



WHEN MOMC MET MAFI

*Top 5 Popular
Malaysian Foods
You Must Eat*

The Agriculture Counsellor Office:
A Global Endeavour

9 HERITAGE RECIPES

*In collaboration with
the Ministry of Agriculture and
Food Industries (MAFI)*

"GULAI NANGKA MUDA DENGAN DAGING BAKAR" by ZALEHA OLPIN

In partnership with:



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On the cover: "GULAI NANGKA MUDA DENGAN DAGING BAKAR" by ZALEHA OLPIN
Photo: ZALEHA OLPIN
Cover Design: Liam G. Zainal Ghani

MEETING THE CHALLENGE: A CAMPAIGN WITHOUT PRECEDENT FOR OUR UNPRECEDENTED TIMES

How do you promote food products on a global scale in the face of different Covid-19 restrictions in different countries? You adapt your strategy to match local conditions and use a hybrid of onsite and virtual activations to get your message across.

This was what the Ministry of Agriculture and Food Industries (MAFI) of Malaysia adopted as their approach in partnership with our Masters of Malaysian Cuisine group, which culminated in our Malaysian Heritage Cuisine series of 8 live cooking demonstrations in 5 countries across 4 days in March 2021.

The initiative was spearheaded by the Agriculture Counsellor Office, Sydney, and working with them, we arranged for our MOMC chefs (plus guest chef and eMag editor Liam Z. Ghani) to each do a cooking demonstration of a Malaysian heritage cuisine dish in their respective countries.

Based on our evaluation of on-the-ground restrictions, we picked three locations for onsite cooking demonstrations - Sydney, Dubai and Kuala Lumpur.

Even so, it was touch-and-go from the time the campaign was planned to when it was due to take place, and we had to constantly monitor changing rules and follow the news closely for any Covid-19 surges around the world to make sure our events could proceed.

The plan was for these events to be concurrently broadcast across multiple channels and social media platforms.



**By Jackie M.
Founder & Editor**

Additionally, we would run purely online live demonstrations in the United Kingdom and South Africa, to round up the five countries.

All systems were go on 27 March; our chefs went above and beyond to showcase Malaysia's heritage cuisine to our audiences, both onsite and virtual; their recipes can be found in this special edition eMagazine for your enjoyment.

I'd like to thank everyone involved in this campaign; first of all, MAFI and the Agriculture Counsellor Office, Sydney; the venues - The Grace Hotel in Sydney, Kontiki Restaurant at The Federal Kuala Lumpur, and DoubleTree by Hilton Business Bay Dubai; our many volunteers whom we hit up for favours to make sure our events ran smoothly; the influencers and media who attended and shared about the events; our loyal viewers both old and new; and of course, our Masters of Malaysian Cuisine chefs, whose hard work, resourcefulness, and masterful approach to their craft bode well for the future of the cuisine of which we are so proud.

Bringing Malaysian Food to the World, together

As Malaysians, we are passionate about many things, with our love for Malaysia food perhaps being chief among them. Such is our pride in our local cuisine, it is only natural that we are eager to share our passion with the rest of the world.

As a nation, we extol the virtues of Malaysian food to anyone who will listen. We encourage our overseas friends to come and visit, luring them over with the surety that a true feast of flavours awaits! From private citizens through to government, and even the royal family, our collective promotion of Malaysian cuisine has ultimately made Malaysia the culinary destination it is today. Indeed, tourists come from around the world to try *Nasi Lemak* for breakfast, and gorge on durian and *kuih*—thanks to, in large part, our shared passion for our food.

With Malaysia successfully positioned as a *bona fide* foodie paradise, the promotion of Malaysian produce in the rest of the world has become paramount in taking Malaysian food beyond our own borders. Despite arguably being one of the most intriguing and diverse

cuisines, Malaysian food has mostly flown under the radar of overseas kitchens. With sated tourists returning home with tales of all the food they ate, many have an understandable desire to make Malaysian food at home. Ensuring Malaysian ingredients are accessible in foreign markets, is a vital link in bringing Malaysia to the forefront of global cuisines.

Thankfully, The Malaysian Ministry of Agriculture and Food Industries (MAFI), is on hand!

Tasked with promoting everything from *belacan* to jackfruit, MAFI leads the charge in bringing the flavours of Malaysia directly into kitchens across the world. With international tourism largely suspended due to the Pandemic, MAFI's role has taken on a renewed significance in not only promoting Malaysian food, but also the country in general. With the world in lockdown, home-cooking has never been more popular and MAFI is not letting this opportunity go to waste.

