy vegetarian fish and serve.

材料：   酸甜汁料：
10 片素鱼（炸酥脆）   4 汤匙番茄酱
一粒洋葱（切块）   4 汤匙辣椒酱
2 粒番茄（切丁）   2 汤匙梅子酱
1 青灯笼椒（切丁）   2 汤匙糖
½条黄瓜（切块）   ½茶匙盐
1 汤匙油
2 片姜
1 瓣蒜茸（切碎 ）
少许水

茨汁：2 汤匙粟粉加入少许水拌均

1。烧热油，爆香蒜茸和姜。加入其余的材料（除了素鱼）炒均。
2。加入水煮沸，加入酸甜汁料煮沸，勾茨 炒至均。
3。把酱汁淋在素香脆鱼上即可。

STEAMED VEGETARIAN FISH WITH BLACK FUNGUS
蒸素鱼与黑木耳

Ingredients:
1 whole piece vegetarian fish cut into 1 ½ inch slanting and place on top of steaming plate
4 Tbsp ready soaked black fungus strips
4 Tbsp carrot strips
1 stalk spring onions chopped
1 stalk coriander chopped
5 slices ginger cut into strips
Seasoning:
½ Tbsp vegetarian stock paste
½ Tbsp vegetarian oyster sauce
a dash of pepper
150ml water
1 tsp sesame oil

1. Place all ingredients on top of vegetarian fish.
2. Mix seasoning and pour on top (1).
3. Steam over high heat for 10 mins. Serve hot.

材料：
1 条素鱼（切成 1½寸）放在蒸盘上
4 汤匙黑木耳条（浸泡）
4 汤匙红萝卜（切条）
1 棵青葱（切碎）
1 棵芫荽（切碎）
5 片生姜（切条状）
调味料：
½汤匙素上汤酱
½汤匙素蚝油
胡椒粉少许
150 毫升水
1 茶匙麻油

1。将所有的材料放在素鱼上。
2。混合调味料后把调味料倒在（1）的上面。
3。蒸 10 分钟后即可趁热享用。

TEOH CHEW STEAMED VEGETARIAN FISH
潮州蒸素鱼

Ingredients:
1 whole piece vegetarian fish deep fry till crispy and place on steaming plate
2 pieces abalone mushroom cut into strips
100g china salted vegetable soak and cut into thin strips
3 inches carrot cut into thin strips
1 red chilli seeded and cut into strips
1 piece soft bean curd cut into slices
3 slices ginger cut into strips

Seasoning mix till well combined:

1 Tbsp oyster sauce
½ tsp sugar
1 Tbsp garlic oil
a dash of pepper
1 water plum mashed
4 Tbsp water

1. Place all ingredients on top of crispy fish.
2. Pour in seasoning mixture. Steam over high heat for 10 mins.

材料：
1 条素鱼（炸到酥脆，放在蒸盘）
2 片鲍鱼香菇（切丝）
100 克咸菜（浸泡，切细条）
3 寸红萝卜（切成细条状）
1 条红辣椒（去籽，切条状）
1 块软豆腐（切片）
3 片生姜（切条状）

调味料拌均匀：
1 汤匙素蚝油
½ 茶匙糖
1 汤匙蒜茸油
胡椒粉少许
1 粒水梅 （压泥）
4 汤匙水

1。将所有的材料放在香脆的素鱼上。
2。倒入调味料。蒸 10 分钟后即可趁热享用。

SHANGHAINESE VEGETABLE WITH CRISPY FISH SLICES
上海菜与脆鱼片

Ingredients:
10 slices vegetarian fish slices deep fry till crispy and place on serving plate
1 piece vegetarian ham cut into slices
½ carrot cut into strips
1 small ball shanghai vegetable soak and cut into strips
10 slices Chinese mushrooms soak in 150ml water till soft – retain water
3 Tbsp ready soaked soft thick black fungus strips
1 Tbsp cooking oil
2 cloves garlic finely chopped
2 pieces ginger cut into strips
Seasoning:
1 Tbsp vegetarian stock paste
½ Tbsp sugar
a dash of pepper
Thickening solution : Mix 2 Tbsp cornflour with water

1. Heat up oil and fry garlic and ginger till fragrant.
2. Add in balance ingredients and bring to boil till cooked.
3. Add in seasoning and stir till well combined. Add in thickening solution stir well.
4. Pour on top of vegetarian fish and serve.

材料：
10 片素鱼片（炸酥脆，放在蒸盘上）
1 片素火腿（切片）
½条红萝卜（切丝）
1 粒上海菜（浸泡，切成条状）
10 朵香菇 -洗净和浸泡（150 毫升水）沥干，水待用
3 汤匙黑木耳（浸泡至软，切条）
1 汤匙油
2 瓣蒜茸（切碎）
2 片生姜（切成条状）
调味料：
1 汤匙素上汤酱
½汤匙糖
胡椒粉少许
茨汁：2 汤匙粟粉加入少许水拌均

1。烧热油，爆香蒜茸和姜。
2。加入其余的材料煮沸至熟。
3。加入调味料搅拌至均匀后沟茨。
4。倒入素鱼片即可。

SPICY FRAGRANT VEGETARIAN FISH SLICES
香辣素鱼片

Ingredients:
10 pieces vegetarian fish slices deep fry till crispy
1 Tbsp margarine
30g shredded white coconut fry till golden brown(if not available you can use dessicated coconut)
5 chilli padi cut into small pieces
20 curry leaves
Seasoning:
1 Tbsp oyster sauce
2 Tbsp sugar
1 Tbsp soy sauce
¼ tsp dark soy sauce
a dash of pepper
100g evaporated milk
60ml coconut milk
Thickening solution: Mix 3 Tbsp cornflour with some water

1. Heat up margarine and fry curry leaves and chilli padi till fragrant.
2. Add in seasoning and bring to boil. Add in thickening solution and bring to boil.
3. Pour on top of crispy vegetarian fish and sprinkle top with fried golden coconut shreds.

材料：
10 片素食鱼片（炸香脆）
1 汤匙菜油（玛淇淋）
30 克白椰丝- 炒至金黄色（如没有白椰丝可以用干椰丝待替）
5 条指天椒（切小块）
20 片咖喱叶
调味料：
1 汤匙蚝油
2 汤匙糖
1 汤匙生抽
¼茶匙老抽
胡椒粉少许
100 克淡奶
60 毫升椰浆
茨汁：3 汤匙粟粉加入少许水拌均

1。烧热菜油爆香咖喱叶和指天椒。
2。加入调味料煮滚。然后沟茨煮沸。
3。倒入素香脆鱼上，洒上椰丝即可。

TOM YAM VEGETARIAN FISH SLICES
冬炎素鱼片

Ingredients:
10 slices vegetarian fish deep fry till crispy
5 pieces lime leaves
2 tomatoes cut into chunks
4 abalone mushrooms cut into 2 pieces each
1 onion cut into cubes
1 stalk coriander cut into 1 inch lengths
5 small chilli padi
2 Tbsp lime juice
2 Tbsp cooking oil
Tom Yam Paste blend till smooth:
1 onion cut into small pieces
1 Tbsp vegetarian prawn paste (belacan)
1 stalk lemon grass cut into small pieces
1 inch galangal (lengkuas)
enough water to blend
Seasoning:
1 Tbsp vegetarian stock paste
1 Tbsp sugar

1. Heat up oil and fry tom yam paste till fragrant.
2. Add in balance ingredients except vegetarian fish and bring to boil.
3. Add in seasoning and bring to boil. Stir in vegetarian fish and serve.

