

DUTCH PEA SOUP



Ingredients:

2 sachets **VONO® Mushroom Soup**
1 piece Chicken sausage, sliced

X:

100g Frozen peas, blended
600ml Water
1 tsp **TUMIX® Chicken Stock Seasoning**

Garnishing:

2 tbsp Croutons, (toasted bread cubes)
½ tsp Chopped parsley

Methods:

1. Combine (X) in a saucepan and allow to boil. Sieve.
2. Mix **VONO® Mushroom Soup** into (X), stir until smooth. Return to heat. Add in sausages.
3. Spoon into 4-6 soup bowls. Garnish and serve hot.

SEAFOOD COCKTAIL



Ingredients:

| | |
|------------|--------------------|
| 8 pcs | Medium size prawns |
| 4 sticks | Surimi, shredded |
| 100 g | Fish fillet |
| 1 medium | Tomato |
| ¼ pieces | Cucumber |
| 2-3 pieces | Lettuce |

Methods:

1. Blanch the prawns in boiling water for a couple of minutes.
2. Then soak in cold water. Remove the shells.
3. Steam the fish fillet until cooked. Cut into pieces.
4. Cut tomato into 6 wedges, shred cucumber and lettuce finely.

Cocktail Sauce:

| | |
|----------|--|
| 2 tbsp | Mayonnaise |
| 1 tbsp | Chilli Sauce |
| 1 tbsp | Tomato Sauce |
| 1 sachet | Slim Up™ Low- Calorie Sweetener |
| 3 dashes | AJI-SHIO® Flavoured Pepper |
| A dash | AJI-SHIO® Iodised Table Salt |

Garnishing:

| | |
|------|--------------|
| 6 | Lemon slices |
| Some | Parsley |

Methods:

1. Mix all the sauce ingredients.
2. Keep in refrigerator until serving time.
3. Divide the vegetables and seafood into 6 glasses/bowls, then chill.
4. When ready to serve, spoon in Cocktail Sauce. Garnish with parsley.
5. Serve chilled.

STUFFED CHICKEN WITH VARIETY OF VEGETABLES



Ingredients:

3 slices Cheese
1 tsp Chopped parsley
Adequate Oil for frying

X:

3 pieces Chicken breast, cut into halves
 $\frac{3}{4}$ tsp **AJI-SHIO® Flavoured Pepper**
1 dash **AJI-SHIO® Iodised Table Salt**

Y:

2 Egg, lightly beaten
1 packet **SERI-AJI® Seasoned Flour for Deep Frying**

Methods:

1. Season chicken with **AJI-SHIO® Flavoured Pepper** and **Iodised Table Salt**.
2. Butterfly cut or slit the meat to lightly tenderize it, place $\frac{1}{2}$ piece of cheese in the middle and fold. Lightly chop the edge to seal.
3. Dip into beaten egg and coat with **SERI-AJI® Seasoned Flour for Deep Frying**.
4. Heat oil and fry chicken till golden. Serve with vegetables.

Vegetables: Broccoli/carrot and frozen peas

1. Boil 1 litre of water, add in 1 tsp **TUMIX® Chicken Stock Seasoning** and 1 tsp margarine.
2. Put in broccoli and carrot, blanch for a few mins. Drain and serve together with Stuffed Chicken and mashed potatoes.

Mashed Potatoes: Boil 2 cups of water and $\frac{1}{2}$ cup evaporated milk. Add 1 tsp **TUMIX® Chicken Stock Seasoning** and 1 tbsp margarine/butter. Stir in potato flakes or potato powder, mix to a thick consistency. Sprinkle some chopped parsley and add in a few dashes of **AJI-SHIO® Flavoured Pepper & Iodised Table Salt** to taste.

MULTIPURPOSE CHOCOLATE SAUCE WITH STEAMED CAKE



Ingredients:

Chocolate Sauce:

| | |
|-----------|---|
| 1 tsp | Custard powder |
| 1 tbsp | Cocoa powder |
| 150ml | Evaporated milk |
| 2 tbsp | Butter/margarine |
| 3 sachets | Pal Sweet® Low-Calorie Sweetener |

Methods:

1. Combine custard powder and cocoa powder, together with evaporated milk.
2. Cook at low heat till the mixture slightly thickens, then add in butter. Remove from heat. Stir in **Pal Sweet® Low-Calorie Sweetener**.
3. Serve with steamed cake.

Steamed Chocolate Cake:

3 medium size Eggs

(X):

| | |
|-------|------------------------|
| 50g | Cocoa powder |
| 100g | Castor sugar |
| 200ml | Evaporated milk |
| 100g | Condensed milk |
| 100ml | Corn oil/vegetable oil |

(Y):

| | |
|-------|------------------|
| 100 g | Plain flour |
| ½ tsp | Bicarbonate soda |
| ½ tsp | Baking powder |

Methods:

1. Combine (X) together and stir over heat for 1–2 mins. DO NOT boil.
2. Sieve (Y) and mix into (X). Add in eggs and whisk quickly till well-combined.
3. Pour into paper cups, cover with aluminum foil and steam for 20 mins.
4. Allow to cool before serving with chocolate sauce.