Joining forces with Masters of Malaysian Cuisine, MAFI has collaborated with our chefs through a series of global live events. Held in Kuala Lumpur,

Sydney, Dubai, the UK, and South Africa, these unique events were a combination of both physical and virtual live demonstrations, with the core aim of raising awareness of the wide and varied range of Malaysian ingredients available globally.

With an eye to the future, MAFI continues to showcase the very best of Malaysian products through its offices across the world. With expansion in the works, we can look forward to seeing more Malaysian products on our shelves - something which I think we can all agree will make the world a much tastier place!

KEEP COOKING, KEEP SHARING.



Liam G. Z. Ghani



Liam G. Zainal Ghani
Co-Editor & Content





JACKIE M.
Australia



LIAM
South Africa



RENÉ
Dubai



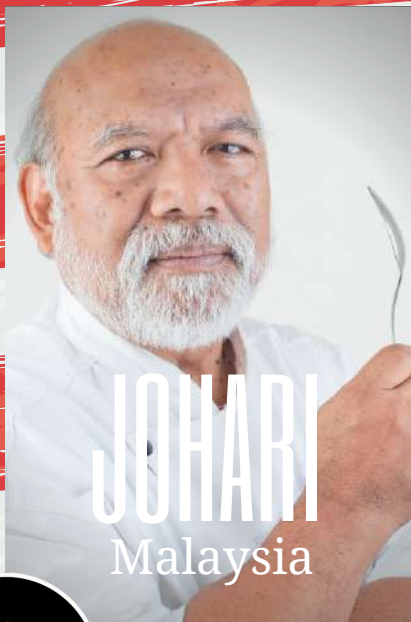
ZALEHA
United Kingdom



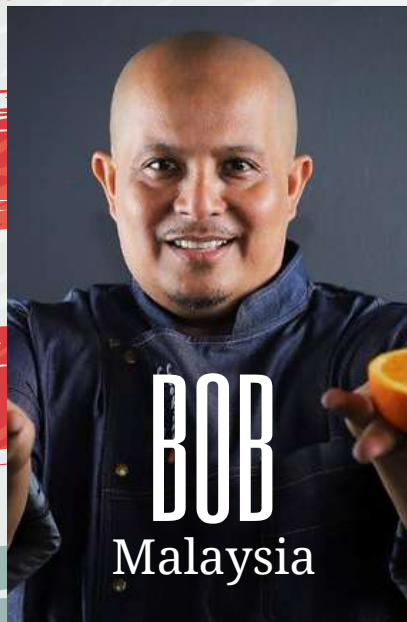
DAVE
Malaysia



DEBBIE
Malaysia



JOHARI
Malaysia



BOB
Malaysia



PAUL
South Africa
(Technical)



FLYING THE FLAG AROUND THE WORLD

Schedules
Series
#MAFI
MAR 2021

In this special series, Masters of Malaysian Cuisine is honoured to showcase a selection of Malaysian Heritage recipes in partnership with the Ministry of Agriculture and Food Industries (MAFI) of Malaysia



For our featured recipes from this Series, you can turn to pages 23 – 32. If you missed our live demos, visit our YouTube channel 'Masters of Malaysian Cuisine' to see them in action. Do tag us on the MOMC Instagram and Facebook accounts (@malaysianchefs) and don't forget to subscribe to our YouTube channel to keep up with the very best of Malaysian cuisine!

27 March 2021	SYDNEY, Australia Seremban Beef Noodles Jackie M.
	STANFORD, South Africa Laksa Siam Liam Zainal Ghani

28 March 2021	DUBAI, UAE Ikan Bakar Berempah dan Air Asam René Juefri
	BRISTOL, U.K. Gulai Nangka Muda dengan Daging Bakar Zaleha Olpin

29 March 2021	KUALA LUMPUR, Malaysia Chettinad Varuval Mushrooms Vegan Chef Dave Murugaya
	KUALA LUMPUR, Malaysia Ayam Buah Keluak & Bakwan Kepiting Chef Debbie Teoh

30 March 2021	KUALA LUMPUR, Malaysia Ketupat Goreng Chef Johari Edrus
	KUALA LUMPUR, Malaysia Kerutuk Itik Salai Chef Bob Adnin

THE AGRICULTURE COUNSELLOR OFFICE

A Global Endeavour

With a mission to bring Malaysian produce to the world, we chat with Maheran Zahari from the Agriculture Counsellor Office (ACO) in Sydney about their global endeavour to promote Malaysian food.

Aside from Malaysia, where does MAFI/ACO operate from?