材料：
10 片素鱼片（炸酥脆）
5 片枫柑叶
2 粒番茄（切块）
4 片鲍鱼香菇（切半）
1 粒洋葱（切块）
1 棵芫荽（切 1 寸长）
5 条指天椒
2 汤匙柠檬汁/枫柑汁
2 汤匙油
冬炎酱- 搅拌至滑（用搅拌机）
1 粒洋葱（切块）
1 汤匙素虾酱（马来栈）
1 枝香茅（切小块）
1 寸南姜
少许水

调味料：
1 汤匙素上汤酱
1 汤匙糖

1。烧热油，炒香冬炎酱。
2。加入其余的材料（除素脆鱼）煮沸。
3。加入调味料煮滚。倒入素脆鱼和即可。

VEGETARIAN MOCK SALT FISH
素咸鱼

Ingredients:
20 sheets dried bean curd sheets
Seasoning:
6 pieces mashed red fermented bean curd (Nam Yee)
1 tsp sugar
1 tsp MSG
½ tsp salt
½ rice bowl water
1 tsp pepper powder
1 tsp sesame oil

1. Mix all seasoning till well combined. Set aside.
2. Spread out 2 pieces bean curd sheet and brush with seasoning. Roll up like swiss roll and press flat. Cut into 1 inch long shape and put under the sun to dry.
3. When dried, heat up oil and deep fry over slow fire till crispy.

材料：
20 张干腐皮
调味料：
6 块红腐乳（压成泥）
1 茶匙糖
1 茶匙味精
½茶匙盐
½碗水
1 茶匙胡椒粉
1 茶匙麻油

1。将所有的调味料拌均，备用。
2。取 2 片腐皮涂上汁。卷成长形，切成 1 寸长，放在太阳下晒干。
3。晒干后炸酥脆即可。

STEWED MOCK ABALONE WITH SEAWEED GLUTEN BALLS
素鲍鱼紫菜筋球

Ingredients:
1 tin mock abalone
200g fresh seaweed gluten balls
1 carrot cut into slices
5 small chinese mushrooms soak with 150ml water till soft – retain water
1 stalk coriander cut into 1 inch lengths
2 cloves garlic finely chopped
1 Tbsp cooking oil
Seasoning:
½ Tbsp vegetarian stock
a dash of pepper
a dash of sesame oil
Thickening solution: Mix 2 Tbsp cornflour with some water

1. Heat up cooking oil and fry garlic till fragrant. Add in balance ingredients and cook till carrot are soft.
2. Add in seasoning and stir till well mix. Add in thickening solution and mix well. Serve.

材料：
1 罐素鲍鱼
200 克紫菜筋球
1 条红萝卜（切片）
5 朵小蘑菇 - 浸泡至软（150 毫升水 ）-水待用
1 棵芫荽（切约 1 寸长）
2 瓣蒜茸（切碎）
1 汤匙食油
调味料：
½汤匙素上汤酱
胡椒粉少许
麻油少许
沟茨：2 汤匙粟粉加入少许水拌均

1。烧热油，爆香蒜茸。加入其余的材料煮至红萝卜软。
2。加入调味料拌均。沟茨即可。

STEWED VEGETARIAN FISH MAW
素鱼鳔

Ingredients:
300g fresh gluten dough mix with ½ tsp five spice powder and ¼ tsp baking powder. Knead dough till well combined and allow to rest for 30 mins. Pull dough into flat rounds and deep fry till golden brown.Remove and drain.
1 straw mushrooms – drain and cut into slices
1 tin mock abalone
1 carrot slice thinly
2 cloves garlic finely chopped
2 slice ginger
1 tsp preserved soy beans
1 Tbsp cooking oil

Seasoning:

1 Tbsp vegetarian stock paste
1 Tbsp light soy sauce
a dash of pepper
1 tsp sesame oil
500ml water
½ tsp sugar

Thickening solution: Mix 3 Tbsp cornflour with water

1. Heat up cooking oil and fry garlic and ginger till fragrant.
2. Add in mock abalone, fried fresh gluten,straw mushroom and carrot and stir well.
3. Add in seasoning and bring to boil till cooked.
4. Add in thickening solution and stir well.

材料：
300 克面筋团加入½茶匙五香粉，¼ 茶匙发粉，揉面团至均，休息 30 分钟。杆平后炸至金黄色。

1 包草菇（ 沥干，切片）	调味料：
1 罐素鲍鱼	**1 汤匙素上汤酱**
1 条红萝卜（切片）	**1 汤匙生抽**
2 瓣蒜茸（切碎）	胡椒粉少许
2 片姜	**1 茶匙麻油**
1 茶匙豆酱	**500 毫升水**
1 汤匙食油	½ 茶匙糖

沟茨：3 汤匙粟粉加入少许水拌均
1。烧热油，爆香蒜茸和姜。
2。加入素鲍鱼，面筋，草菇，红萝卜炒均。
3。加入调味料煮滚至熟。
4。加入茨汁即可。

STEWED MOCK DUCK MEAT WITH SWEET BEANCURD SLICES
红烧素鸭肉甜豆腐片

Ingredients:
1 tin mock duck meat
3 pieces sweet beancurd cut into 2 inch slices
10 chinese mushrooms soak till soft and cut into cubes – retain water
1 carrot cut into slices
1 onion cut into cubes
2 cloves garlic finely chopped
1 Tbsp sesame oil
Seasoning:
½ Tbsp vegetarian stock paste
½ tsp sugar
a dash of pepper
150ml water
Thickening solution: Mix 2 Tbsp cornflour with some water

1. Heat up sesame oil and fry garlic till fragrant. Add in onions and fry till soft.
2. Add in balance ingredients and bring to boil till carrot are soft.
3. Add in seasoning and thickening solution and bring to boil. Serve.

材料：
1 罐素鸭肉
3 块甜豆腐（切片约 2 寸）
10 朵香菇 - 浸泡至软，切成方块 ，沥干，水待用
1 条红萝卜（切片）
一粒洋葱（切块）
2 瓣蒜茸（切碎）
1 汤匙麻油
调味料：
½ 汤匙素上汤酱
½ 茶匙糖
胡椒粉少许
150 毫升水
沟茨：2 汤匙粟粉加入少许水拌均

1。烧热麻油，爆香蒜茸。加入洋葱炒香。
2。加入其余的材料煮至红萝卜软。
3。加入调味料和茨汁煮沸即可。

STEAMED MOCK DUCK MEAT WITH YAM
蒸素鸭肉与芋头

Ingredients:
300g peeled yam cut into ¼ inch slices and deep fry till golden brown
1 tin mock duck meat – retain water
Seasoning A :
1 ½ Tbsp oil
3 pieces star anise
2 ½ pieces red fermented bean curd (Nam Yee) – mashed
2 cloves garlic
Seasoning B :
½ tsp five spice powder
1 Tbsp sugar
1 Tbsp vegetarian oyster sauce
1 Tbsp vegetarian stock paste
½ tsp pepper
250g water

1 stalk spring onions finely cut

1. Arrange fried yam and mock duck meat alternately onto steaming bowl.
2. Heat up oil (A) and fry star anise,garlic and fermented bean curd till fragrant.
3. Add in seasoning (B), retained mock duck meat water and bring to boil.
4. Steam over high heat for 45 mins. Serve sprinkle with spring onions.

