

CHICKEN IN SPECIAL SAUCE



Ingredients:

5 pcs	Chicken wings, cut to 2 pieces
A dash	AJI-SHIO® Iodised Table Salt
A dash	AJI-SHIO® Flavoured Pepper
½ sachet	SERI-AJI® Seasoned Flour for Deep Frying
Enough	Cooking oil for deep frying

For the sauce:

½ sachet	SERI-AJI® Masak Merah Seasoning
100ml	Water
1 tsp	Sugar
1 tbsp	Oyster sauce
A few drops	Thick soy sauce
½ tsp	AMOY® Sesame oil

Garnishing:

½ tsp toasted sesame seeds
Lettuce
Tomatoes slices

Methods:

1. Season wings with **AJI-SHIO® Iodised Table Salt & Flavoured Pepper**.
2. Heat enough oil for deep frying. Coat wings with **SERI-AJI® Seasoned Flour for Deep Frying**. Shake off excess flour.
3. Deep-fry chicken till golden.
4. With 2 tbsp of oil, pour in the sauce, allow to simmer till quite thick. Lower in the chicken and quickly keep turning chicken till well coated.
5. Sprinkle in the sesame seeds and spoon wings onto bed of lettuce and tomatoes.

BLACK PEPPER FISH



Ingredients:

300g	Fish fillet, sliced
1	Egg white
½ packet	SERI-AJI® Seasoned Flour for Deep Frying
2 sprigs	Spring onion, cut into 3cm length
Enough	Cooking oil for deep-frying

A:

1	Bombay onion, cut into wedges
½ pc	Green pepper, cut into wedges
100g	Carrot, cut into julienne
1 stalk	Celery, cut into julienne

For the Sauce:

1 sachet	SERI-AJI® Black Pepper Seasoning
100ml	Water
½ tsp	Thick soy sauce

Methods:

1. Mix fish with egg white, then coat lightly with **SERI-AJI® Seasoned Flour for Deep Frying**.
2. Heat enough oil and deep-fry fish till golden. Leave aside.
3. With 2 tbsp oil, stir fry (A) and add in the sauce. Simmer.
4. Stir in spring onion and the fish and quickly toss the fish till well coated.
5. Serve hot.

LOTUS & SEA-COCONUT DESSERT



Ingredients:

A:
150g Sea-coconut, cleaned and sliced
2 litres Water
3-4 slices Ginger
50g Dried longan

B: cleaned and remove the pith

100g Gingko nuts, shelled
100g Lotus seeds
20g White fungus, soaked and break into small pieces
6 sachets **Pal Sweet® Low-Calorie Sweetener**

Methods:

1. Combine (A) into a saucepan and allow to simmer for 30 mins.
2. Spoon (B) into (A) and simmer on low heat till tender.
3. Add in **Pal Sweet® Low-Calorie Sweetener**. Serve hot or cold.

HOMEMADE YEE SANG



Ingredients:

1 sachet **Pal Sweet® Low-Calorie Sweetener**

A: finely shredded, except pomelo

100g Carrot
100g Radish
100g Cucumber, seeds removed
2 Red chilies, seeds removed
1 sprig Spring onion
1 sprig Chinese celery
15g Black fungus, soaked and blanched in hot water
150g Pomelo
150g Cooked chicken, parboiled

B:

2 tbsp Plum sauce
1 tsp **TUMIX® Chicken Stock Seasoning**
1 tbsp Marmalade jam
1 tsp **AMOY® Sesame oil**
A pinch **AJI-SHIO® Iodised Table Salt**
A pinch **AJI-SHIO® Flavoured Pepper**
1 tsp Fried garlic
¼ tsp Five spice powder

Garnishing:

50g Roasted groundnuts, ground coarsely
2 tbsp Toasted sesame seeds
½ piece Fried flour fritters, cut and fried till crispy

Methods:

1. For the sauce, heat (B) lightly and allow to cool. Add in **Pal Sweet® Low-Calorie Sweetener**.
2. Place (A) on a large platter.
3. Sprinkle garnishing and add in the sauce.