MAFI opened its first Agriculture Counsellor Office (ACO) in Rome in 1978. Between 2006 and 2007 we expanded our global footprint by opening additional ACO offices in Sydney, The Hague, Bangkok, Dubai, Beijing, Tokyo and Washington D.C.

Why were these specific locations chosen?

Our Rome office was established primarily to coordinate MAFI's participation at several key United Nations Rome-based Agencies (RBA) on matters of Food and Agriculture. Subsequently, we opened offices in strategic global hubs to gain market access through direct consultation with local stakeholders, in not only these countries, but also in the surrounding regional markets.



INTERVIEW

A key aspect of the ACO's mandate is the promotion of Malaysian produce; how do you market the very best of Malaysian food?

Marketing is a key component of our promotional strategy, with our global ACO offices regularly participating in trade exhibitions, promotional booths, as well as in-store and online promotions.

Each office not only routinely conducts brand awareness campaigns for products that are already available in their respective markets, but we also promote new and exciting Malaysian products.



INTERVIEW



MAFI joined forces with MOMC to promote Malaysian produce; what other promotional ACO events can we look forward to?

Through our various ACO offices, MAFI has a number of exciting campaigns to look out for! Globally we will be actively promoting fresh produce to those regional markets. We will also be launching a brand awareness campaign for halal and healthy ready-to-cook/eat Malaysian products, as well as promoting the "5 Most Popular Malaysian Dishes".



What proudly-Malaysian products can we expect to see go global this year? 2021 will be an exciting year for Malaysian produce, with a host of tropical fruits being promoted to the international market - these include Musang King durian, jackfruit, mangosteen, pineapples, and much more. We will also be actively promoting a wide variety of convenient ready-to-cook/eat Malaysian food products to tap into the popular rise of home cooking globally.

PROMOTING MALAYSIAN FOOD

When MAFI met MOMC

The Ministry of Agriculture and Food Industries (MAFI) of Malaysia joins forces with Masters of Malaysian Cuisine, to share Malaysian fruit and food products with the world.

BY LIAM GHANI



In Masters of Malaysian Cuisine's latest exciting collaboration, we were honoured to join forces with The Malaysian Ministry of Agriculture and Food Industries (MAFI) to promote Malaysian fruit and Malaysian food products through a series of global live events.

Held in 5 locations, Kuala Lumpur, Sydney, Dubai, the U.K., and South Africa, the campaign aimed to raise awareness of the wide and varied range of Malaysian products available globally.

Featuring some of the top Malaysian cuisine experts from around the world, these exclusive events took place over 4 days between 27 & 30 March and showcased “Malaysian Heritage Cuisine”-themed dishes. Selected to highlight the diversity and quality of MAFI products available to a worldwide market, “Malaysian Heritage Cuisine” was also an ideal opportunity for our chefs to demonstrate an array of dishes they felt represented the very best of their own Malaysian heritage. The theme also pays homage to lesser-known aspects of the cuisine to our Malaysian-based audience, whilst still appealing to our overseas viewers.



Launched in Sydney, Australia, the campaign kicked off with MOMC founder and renowned chef Jackie M. demonstrating how to make her famous *Seremban Ngau Lam Fun* (Beef Brisket Noodles) to an eager audience of food lovers, influencers, media, and and the guest of honour, the Acting High Commissioner of Malaysia Mr. Mohd Fareed Zakaria at the Grace Hotel.

In addition to the live demonstration, the event was also broadcast on all MOMC channels to our overseas viewers. The live event also featured an exclusive tasting, including Malaysian pineapple, jackfruit, and durian, plus an array of MAFI-affiliated products available in Australia. The event culminated in a Malaysia meal, curated by Jackie.

Following the launch in Sydney, the campaign continued virtually in South Africa, where Penang-born food blogger Liam Ghani served up his grandmother's Laksa Siam (Penang Laksa Lemak).

On Day Two, Michelin-trained chef René Juefri host a live event in Dubai at the DoubleTree by Hilton Business Bay, where he is the Executive Chef. Inspired by his East Coast heritage, Chef René showed guests how to make Ikan Bakar Berempah dan Air Asam (Banana leaf-wrapped Spiced Grilled Fish), as well as offering a series of delectable tastings of new and exciting Malaysian ingredients.

Due to local COVID-19 restrictions, the UK session (like our South African broadcast on Day One), was held virtually; nevertheless our viewers were treated to a masterclass by *That Rendang Lady* Zaleha Olpin in how to make authentic *Gulai Nangka Muda dengan Daging Bakar* (Jackfruit Yellow Curry with Grilled Beef).