300 克芋头去皮，切块，炸至金黄色
1 罐素鸭肉 - 水待用
调味料（A）：
1½ 汤匙油
3 片八角
2½片红腐乳（南义）- 压成泥
2 瓣蒜茸
调味料（B）：
½茶匙五香粉
1 汤匙糖
1 汤匙素食蚝油
1 汤匙素上汤酱
½茶匙胡椒粉
250 克水

1 棵青葱（切细）

1。按照一片芋头，一片素鸭肉顺序排满蒸盘里。
2。烧热（A）油，爆香八角，蒜茸和腐乳。
3。加入调味料（B），加入素鸭肉水煮沸。
4。蒸 45 分钟后撒上青葱即可。

CRISPY VEGETARIAN MOCK RIBS
美味素排骨

Ingredients A :
2 stick Chinese fried crullers (yew cha kuih) OR 3 pieces croissant cut into 1 ½ inch rings and deep fry till crispy
250g yam cut into finger like strips and deep fry till cooked
(Method to make mock ribs – stuff yam fingers into crullers or croissant rings)
Ingredients B:
150g pineapple cubes
½ cucumber cut cubes
1 tomato cut cubes
1 red capsicum cut cubes
1 green capsicum cut cubes
1 onion cut cubes
Seasoning:
3 Tbsp cooking oil
3 Tbsp tomato ketchup
2 Tbsp chilli sauce
½ Tbsp vinegar
½ tsp salt
120ml water
1 Tbsp cornflour mix with 2 Tbsp water for thickening solution

1. Heat up oil and stir in (B). Add in seasoning and bring to boil. Add in cornflour solution and mix well.
2. Stir in mock ribs. Dish up and serve.

材料 A：
2 条炸油条或 3 块 1½寸羊角面包（炸香脆）
250 克芋头切条（炸熟）
（素排骨做法- 把炸熟的芋头条酿入炸油条或羊角面包）
材料 B：
150 克黄梨（切块）
½条黄瓜（切块）
1 粒番茄（切块）
1 粒红灯椒（切块）
1 粒青灯椒（切块）
1 粒洋葱（切块）

调味料：
3 汤匙油
3 汤匙番茄酱
2 汤匙辣椒酱
½汤匙醋
½茶匙盐
120 毫升水
1 汤匙粟粉加入 2 汤匙水勾芡混合

1。烧热油，拌入材料（B）。加入调味料煮滚。加入粟粉勾芡拌匀。
2。加入素排骨即可上碟。

FRIED VEGETARIAN MOCK DUCK SKIN
香炸素鸭皮

Ingredients:
4 pieces dried bean curd skin
Seasoning mix till well combined:
3 cubes red fermented bean curd
2 Tbsp water from fermented bean curd
3 Tbsp water
1 Tbsp vegetarian stock paste
4 Tbsp corn flour
5 Tbsp sugar
½ tsp dark soy sauce

1. Brush bean curd skin with seasoning mixture and fold up into small pieces.
2. Poke with toothpick to prevent skin from sticking onto another piece.
3. Steam over high heat for 10 mins. Place on rack to drain out excess water and allow to cool.
4. Heat up oil with slow fire. Deep fry bean curd skin till golden brown. Quickly dish up and drain.

材料：
4 件豆腐干皮
调味料拌均：
3 块红腐乳
2 汤匙腐乳水（ 取罐）
3 汤匙水
1 汤匙素上汤酱
4 汤匙粟粉
5 大匙糖
½茶匙老抽

1。把豆腐干皮刷上调味料折叠成小块。
2。用牙签夹住以防粘到另一块。
3。蒸 10 分钟，放置在架上沥干。
4。烧热油，用小火把豆腐炸至金黄色，快速盛起沥干。

STEWED MOCK DUCK SKIN WITH POTATOES
素鸭炒马铃薯

Ingredients:
2 pieces mock duck skin cut into small pieces
2 potatoes cut into cubes
1 carrot cut into cubes
10g thick black fungus soak and cut into slices
1 onion cut into cubes
150ml water
2 cloves garlic finely chopped
1 Tbsp cooking oil
Seasoning:
1 Tbsp vegetarian stock paste
a dash of pepper
a dash of sesame oil

1. Heat up oil and fry garlic till fragrant. Add in onion cubes and fry till soft.
2. Add in potato cubes,black fungus slices , carrot cubes and water. Bring to boil till soft.
3. Add in mock duck skin and fry till well combined. Add in seasoning and stir well.

材料：
2 片素鸭皮（切块）
2 粒马铃薯(切丁)
1 条胡萝卜（切块）
10g 黑木耳 - 浸泡（切成薄片）
1 粒洋葱（切块）
150 毫升水
2 瓣蒜茸（切碎）
1 汤匙油
调味料：
1 汤匙素上汤酱
胡椒粉少许
麻油少许

1。烧热油，爆香蒜茸。加入洋葱炒香。
2。加入马铃薯块，黑木耳片，红萝卜快和水煮至软和沸。
3。加入素鸭皮炒均。加入调味料炒均即可。

STEAMED SOFT BEANCURD WITH MOCK DUCK SKIN
蒸软豆腐素鸭皮

Ingredients:
1 piece mock duck skin cut into slices
1 piece soft beancurd cut into slices
½ carrot shredded
6 chinese mushrooms slices soaked till soft with 4 Tbsp water
1 Tbsp garlic oil
1 stalk spring onion finely chopped
1 stalk coriander finely chopped
Seasoning:
½ Tbsp vegetarian stock paste
a dash of pepper

1. Place mock duck skin,soft beancurd slices and carrot in deep steaming plate.
2. Mix Chinese mushrooms slices and water with seasoning and pour on top.
3. Spread garlic oil on top. Steam over high heat for 15 mins. sprinkle with spring onions and coriander. Serve hot.

材料：
1 片素鸭皮（切片）
1 块软豆腐（切片）
½ 条红萝卜（切丝）
6 中文香菇片浸泡至软 4 汤匙水
1 汤匙蒜茸油
1 棵青葱（切碎）
1 棵芫荽（切碎）
调味料：
½汤匙素上汤酱
胡椒粉少许

1。把素鸭皮，软豆腐和红萝卜排在蒸盘上。
2。将蘑菇片，水和调味料拌均后淋上素鸭皮。
3。撒上蒜油，蒸 15 分钟后再撒上青葱和芫荽即可。

STEWED MOCK CHICKEN WITH CAPSICUM
素鸡炒灯笼椒

Ingredients:
1 tin mock chicken meat
1 red capsicum cut into cubes
1 green capsicum cut into cubes
1 onion cut into cubes
20 basil leaves
2 cloves garlic finely chopped
1 Tbsp cooking oil
Seasoning:
½ Tbsp vegetarian stock paste
½ tsp sugar
a dash of pepper
100ml water

1. Heat up cooking oil and fry garlic till fragrant.
2. Add in balance ingredients and stir till well combined.
3. Add in seasoning and bring to boil till cooked.

材料：
1 罐素鸡肉
1 粒红灯笼椒（切丁）
1 粒青灯笼椒（切丁）
1 粒洋葱（切块）
20 叶九层塔（义香菜）
2 瓣蒜茸（切碎）
1 汤匙食油
调味料：
½ 汤匙素上汤酱
½ 茶匙糖
胡椒粉少许
100ml 水

1。烧热油，爆香蒜茸。
2。加入其余的材料炒均。
3。加入调味料煮滚至熟即可。

STEWED MOCK CHICKEN WITH BLACK FUNGUS
素鸡黑木耳

Ingredients:
1 tin mock chicken meat
1 tin straw mushrooms – drained
10g small black fungus soak till soft
1 carrot cut into slices
10 snow peas
2 cloves garlic finely chopped
2 slices ginger
1 Tbsp cooking oil
Seasoning:
1 Tbsp vegetarian stock paste
1 tsp sugar
a dash of pepper
a dash of sesame oil
Thickening solution: Mix 2 Tbsp cornflour with some water

1. Heat up cooking oil and fry garlic and ginger till fragrant.
2. Add in balance ingredients and bring to boil till cooked.
3. Add in seasoning and stir till well combined. Add in thickening solution and stir.

材料：
1 罐素鸡肉
1 罐草菇 – 沥干
10g 黑木耳（浸泡至软）
1 条红萝卜（切片）
10 粒荷兰豆
2 瓣蒜茸（切碎）
2 片姜
1 汤匙油
调味料：
1 汤匙素上汤酱
1 茶匙糖
胡椒粉少许
少许麻油
茨汁：2 汤匙粟粉加入少许水拌均

1。烧热油，爆香蒜茸和姜。
2。加入其余的材料煮沸。
3。加入调味料搅拌至均匀，沟茨拌均。

VEGETARIAN PANDAN MOCK CHICKEN
班兰叶素香鸡

Ingredients :
2 pandan leaves cut into 1 inch lengths
3 sticks 1 inch length mashed lemongrass
3 Tbsp cooking oil
300g vegetarian mock chicken slices
120ml coconut milk
Marinate seasoning:
1 Tbsp coriander powder
2 Tbsp tumeric powder
3 Tbsp blended onions
3 Tbsp sugar
1 tsp salt
½ tsp MSG

1. Marinate vegetarian mock chicken slices with marinate seasoning for 1 hour.
2. Heat up oil and fry pandan leaves and lemongrass till fragrant.
3. Add in marinated mock chicken meat and fry till fragrant.
4. Add in coconut milk and bring to boil till gravy become thick.

材料：
2 班兰叶（香兰叶）切成 1 寸长
3 支香茅 1 寸长（搅烂）
3 汤匙油
300 克素鸡片
120ml 椰浆
腌料：
1 汤匙芫荽粉
2 汤匙姜黄粉
3 汤匙洋葱（搅烂）
3 汤匙糖
1 茶匙盐
½ 茶匙味精

1。把素鸡片加入腌料腌 1 小时。
2。烧热油，爆香香兰叶和香茅。
3。放入腌好的素鸡肉炒香。
4。加入椰浆煮至沸和汁浓即可。

FRIED SPICY LADY FINGERS WITH VEGETARIAN PRAWNS
素辣大虾炒羊角豆

Ingredients :
8 lady fingers washed and cut into slices
200g vegetarian prawns
2 Tbsp cooking oil
salt and sugar to taste
Spicy Paste – To be blended till smooth
½ Tbsp vegetarian prawn paste(belacan)
4 red chillies seeded and cut into small pieces
1 inch lemon grass cut into small pieces
1 small ball onion cut into small pieces
enough water to grind

1. Heat up cooking oil and fry spicy paste till fragrant.
2. Add in lady fingers and vegetarian prawns and fry till well combined.
3. Bring to boil and cook till lady fingers are soft. Add in salt and sugar to taste.

材料：
8 条羊角豆（洗净，切片）
200 克素大虾
2 汤匙油
盐和糖调味
辣酱—搅拌至滑（用搅拌机）
½ 汤匙素虾酱（马来栈）
4 条红辣椒（去籽，切小块）
1 寸香茅（切成小块）
1 粒小洋葱（切小块）
水少许

1。烧热油，爆香辣酱。
2。加入羊角豆和素炒均匀。
3。煮沸至羊角豆软。加入盐和糖调味即可。

DRY VEGETARIAN CURRY MUTTON
咖喱素羊肉

Ingredients :
300g vegetarian mutton
3 potatoes cut into chunks
300ml coconut milk
30g dessicated coconut
4 Tbsp cooking oil
1 inch cinnamon stick
3 star anise
10 curry leaves
Curry paste to be blended till smooth:
5 Tbsp meat curry powder
2 stalks lemon grass cut into small pieces
3 onions cut into small pieces
2 Tbsp coriander powder
enough water to blend

Seasoning:
1 Tbsp vegetarian stock paste
2 Tbsp sugar
1 Tbsp light soy sauce

1. Heat up cooking oil and fry cinnamon stick,star anise and curry leaves till fragrant.
2. Add in blended curry paste and fry till oil seeps up.
3. Add in vegetarian mutton, potatoes and dessicated coconut and stir till well combined.
4. Add in coconut milk and bring to boil till potatoes are soft. Add in some water if too thick.
5. Add in seasoning and dish up.

材料：
300 克素羊肉
3 粒马铃薯（切块）
300 毫升椰浆
30 克椰丝
4 汤匙油
1 寸肉桂棒
3 粒八角
10 片咖喱叶
咖喱酱- 搅拌至滑（用搅拌机）
5 大匙素肉类咖喱粉
2 棵青葱（切小块 ）
3 粒洋葱（切小块 ）
2 汤匙芫荽粉
水少许

调味料：
1 汤匙素上汤酱
2 汤匙糖
1 汤匙生抽

1。烧热油爆香桂皮，八角和咖喱叶。
2。加入咖喱酱爆香。
3。加入素羊肉，马铃薯和椰丝炒均。
4。加入椰浆煮滚至马铃薯变软。如果太厚可加一些水。
5。加入调味料即可上碟。

FRIED GLASS NOODLES WITH BEANCURD
炒冬粉与豆腐

Ingredients:
2 pieces firm beancurd cut into small strips and deep fry
2 dried sweet beancurd cut into strips and deep fry
20g dried lily buds soak in water till soft
1 carrot cut into strips
200g glass noodles soak in water till soft then cut into smaller lengths
2 stalks coriander cut into 1 inch lengths
1 spring onions cut into 1 inch lengths
20g soaked soft thick black fungus strips
20 fresh gingko nuts
1 tin mock abalone
1 Tbsp pounded peppercorns
⅛ tsp five spice powder
3 cloves garlic finely chopped
2 Tbsp cooking oil

Seasoning:
1 Tbsp vegetarian stock paste
1 Tbsp light soy sauce
1 tsp dark soy sauce
sugar to taste
1 tsp sesame oil
500ml water

1. Heat up cooking oil and fry garlic till fragrant. Add in pounded peppercorn and five spice powder. Stir till well mix.
2. Add in balance ingredients and seasoning and bring to boil till cooked.

材料：
2 块豆干（切成小条状，炸脆）
2 片甜豆皮（切条状，炸脆）
20 克干银针菜（浸泡至软）
1 条红萝卜（切丝）
200 克冬粉 - 浸泡至软（切小条）
2 棵芫荽（切 1 寸长）
1 棵青葱（切 1 寸）
20 克黑木耳（浸软）切条
20 粒白果
1 罐素鲍鱼
1 汤匙椒椒粒（压碎）
⅛茶匙五香粉
3 瓣蒜茸（切碎）
2 汤匙食油

调味料：
1 汤匙素上汤酱
1 汤匙生抽
1 茶匙老抽
糖调味
1 茶匙麻油
500 毫升水

1。烧热油，爆香蒜茸。加入胡椒和五香粉炒均。
2。加入其余材料及调味料煮沸至熟即可。

FRIED CHINESE VEGETARIAN RICE NOODLES
中华素食米粉

Ingredients:
1kg Rice Noodles (Bee Hoon) – soak in water for 30 mins
3 pieces firm beancurd cut into half and then into strips – deep fry till crispy
3 pieces dried sweet beancurd slicks cut into thin strips and deep fry till crispy
200g cabbage cut into strips
1 carrot cut into strips
50g Chinese mushrooms slices soak in water till soft – retain water
1 stalk coriander cut into 1 inch lengths
1 stalk spring onions cut into 1 inch lengths
3 cloves garlic finely chopped
3 Tbsp cooking oil
Seasoning:
2 Tbsp vegetarian stock paste
a dash of pepper
2 Tbsp sugar
light soy sauce to taste
300ml water
½ Tbsp dark soy sauce