For the grand finale, the campaign culminated in a 2-day event held at the Kontiki Restaurant at The Federal in Kuala Lumpur.





We were honoured to have been joined by the Secretary General of MAFI, Dato' Haslina Abdul Hamid as well as notable celebrity chef Florence Tan and YouTube star Mark O'Dea among many media and influencers.



On the first day of the K.L. event, Vegan Chef Dave Murugaya presented our audience with a vegan masterclass with a delectable *Chettinad Varuval Mushrooms* (Dried Indian Spiced Mushrooms). This was followed by MOMC's resident Nyonya chef, Debbie Teoh's double-offering of *Ayam Buah Keluak* (Spicy Chicken with Pangium Edule) and *Bakwan Kepiting* (Crab Meatball Soup).



On the second day, MasterChef Malaysia judge and famed Malaysian food ambassador, Chef Johari Edrus delighted guests with *Ketupat Goreng* (Stir-fried Rice Dumplings), whilst Chef Bob Adnin got taste buds going with *Kerutuk Itik Salai* (Slow-cooked Smoked Duck in a Richly Spiced Coconut Gravy) - the perfect way to end what can only be described as a true festival of Malaysian heritage cuisine!



MINISTRY OF AGRICULTURE
AND FOOD INDUSTRIES



For the recipes featured during our MAFI campaign, please turn to pages 23-32. If you missed our live demos, visit our YouTube channel 'Masters of Malaysian Cuisine' to see them in action.



DURIAN One Fruit, So Many Ways to Enjoy It!

As part of MOMC's **Malaysian Ingredients Made Easy**, in partnership with the Malaysian Agriculture Counsellor Office of Sydney, Jackie M. shares her favourite ways to enjoy the true King of Fruit.

Heady or pungent? Creamy or slimy? Whether they like it or not, everyone has an opinion Malaysia's favourite fruit - durian!

Loved by most, yet loathed by many, Durian's unique flavour has always been a divisive one. Whilst durian and *pulut*, and traditional durian cake, might be classics, aficionados have kept with the times and have created new and exciting ways to entice durian lovers and naysayers alike - Jackie M. shares some of her favourites.



AIS CENDOL OR DURIAN SMOOTHIE

Add durian (either mashed or in whole pieces) to Ais Kacang or Ais Cendol (Malaysian shaved ice dessert with palm sugar syrup etc.). Or blend durian with ice, milk and sugar to make a delicious durian smoothie.



DURIAN KAYA

Next time you make kaya (I have an easy recipe which I might share another time), add some durian pulp to it to turn it into durian kaya.



DURIAN EPOK-EPOK

Make durian paste by cooking the pulp with some sugar and water until thickened, then allow to cool. Use as a filling in pastries a la curry puff but sweet and with no curry



JEMPUT-JEMPUT DURIAN

Mash durian pulp with self-raising flour, rice flour, coconut cream, sugar and salt, then deep-fry to produce durian fritters.



SNOWSKIN MOONCAKE

Make luxurious snowskin mooncake with durian filling - I've tried this before and it's delicious - though the suggestion slipped my mind until reminded by my Masters of Malaysian Cuisine chef Debbie Teoh.



DURIAN SPRING ROLLS

Cook durian pulp with a little sugar and water until it slightly thickened, allow to cool, then use as a spring roll filling.

TOP 5 MALAYSIAN POPULAR FOOD YOU MUST EAT



NASI LEMAK

Based on menu acceptance surveys conducted by Malaysia's Ministry of Agriculture and Food Industries (MAFI) from Food Festivals in Kuala Lumpur, Bangkok and Tokyo.

One sniff. That is all what it takes to lure you in! In the case of this Malaysia's national breakfast, you can definitely call it love at first aroma. The fragrance from the coconut cream and pandan leaf infused rice is just tantalising and addictive. And there is more to it! Nasi Lemak is a complete coconut rice dish which is served with sweet and spicy sambal, juicy hard-boiled egg, fried anchovies, peanuts, and some slices of cucumbers to cool down your palate. These components create a symphony in your mouth that the next thing you notice is you're already on your second

serving! It may be high in the caloric value but it's all worth it. The story of how the name of this national favourite came about is indeed interesting! The popular theory is that "Nasi Lemak" is a literal description of the dish. The phrase "Nasi Lemak" translates to "Fatty Rice", referring to the usage of creamy and rich coconut milk. However, some claim that the dish gets its name from the story of a widowed mother, Mak Kuntum and her daughter, Seri. In the passed-around story, Seri is said to accidentally spill coconut milk in a boiling pot

of rice and the sweet aroma filled up their home. Upon returning home for lunch, Mak Kuntum was intrigued by the fragrance and proceeded to ask her daughter what she cooked. To which Seri then answered "Nasi le Mak!" which translates to "Rice, Mother!". Ever since, the dish is called Nasi Lemak.