1. Heat up oil and fry garlic till fragrant. Add in mushroom slices and fry till fragrant.
2. Add in balance ingredients and seasoning. Fry till noodles become soft. Serve

材料：
1 公斤米粉（浸泡 30 分钟）
3 块豆干（切成条状的， 炸至香脆）
3 片干甜豆皮（成细条状，炸至香脆）
200 克包菜（切条）
1 条红萝卜（切丝）
50 克香菇片（浸泡至软）水待用
1 棵芫荽（切 1 寸长）
1 棵青葱（切 1 寸长）
3 瓣蒜茸（切碎）
3 汤匙食油
调味料：
2 汤匙素上汤酱
胡椒粉少许
2 汤匙糖
生抽调味
300 毫升水
½汤匙老抽

1。烧热油，爆香蒜茸。加入蘑菇片炒香。
2。加入其余的材料和调味料炒均。炒至米粉变熟即可享用。

FRIED GLASS NOODLES WITH PRESERVED BLACK BEANS
冬粉炒豆鼓

Ingredients:
300g glass noodles soak in water till soft
1 tin mock abalone
200g cabbage cut into strips
1 carrot cut into strips
2 stalks coriander cut into 1 inch lengths
2 stalks spring onions cut into 1 inch strips
20g thick black fungus soak in water till soft and cut into strips
3 Tbsp preserved black beans
3 cloves garlic finely chopped
3 Tbsp cooking oil
Seasoning:
2 Tbsp vegetarian stock paste
2 Tbsp sugar
a dash of pepper
1 Tbsp sesame oil
200ml water
½ Tbsp dark soy sauce

1. Heat up cooking oil and fry garlic till fragrant. Add in preserved black beans and fry till fragrant.
2. Add in seasoning and balance ingredients, except glass noodles, fry till cabbage are soft. Add in glass noodles and fry till cooked. Serve.

材料：
300 克冬粉（浸泡至软）
1 罐素鲍鱼
200 克包菜（切条）
1 条红萝卜（切丝）
2 棵芫荽（切 1 寸长）
1 棵葱（切条约 2 寸长）
20 克黑木耳（浸泡至软，切成条状）
3 汤匙黑豆鼓
3 瓣蒜茸（切碎）
3 汤匙食油
调味料：
2 汤匙素上汤酱
2 汤匙糖
胡椒粉少许
1 汤匙麻油
200 毫升水
½ 汤匙老抽

1。烧热油，爆香蒜茸。加入黑豆鼓炒至香。
2。加入调味料和其余的材料（除了冬粉）炒至包菜熟。加入冬粉炒熟即可。

FRIED SPICY INSTANT NOODLES PENANG STYLE
槟城香辣即食面

Ingredients:
10 pieces instant noodles cook in boiling water till soft and then drain well
100g dried mini gluten balls deep fry till crispy
20 pieces chilli padi
300g choy sum or any type of green vegetables cut into 1 inch lengths
2 stalks Chinese celery finely cut
1 carrot cut into slices
3 cloves garlic finely chopped
3 Tbsp chilli powder mix with 4 Tbsp water
4 Tbsp cooking oil
Seasoning:
2 Tbsp vegetarian stock paste
2 Tbsp sugar
light soy sauce to taste
a dash of pepper
1 Tbsp sesame oil
200ml water

1. Heat up oil and fry garlic till fragrant. Add in onion strips and fry till fragrant. Add in chilli mix, chilli padi and fry till fragrant. Add in seasoning and bring to boil.
2. Add in balance ingredients except noodles and gluten and bring to boil.
3. When start to boil then only add in noodles and stir till well combined.
4. Dish up and sprinkle top with crispy gluten. Serve.

材料：
10 块即食面（沸水煮熟，沥干）　100 克小干面筋球（炸至香脆）
20 条指天椒　　　300 克菜心或任何绿色蔬菜（切 1 寸长）
2 棵芫茜（切细）　1 条红萝卜（切片）
3 瓣蒜茸（切碎）　3 汤匙辣椒粉加入 4 汤匙水拌匀　　　4 汤匙食油

调味料：
2 汤匙素上汤酱
2 汤匙糖
酱油调味
胡椒粉少许
1 汤匙麻油
200 毫升水

1。烧热油，爆香蒜茸。加入洋葱炒香。加入辣椒混合和指天椒炒香。加入调味料煮沸。
2。加入其余的材料（除了即食面和面筋脆）煮沸。
3。加入即食面煮熟。
4。撒上香脆面筋即可。

FRIED HOCKKIEN YELLOW NOODLES
炒福建面

Ingredients:
1kg fresh hockkien yellow noodles
5 pieces Chinese mushrooms soak in 200ml water till soft and cut into cubes – retain water
50g vegetarian shrimps
200g choy sum (Chinese spinach vegetable)
200g bean sprouts
1 stalk coriander cut into 1 inch lengths
1 stalk spring onions cut into 1 inch lengths
3 cloves garlic finely chopped
2 Tbsp cooking oil
Seasoning:
1 Tbsp vegetarian stock paste
½ Tbsp vegetarian oyster sauce
a few dash of pepper
½ Tbsp sesame oil
1 Tbsp dark soy sauce
1 Tbsp sugar

1. Heat up cooking oil and fry garlic till fragrant. Add in balance ingredients and seasoning ,except yellow noodles. Bring to boil.
2. Add in yellow noodles, stir well and bring to boil again. Dish up and sprinkle top with ready-fried shallot crisps.

材料：
1 公斤黄面
5 朵香菇- 浸泡至软(200 毫升)切丁 ，水待用
50 克素虾仁
200 克菜心
200 克豆芽
1 棵芫荽（切 1 寸长）
1 棵青葱（切 1 寸长）
3 瓣蒜茸（切碎）
2 汤匙食油
调味料：
1 汤匙素上汤酱
½汤匙素蚝油
胡椒粉少许
½汤匙麻油
1 汤匙老抽
1 汤匙糖

1。烧热油，爆香蒜茸。加入其余的材料及调味料炒均（除了黄面）。
2。加入黄面条，炒均至熟。上碟，撒上油葱即可。

FRIED RICE YANG CHOW STYLE
杨州炒饭

Ingredients:
3 bowls cooked rice – preferably cooled and fluffed up to avoid stickiness
30g dried mini gluten balls deep fry till crispy
5 pieces Chinese mushrooms soak in water till soft and cut into cubes
1 carrot cut into small cubes
⅓cup fresh green peas
2 cloves garlic finely chopped
2 Tbsp cooking oil
Seasoning:
½ Tbsp vegetarian stock paste
½ Tbsp vegetarian oyster sauce
a few dash of pepper
1 Tbsp sesame oil
1 Tbsp sugar
light soy sauce to taste

1. Heat up cooking oil and fry garlic till fragrant. Add in Chinese mushrooms and fry till fragrant.
2. Add in balance ingredients stir till well combined. Add in seasoning and fry till rice can "jump" up from wok. This will taste very delicious.

材料：
3 碗米饭 - 最好是冷却，以免粘性
30 克干面筋球（炸酥脆）
5 朵香菇（浸泡至软）切丁
1 条红萝卜（切小方块）
⅓杯青豆
2 瓣蒜茸（切碎）
2 汤匙食油
调味料：
½汤匙素上汤酱
½汤匙素蚝油
胡椒粉少许
1 汤匙麻油
1 汤匙糖
生抽调味

1。烧热油，爆香炒蒜茸，加入香菇炒香。
2。加入其余的材料炒均，加入调味料炒至饭可以在锅"跳"（比如）至香。

BAKED CHEESE RICE HONGKONG STYLE
港式焗芝士饭

Ingredients:
3 bowls cooked rice
5 pieces button mushrooms cut into small cubes
3 pieces fresh corn cut into small cubes
1 stalk Chinese celery cut into cubes
2 cloves garlic finely chopped
1 onion cut into small cubes
3 Tbsp butter
Seasoning:
1 Tbsp vegetarian stock paste
a dash of pepper
salt and sugar to taste
Topping:
100g mozzarella cheese

1. Heat up butter and fry garlic till fragrant. Add in onions and fry till soft.
2. Add in balance ingredients and seasoning and stir till well combined.
3. Place onto baking bowl and grated mozzarella on top. Bake in preheated oven 180°C for 16 mins. till cheese are golden brown.

材料：
3 碗饭
5 朵蘑菇（切块）
3 条粟米心（切小方块）
1 棵西芹（切块）
2 瓣蒜茸（切碎）
1 粒洋葱（切小方块）
3 汤匙牛油
调味料：
1 汤匙素上汤酱
胡椒粉少许
盐和糖调味
表层：
100 克芝士，磨碎（乳酪）

1。烧热牛油，爆香蒜茸。加入洋葱炒熟。
2。加入其余的材料和调味料炒均匀。
3。把饭倒入碗里，撒上芝士。放入 **180°C** 预热烤箱烤 **16** 分钟烤至芝士变金黄色即可。

PENANG SOUR SPICY LAKSA NOODLES
槟城亚叁叻沙

Ingredients A) : 1 kg laksa noodles soak with water till soft
Ingredients B) : 1 big piece Hai Tai (thick seaweed) soak with water till soft and grind till
 smooth
Ingredients C) : 2 stalks lettuce cut leaves thinly
 1 bud curry flower (bunga kantang) cut finely   100g mint leaves
 1 cucumber cut thinly   2 onions cut thinly
 2 red chilli cut fine

<u>Curry paste to be grinded till smooth:</u>
3 stalks lemongrass cut into small pieces
1 inch galangal (lengkuas) cut into small pieces
2 inches fresh turmeric cut into small pieces
10 red chilli seeded and cut into small pieces
15 dried chilli soaked till soft and cut into small pieces
4 onions cut into small cubes
2 inches vegetarian prawn paste (belacan)
enough water to grind
Seasoning:
50g tamarind soak with 5 litres water to make into a paste. If not sour enough you may add in
some more tamarind paste
salt and sugar to taste

1. Bring seasoning to boil. Add in curry paste and ingredient (B) and bring to boil.
2. Serve laksa by placing noodles in bowl and add some ingredient (C) on top.
3. Scoop some hot laksa soup into bowl and remove soup. Repeat this process twice to cook the noodles. Scoop some soup into bowl of noodle mix and serve hot.

材料 A）：1 公斤叻沙面条（浸泡至软）
材料 B）：1 大片紫菜（海带）浸泡至软，搅烂
材料 C）：2 棵生菜（切细）   2 粒洋葱（切细）
        1 朵姜花（切细）   1 黄瓜（切薄片）
        100 克 薄荷叶   2 条红辣椒（切细）

叻沙酱- 搅拌至滑（用搅拌机）
3 条香茅（切小块）   1 寸南姜（切小块）   2 寸黄姜（切小块）
10 条红辣椒（去籽，切成小块）   15 条干辣椒（浸泡至软，并切小块）
4 粒洋葱（切小块）   2 寸素虾酱（马来栈）
足够的水
调味料：
50 克罗望子加入 5 公升的水搅均成糊状。如果不够酸可添加一些罗望子酱。
盐和糖调味

1。把调味料煮沸。加入叻沙酱和材料（B）煮沸。
2。享用时可把叻沙面条放入碗里放上材料（C）。
3。淋上热的叻沙汤后倒出，再淋上（重复两次），即可趁热享用。

BEAN CURD WITH SALTED VEGETABLE SOUP
咸菜豆腐汤

Ingredients :
1 stalk salted vegetables (cut into 1 inch length and soak in water for 1 hour – drain)
5 pieces Chinese mushrooms
     (soak with some water till soft, drain and cut into 2. Keep the water)
5 pieces button mushrooms
100g ready-soaked round dried gluten
1 Tbsp peppercorns – crushed
3 Tbsp Maggie vegetarian stock paste/vegetarian oyster sauce
½ ball dried nutmeg
3 litres water

2 pieces soft bean curd -cut each into 6 pieces

1. Place all ingredients except soft bean curd into a pot and bring to boil. Lower the heat and simmer till salted vegetables are soft.
2. Add in soft bean curd and bring to boil. Taste and serve.

材料：
1 棵咸菜（切成 1 寸长，浸泡 1 小时，沥干）
5 朵中国香菇 （浸泡至软，沥干，切半，水待用）
5 粒蘑菇
100 克圆干面筋（浸泡）
1 汤匙花椒粒 -（粉碎）
3 汤匙素上汤酱或素食蚝油
½ 粒干豆蔻肉
3 公升水

2 块软豆腐（每块切成 6 块）

1。把 所有的材料放入锅中煮沸（除了软豆腐）后低温（小火）煮至咸菜软。
2。加入软豆腐煮沸即可。

HOT AND SOUR SZECHUAN SOUP
四川酸辣汤

Ingredients A:
1 piece soft bean curd
 (soak in boiling water with some salt for 10 mins-remove and cut into shreds)
10g thick black fungus (soak till soft and cut into thin strips)
4 pieces Chinese mushrooms (soak till soft and cut into thin strips)
1 pkt fresh needle mushrooms
Ingredients B:
3 bowls water
3 Tbsp Maggie vegetarian stock paste/vegetarian oyster sauce
1 Tbsp hot soybean paste
1 Tbsp light soy sauce
2 tsp sugar
¼ tsp salt

Seasoning A: **Starch Solution:**
1 tsp pepper powder   2 Tbsp cornflour mix with 3 Tbsp water
1 ½ Tbsp sweet vinegar
1 tsp fried garlic oil

1. Place ingredients (A) and (B) in a pot and bring to boil for 10 mins over low heat.
2. Add in seasonings (A) except garlic oil and stir slowly till well combined.
3. Thicken with starch solution and stir in garlic oil. Serve hot.

材料（A）：
1 块软豆腐 - 浸泡滚水（加入少许盐）10 分钟，取出切丝
10g 黑木耳（浸泡至软，切丝）
4 粒中国香菇（泡至软，切丝）
1 包金针菇
材料（B）：
3 碗水
3 汤匙素上汤酱/素食蚝油
1 汤匙辣豆酱
1 汤匙生抽
2 茶匙糖
¼ 茶匙盐

调味料（A）：   **勾芡：**
1 茶匙胡椒粉   **2 汤匙粟粉加入 3 汤匙水**
1 ½ 汤匙甜醋
1 茶匙蒜茸油

1。把材料（A）和（B）煮沸大约 10 分钟（小火）。
2。加入调味料（A）（除了麻油）慢慢搅拌至均匀。
3。勾芡后加入蒜茸油趁热享用。

DONG GUI AND SPINACH SOUP
当归苋菜上汤

Ingredients:
500ml water
4 slices ginger
5 pieces dong gui
200g Chinese spinach
1 Tbsp qi zi
3 fresh shitake mushrooms – sliced
Seasoning:
1 Tbsp vegetarian stock paste
salt to taste

1. Put water in pot and add in ginger, dong gui and bring to boil over high heat. Lower heat and simmer for 10 mins.
2. Add in remaining ingredients and seasoning and cook till vegetables are soft.