TEH TARIK



Teh Tarik literally translates to "Pulled Tea". Teh Tarik is so famous in Malaysia that it's considered as the national drink! People cannot help but to wonder, how can such an inexpensive and humble drink become a country's obsession. The answer resides to its unique preparations. The drink is poured from one jug to another repeatedly at a distance. The distance between those two jugs gradually increases, creating

an illusion that the tea is being pulled! This technique is very important as it introduces air to the tea creating the signature frothy layer on top. Teh Tarik has its fair of an interesting history! It can be traced to the colonial era whereby the Tamil immigrants brought over drinking stall culture to Malaya. After WW2, the tea's price inflated, forcing the owner of the drinking stall to

use poor quality tea leaves. For that reason, the tea needs to be brewed for a long time to extract the most flavour out of it. However, this process leads to a bitter and strong aftertaste. To counter this, instead of normal cream or milk, condensed milk is used to mellow down the bitterness and sweeten up the tea.

TOP 5 MALAYSIAN POPULAR FOOD YOU MUST EAT

CHAR KUEY TEOW



If Char Kuey Teow were a person, they would definitely be a superstar! The flat noodle dish is collectively loved by all Malaysians and is sought in every part of the country. The dish is seasoned with sambal and an array of different soy sauces alongside with some proteins such as succulent juicy prawns, fresh blood cockles, eggs and slices of fish cakes.

It is then completed with some bean sprouts and chives. Apart from fresh ingredients, the wok fragrance (*wok hei*) is also a key factor to a superior Char Kuey Teow dish. Similar with Roti Canai, Char Kuey Teow can also be traced to the British colonial era. To make end meets, Chinese

immigrants back in the day opted to sell this dish to the labourers. Due to the work nature of the labourers, Char Kuey Teow is prepared with cheap, filling and high calorie ingredients such as lards. Over time, this dish is developed and adapted to meet the demands of Malaysia's pluralist palates.



ROTI CANAI

Some call it paratha, some call it parotta. But for Malaysians, this flaky pillowy flatbread is known as Roti Canai. Despite the confusions over the origin of the dish for having Indian roots, Roti Canai is actually a child of Malaysia. The flattened disc-like bread dish can be traced to the Tamil immigrants back in the colonial era. Over time, Roti Canai has been adapted and

assimilated into every Malaysian lifestyle, making it a compulsory breakfast dish! Traditionally, Roti Canai is made from a mixture of flour, water, and oil. The dough is kneaded and rested for a while before it is repeatedly stretched and flipped to translucence. The thin layers are then folded onto itself, trapping air bubbles to form the famous layers of Roti Canai goodness. 2 minutes on



Satay is a famous dish in Southeast Asia particularly in Indonesia and Malaysia. The skewered marinated, commonly, beef or chicken is grilled to perfection over open fire. But, if you are adventurous, you can opt

for the version of rabbit, venison or offal. In Malaysia, Satay is enjoyed with peanut sauce with the sides of *nasi impit* and slices of cucumbers and shallots. Satay has been

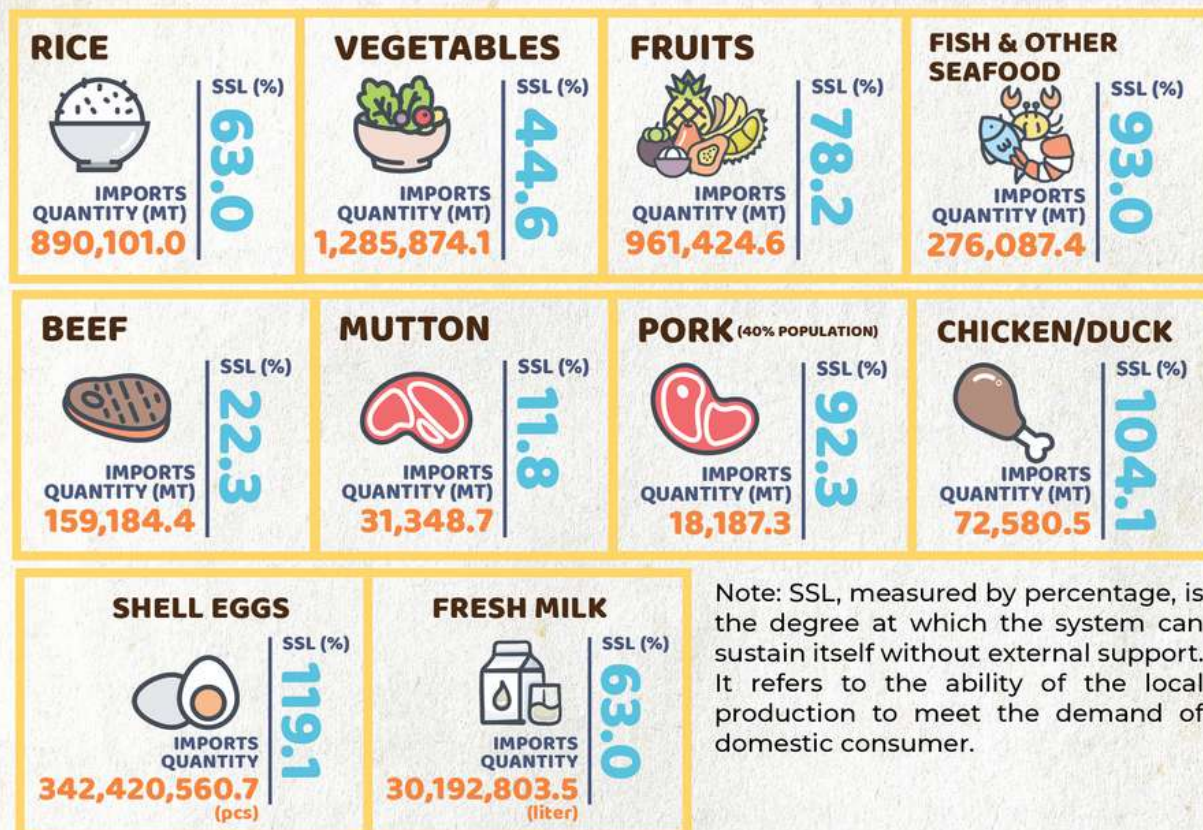


SATAY

ingrained in every Malaysian's soul. For instance, it is a must-have dish during the Eid celebration and satay stalls are widely available in Malaysia's streets.

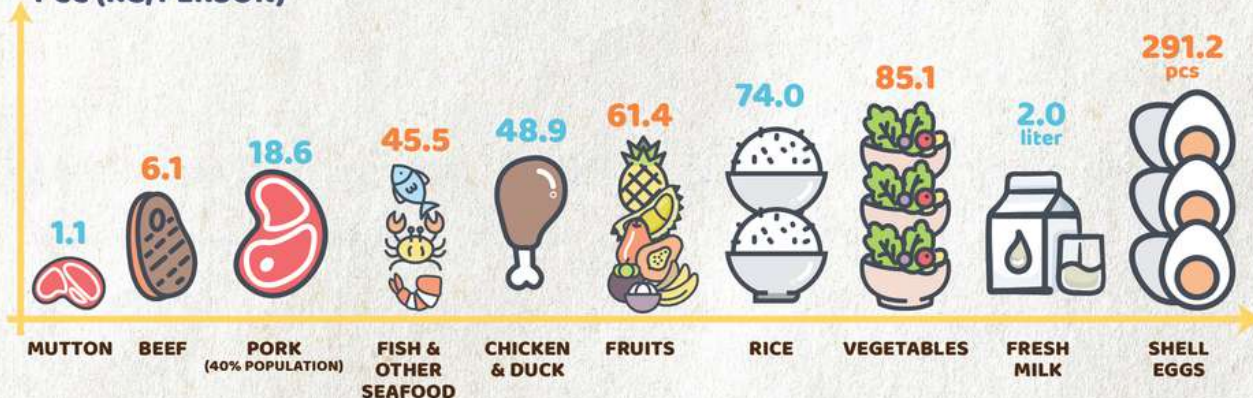
FOOD SUPPLY IN MALAYSIA (FY 2019)

It is imperative that all people have access to sufficient, safe and nutritious food. Terminologies such as self-sufficiency level (SSL), import quantity and per capita consumption (PCC) are essential for a country to achieve food security. Based on the national food production statistics, Malaysia can produce almost all the basic foodstuffs it currently needs. Overall, Malaysia had reached a self-sufficiency level of more than 100% for chicken/duck and eggs. However, more supply of imported beef, mutton and vegetables are needed to cater domestic demand.