材料：
500 毫升水
4 片姜
5 片东归
200 克苋菜
1 汤匙杞子
3 朵鲜冬菇 - 切片
调味料：
1 汤匙素上汤酱
少许盐

1。把水，姜和东归放入锅内大火（高温）煮沸。转小火煮约 10 分钟。
2。加入其余的材料和调味料煮至熟便可盛起享用。

VEGETARIAN KUT TEH SOUP
素肉骨茶

Ingredients :
1 packet ready packed herbs for bah kut teh
salt and sugar to taste
20 chinese mushrooms soak with 3 litres water till soft . Remove stem and retain water.
20 button mushrooms
3 Tbsp vegetarian stock paste
4 pieces deep fried bean curd
4 sticks dried plain bean curd sticks cut into 1 ½ inch long and deep fry
300g flat gluten soak with water till soft

1. Place all ingredients into pressure cooker.
2. Let boil and when boil let it continue to boil for 20 mins.
3. Allow to steep till pressure has gone down then only open lid. Ready to be served.

Alternately you may cook in claypot over slow fire till fragrant and bean curd sticks are soft.

材料：
1 包包装肉骨茶
盐和糖（调味）
20 朵香菇− 浸泡至软(3 公升水)去茎，水待用
20 朵蘑菇
3 汤匙素上汤酱
4 块炸豆腐
4 枝腐竹支（切成 1½寸长后炸脆）
300 克面筋（浸泡至软）

1。把所有材料放入气压锅。
2。煮沸后，再继续煮 20 分钟。
3。待气压已经下降，然后打开盖子。即可上碟。
（也可以用煲煮至腐竹支变软）

PUMPKIN SOUP
南瓜汤

Ingredients :
1500ml water
300g pumpkin, peeled and cut into cubes
60g carrot, peeled and cut into cubes
30g vegetarian ham, diced
50g fresh sweet corn kernels
100g abalone mushrooms, tear into pieces
Seasoning:
¼ tsp ground black pepper
1 Tbsp vegetarian stock paste
salt to taste

1. Bring water to boil, add in pumpkin and carrot. Lower heat and cook till soft.
2. Add in sweet corn kernels, vegetarian ham, abalone mushrooms and cook for another 10 mins. Add in seasoning and taste before adding in salt. Bring to boil. Serve hot.

材料：
1500 毫升水
300 克南瓜，去皮，切丁
60 克红萝卜，去皮，切丁
30 克素火腿，切块
50 克新鲜甜玉米粒
100 克素鲍鱼菇，撕小片
调味料：
¼ 茶匙黑胡椒粉
1 汤匙素上汤酱
少许盐

1。煮滚水，加入南瓜和红萝卜。转小火煮至软。
2。加入甜玉米粒，素火腿，鲍鱼菇，再煮 10 分钟，加入调味料煮滚即可。

SOUR MUSTARD CABBAGE CHAP SUEY
素酸菜汤

Ingredients:
1kg preserved saltish mustard cabbage – cut into big slices, soak and drain out salt
10 chinese mushrooms soak in 3 litres water till soft and retain water
100g fried dried beancurd sticks cut into 1 ½ inch lengths
1 carrot cut into chunks
1 onions cut into chunks
15 pieces beancurd puffs (tau pok)
20 dried chillies
40g ginger flatten
15 pieces tamarind slices
20 peppercorns crushed
2 Tbsp vegetarian stock paste
2 Tbsp sugar

1. Mix all ingredients in a big pot and stew over slow fire till mustard cabbage are soft.

材料：
1 公斤咸芥菜 -（切大片，浸泡去咸， 沥干）
10 朵中国香菇 - 浸泡至软（3 公升水）水待用
100 克炸腐竹支（切 1 ½寸长）
1 条红萝卜（切大块）
1 粒洋葱（切大块）
15 粒豆腐卜
20 条干辣椒
40 克姜（压扁）
15 片罗望子片（亚叁皮）
20 胡椒粒（ 压碎）
2 汤匙素上汤酱
2 汤匙糖

1。把所有的材料放入大锅煮至熟即可。

SWEET VINEGAR GLUTEN SOUP
甜醋姜面筋汤

Ingredients:
600g round dried gluten soak with water till soft
600g ginger cut small and smashed
2 ½ litres water
700ml sweet vinegar
100g black beans soak with water for at least 6 hours
3 Tbsp vegetarian stock paste
80g brown sugar
1 ½ tsp salt
½ tsp MSG
3 Tbsp sesame oil

1. Heat sesame oil and fry ginger till fragrant. Add in water ,black beans and vinegar and bring to a slow boil for 2 hours.
2. Add in soaked gluten and bring to slow boil for another 1 ½ hours.

Note: If kept overnight the flavour will be better.

材料：
600 克干面筋（浸泡至软）
600 克姜（切小块和拍扁）
2 ½公升水
700 毫升甜醋
100 克黑豆（浸泡至少 6 小时）
3 汤匙素上汤酱
80 克黄糖
1½茶匙盐
½茶匙味精
3 汤匙麻油

1。烧热麻油炒香姜片。加水，黑豆和醋，用小火慢熬 2 小时。
2。加入面筋再慢煮 1 ½小时。
注意：如果保存过夜的味道会更好。

RED APPLE SOUP
红苹果汤

Ingredients:
6 red apples peel and cut into 4 pieces
10 pieces preserved seedless dates
1 piece candied lime (kam quats)
1 ball loh han koh
3 litres water
salt to taste

    1. Put all ingredients into a pot and simmer over slow fire for 3-4 hours.
Or you can cook in slow cooker but put in less water.

材料：
6 粒红苹果- 去皮，切成 4 片
10 粒红枣（无核）
1 个吉饼
一粒罗汉果
3 公升水
盐（调味）

1。把所有材料用小火煮 3 至 4 小时。
    或者可以用慢锅炉，必须减少水。

LOTUS ROOT SOUP
莲藕汤

Ingredients:
500g lotus roots cut into 1 ½ inch rounds
20 pieces preserved red dates
100g peanuts
10 chinese mushrooms soak with 3 litres water and retain water for soup
20 pieces round dried gluten soak in water till soft
3 Tbsp vegetarian stock paste
salt to taste

1. Put all ingredients in slow cooker and cook for 8 hours on high.

材料：
500 克莲藕（切片）
20 粒红枣（无核）
100 克花生
10 朵香菇- 浸泡（3 公升水）水待用
20 片面筋（浸泡至软）
3 汤匙素上汤酱
盐（调味）

1。把所有材料放入慢锅炉炖 8 小时即可。

POTATOES AND MUSHROOM SOUP
马铃薯蘑菇汤

Ingredients:
4 potatoes peel and cut into chunks
1 carrot peel and cut into chunks
2 onions cut into cubes
10 round dried gluten soak till soft and cut into 2
3 plain dried bean curd sticks cut into 1 ½ inches long and deep fried then soak with 3 litres water till soft
3 tomatoes cut into cubes
10 pieces button mushrooms
3 Tbsp vegetarian stock paste
salt to taste

1. Put all ingredients into a pot and bring to boil till potatoes are soft.

材料：
4 粒马铃薯(切丁)
1 条红萝卜（去皮，切丁）
2 粒洋葱（切丁）
10 个干面筋（浸泡至软），对半切
3 枝腐竹支– 切成1½寸长，油炸后浸泡至软（3 公升水）
3 粒番茄（切丁）
10 朵蘑菇
3 汤匙素上汤酱
盐（调味）

1。把所有材料放入锅中，煮沸至马铃薯变软。

MOCK CHICKEN WATERCRESS SOUP
素鸡西洋菜汤

Ingredients:
600g watercress cut into 1 inch long
1 tin vegetarian mock chicken
10 pieces seedless preserved red dates
2 litres water
2 Tbsp vegetarian stock paste
salt to taste