PER CAPITA CONSUMPTION (FY 2019)

PCC (KG/PERSON)



Note: Per capita consumption (PCC) is an index that reflects the level and dynamics of personal consumption of a nation.

SOURCE : MINISTRY OF AGRICULTURE AND FOOD INDUSTRIES (MAFI), MALAYSIA.

Malaysian Heritage Cuisine Celebration: Sydney

PHOTO STORY





Dubai





United Kingdom & South Africa



Kuala Lumpur



RECIPES

FEATURING "MALAYSIAN HERITAGE CUISINE" RECIPES FROM OUR MOMC CHEFS, OUR COLLABORATION WITH MAFI DELIVERED US A WONDERFUL ARRAY OF DISHES.

LAUNCHING OUR CAMPAIGN IN SYDNEY, MOMC FOUNDER AND RENOWNED CHEF JACKIE M. TREATED US TO HER FAMOUS **SEREMBAN NGAU LAM FUN** (BEEF BRISKET NOODLES). PENANG-BORN FOOD BLOGGER, LIAM GHANI, THEN SERVED UP HIS GRANDMOTHER'S **LAKSA SIAM** (PENANG LAKSA LEMAK) FROM SOUTH AFRICA.

INSPIRED BY HIS EAST COAST HERITAGE, CHEF RENÉ JUEFRI WOWED GUESTS WITH **IKAN BAKAR BEREMPAH DAN AIR ASAM** (BANANA LEAF-WRAPPED SPICED GRILLED FISH), WHILST ZALEHA OLPIN MADE AN AUTHENTIC **GULAI NANGKA MUDA DENGAN DAGING BAKAR** (JACKFRUIT YELLOW CURRY WITH GRILLED BEEF).

CHEF DAVE SERVED UP A DELECTABLE **CHETTINAD VARUVAL MUSHROOMS** (DRIED INDIAN SPICED MUSHROOMS), AND DEBBIE TEH'S DOUBLE-OFFERING OF **AYAM BUAH KELUAK** (SPICY CHICKEN WITH PANGIUM EDULE) AND **BAKWAN KEPITING** (CRAB MEATBALL SOUP) IS A MUST TRY! CHEF JOHARI EDRUS DELIGHTED GUESTS WITH **KETUPAT NASI GORENG** (STIR-FRIED RICE DUMPLINGS), WHILST CHEF BOB ADNIN GOT TASTE BUDS GOING WITH **KERUTUK ITIK SALAI** (SLOW-COOKED SMOKED DUCK IN A RICHLY SPICED COCONUT GRAVY).

IF YOU WOULD LIKE TO LEARN HOW TO MAKE A SPECIFIC MALAYSIAN DISH, YOU CAN EMAIL US YOUR SUGGESTION FOR CONSIDERATION FOR AN UPCOMING SERIES TO: JACKIE@JACKIEM.COM.AU



JACKIE M. NGAU LAM FUN SEREMBAN BEEF NOODLES

SERVES 6
TOTAL COOKING TIME: 150 MINUTES



INGREDIENTS

2kg beef bones
1kg chicken bones
5L water

Meat marinade:

2kg beef brisket, cut into 2" strips
2 TBSP sesame oil
2 TBSP thick soy
2 1/2 TBSP chicken powder
2 tsp five spice powder
80ml light soy
2 TBSP cooking wine (optional)
200ml sugar
1 TBSP ground pepper
1 cup water

Sauce 1:

1/3 cup oil
2 TBSP garlic (minced)
3 TBSP water + 3 TBSP potato starch
Meat marinade from pressure cooker

Sauce 2:

2 TBSP oil
1 TBSP garlic
1 TBSP oyster sauce
1 1/2 TBSP chicken powder
1/2 TBSP pepper
1L beef stock
4 TBSP potato starch + 4 TBSP water
Tapioca rice noodles
Salted mustard leaves
Peanuts, skin on; roasted/deep-fried
Sesame seeds, roasted
Coriander leaves and spring onion for garnishing

METHOD

1. Make the stock by simmering beef and chicken bones for at least 1.5-2 hours.
2. Combine beef brisket with marinade ingredients; cook in pressure cook until tender (about 15 minutes). If you don't have a pressure cooker, skip this step and braise the meat on low heat until tender.
3. To make **Sauce 1** (dark sauce), heat oil, then add garlic and sauté. Add beef and marinade from pressure cooker; simmer until reduced and thickened.
4. Add potato starch & water mixture to thicken further.
5. Remove beef and allow to cool, then slice.
6. To make **Sauce 2** (light sauce), heat oil, then add garlic and sauté, followed by oyster sauce.
7. Add beef stock (reserving some for the soup), chicken powder and pepper and bring to a simmer. Thicken with potato starch & water mixture.
8. Separately blanch tapioca rice noodles (aka rice spaghetti), then top with beef slices, both sauces, salted mustard leaves, roasted peanuts, sesame seeds, spring onions & coriander.
9. Serve with a side of beef soup made by seasoning reserved beef stock with a sprinkling of chicken powder and white pepper.