1. Place all ingredients in a pot and bring to boil till watercress are soft.

材料：
600 克西洋菜（切成 1 寸长）
1 罐素鸡
10 粒无核红枣
2 公升水
2 汤匙素上汤酱
盐（调味）

1。把所有材料放入锅中，煮沸至西洋菜变软。

PEANUT POTATOES SOUP
花生马铃薯汤

Ingredients:
4 potatoes peel and cut into chunk
100g peanuts
10 seedless black dates
1 carrot cut into chunks
1 onion cut into cubes
1 tin mock abalone
2 Tbsp vegetarian stock paste
salt to taste
2 ½ litres water

1. Place all ingredients in pot and bring to boil till potatoes and peanuts are soft.

材料：
4 粒马铃薯（切块）
100 克花生
10 粒无核黑枣
1 条红萝卜（切块）
1 粒洋葱（切块）
1 罐素鲍鱼
2 汤匙素上汤酱
盐（调味）
2½公升水

1。把所有材料放入锅中，煮沸至马铃薯和花生变软。

PUMPKIN CARROT SOUP
南瓜红萝卜汤

Ingredients:
400g pumpkin cut into chunks
1 carrot cut into chunks
20 button mushrooms
1 onion cut into cubes
2 Tbsp vegetarian stock paste
salt to taste
2 litres water

1. Place all ingredients into pot and cook till pumpkin are soft.

材料：
400 克南瓜(切块)
1 条红萝卜（切块）
20 粒蘑菇
1 粒洋葱（切块）
2 汤匙素上汤酱
盐（调味）
2 公升水

1。把所有材料放入锅中，煮沸至南瓜变软。

WINTER MELON MUSHROOM SOUP
冬瓜香菇汤

Ingredients :
400g winter melon cut into chunks
10 seedless red dates
10 chinese mushrooms soak till soft with 2 litres water – retain water
2 Tbsp vegetarian stock paste
salt to taste

1. Place all ingredients into pot and bring to boil till winter melon are soft.

材料：
400 克冬瓜（切块）
10 粒无核红枣
10 朵香菇– 浸泡至软（2 公升水）水待用
2 汤匙素上汤酱
盐（调味）

1。所有材料放入锅中，煮沸至冬瓜变软。

SPINACH WITH MOCK CHICKEN SOUP
菠菜素鸡汤

Ingredients:
1 kg spinach cut into 1 ½ inches long
1 tin mock chicken
2 litres water
2 Tbsp vegetarian stock paste
salt to taste

1. Place all ingredients into pot and bring to boil till spinach are soft.

材料：
1 公斤菠菜（切 1½寸长 ）
1 罐素鸡
2 公升水
2 汤匙素上汤酱
盐（调味）

1。所有材料放入锅中，煮沸至菠菜变软。

GINKO AND PLAIN BEAN CURD STICK SOUP
白果腐竹汤

Ingredients :
1 Tbsp white peppercorns- crushed
1500ml water
100g plain curd stick – cut into 3 inches length and soak in water till soft
200g ready-soaked gingko nuts
5 red dates – seeded
4 potatoes peeled and cut into chunks
1 carrot peeled and cut into chunks

Seasoning:

3 Tbsp vegetarian stock paste
1 small piece rock sugar
salt to taste
a little sesame oil

1. Place crushed peppercorns in pot, add in water, rock sugar ,red dates,carrot and potatoes and cook till soft.
2. Add in balance ingredients and bring to boil. Add in seasoning and bring to boil.

材料：
1 汤匙白胡椒粒，粉碎
1500 毫升水
100 克腐竹枝 – 切段（大约 3 村），浸软
200 克白果，去壳
5 粒红枣 ，去籽
4 粒马铃薯，去皮，切块
1 条红萝卜，去皮，切块
调味料：
3 汤匙素上汤酱
1 小块冰糖
少许盐
少许麻油

1。将粉碎胡椒放入锅中，加水，冰糖，红枣，红萝卜，马铃薯煮至软。
2。加入其余的材料煮沸后再加入调味料煮滚即可。

STEWED WINTER MELON WITH BLACK FUNGUS
黑木耳炖冬瓜

Ingredients;
400g winter melon cut into thin slices
1 carrot cut into slices
20g thick black fungus soak with water till soft and cut into slices
1 tin mock abalone
5 chinese mushrooms soak with1 cup water till soft and cut into strips – retain water
2 cloves garlic finely chopped
1 Tbsp oil
Seasoning:
1 Tbsp vegetarian oyster sauce
1 Tbsp vegetarian stock paste
½ tsp sugar
a dash of pepper
1 tsp sesame oil

1. Heat up oil and fry garlic till fragrant. Add in Chinese mushrooms and fry till fragrant.
2. Add in balance ingredients and fry till well combined. Bring to boil.
3. Add in seasoning when winter melon are soft. Dish up and serve.

材料：
400 克冬瓜（切成薄片 ）
1 条红萝卜（切片）
20 克黑木耳（浸泡至软，切成薄片）
1 罐素鲍鱼
5 朵香菇- 浸泡至软（1 杯水）切条，水待用
2 瓣蒜茸(切碎)
1 汤匙油
调味料：
1 汤匙素食蚝油
1 汤匙素上汤酱
½茶匙糖
少许胡椒粉
1 茶匙麻油

1。烧热油，爆香炒蒜茸。加入香菇炒香。
2。加入其余的材料炒均至滚。
3。冬瓜变软后可加入调味料上碟即可。

BLACK BEANS PEPPERCORN SOUP
豆鼓胡椒粒汤

Ingredients :
300g black beans- soak for at least 6 hours and then drain
2 carrot cut into big chunks
2 Tbsp crushed white peppercorns
20 pieces Chinese mushrooms wash and soak with 3 litres water
3 Tbsp Maggie vegetarian stock paste
1 tsp salt

2 tins vegetarian mock abalone

1. Place all ingredients (A) in pressure cooker and cook for about 20 mins after you hear the wizzing sound. Let the pressure go down by itself before you open the lid.
(Note: You can also cook in microwave oven for 30 mins but add in more water)
2. Add in the vegetarian mock abalone and bring to boil. Taste and serve.

材料：
300 克豆鼓（浸泡至少 6 小时然后沥干）
2 条红萝卜（切丁）
2 汤匙白胡椒粒（切粹）
20 朵中国香菇 - 洗净和浸泡（3 公升水）
3 汤匙素上汤酱
1 茶匙盐

2 罐素鲍鱼

1。把全部材料放入气压锅煮至发出声音在煮大约 20 分钟。让气压锅放出气压，然后再打开锅盖。
（注：您也可以在微波炉煮 30 分钟，但必须加入更多的水）
2。加入素鲍鱼煮沸即可。

BLACK BEANS WITH GINGKO NUTS SOUP
黑豆与白果汤

Ingredients:
200g black beans soak for 6 hours
10 chinese mushrooms soak till soft with 3 litres water – retain water
20 fresh gingko nuts
1 carrot cut into chunks
2 potatoes cut into chunks
7g peppercorns pounded coarsely
2 Tbsp vegetarian stock paste

1. Place all ingredients, except gingko nuts, in a pot and bring to boil till black beans are soft.
2. Add in gingko nuts and bring to boil again.

材料：
200 克黑豆- 浸泡 6 小时
10 朵中国香菇- 洗净和浸泡（300 毫升水）沥干，水待用
20 新鲜白果
1 条红萝卜（切块）
2 粒马铃薯(切块)
7 克胡椒粒（捣粗）
2 汤匙素上汤酱

1。将所有材料（除白果），在进锅里煮沸至黑豆软。
2。加入白果煮沸即可。