ZALEHA OLPIN

GULAI NANGKA MUDA DENGAN DAGING BAKAR

JACKFRUIT YELLOW CURRY WITH GRILLED BEEF

SERVES 4
COOKING TIME: 40 MINS

INGREDIENTS

200 gm canned young jackfruit
250 gm of steak cut beef
1 TSP salt
1 TSP ground turmeric
2 stalk of lemongrass, bruised
2cm galangal, bruised
2 pieces of tamarind skin
300 ml coconut milk
Salt and sugar to taste
1 piece of turmeric leaf
3 TBSP of vegetable oil

Spice Paste:

2 red chillies
2 green chillies
3 to 4 bird eye chillies
2 shallots (about 60 gm)
2 candlenuts
1 small knob of fresh turmeric roots (or
1/2 tsp ground turmeric)
1 cm Belacan (optional)

METHOD

1. Drain the jackfruit in a colander, rinse thoroughly then set aside.
2. To the beef, add 1 TSP of salt, turmeric, oil and a few cracks of black pepper. Rub thoroughly and set aside for 15 minutes.
3. Heat a griddle pan and cook the beef on a low heat till cooked through. Allow to rest for 3 minutes, then slice into thin pieces.
4. Blend the spice paste ingredients till smooth.
5. Heat the oil over medium heat and once hot, sauté the spice paste, lemongrass and galangal. Stir continuously till fragrant. Add tamarind skin and a little water to loosen up the mixture. Sauté another 2 to 3 minutes till everything mixed through, fragrant and the oil separates.
6. Now add the slices of beef and coconut milk. Stir continuously, then add the jackfruit. Gently stir to mix, then add the turmeric leaf. Season with salt and sugar. Once it comes to the boil, turn off the heat and continue to stir for another 1 minute to avoid the coconut milk from curdling.

Serve with plain rice, with some Kerabu Pegaga on side and Sambal Belacan.

Note: if using fresh jackfruit, rub with a little salt and steam for 15 to 20 minutes till soft.



CHEF RENÉ JUEFRI

IKAN BAKAR BEREMPAH & AIR ASAM LIMAU

BANANA LEAF-WRAPPED GRILLED FISH & TAMARIND LIME DIP

SERVES 4
COOKING TIME: 30 MINS

INGREDIENTS

4 fillet Seabass, or mackerel/perch (approx. 185 gm each)

4 pieces banana leaf, 20x20cm

15 gm fried anchovy, coarsely blended

2 Kaffir lime leaves, julienned

Spice Paste:

250 gm Lemongrass (white part only), blended

225 gm Red onion, chopped

40 gm Garlic, chopped

50 gm Galangal, blended

100 gm Babas Fish Curry Powder, diluted with 50ml water

40 gm Dried chili, boiled and grind smooth paste

5 Kaffir lime leaves, julienned

100ml Cooking oil, or palm oil

150ml Coconut milk

50 gm Jaggery/palm sugar

Salt to taste

Tamarind Lime Dip:

50 gm tamarind paste

150 ml water

30ml lime juice

2 Bird's eye chilis

10 gm palm sugar

25 gm shallot, slice

Salt to taste

Garnish:

25 gm red chili, sliced

25 gm spring onion, sliced

15 gm fresh coriander leaves

2 Lime, halved

METHOD

Spice Paste:

1. In a saucepan, heat oil, then sweat lemongrass, onion, garlic & galangal till fragrant.
2. Add the diluted curry powder & chili paste, cook till the oil separates
3. Add the julienned lime leaves, coconut milk, palm sugar and cook until a thick paste forms. Season to taste, and cool on the side.

Tamarind Dip:

1. In a mortar and pestle, grind the shallot, chili, jaggery and seasoning
2. Add the tamarind paste, water and lime juice, continue to mix.

Grilled fish:

1. With the underside facing up, spread 1 TBSP spice paste in the middle of a banana leaf, then place the fish (skin-side down) on the paste base
2. Spread another 1TBSP spice paste all over the fish. Top with julienned lime leaves and blended fried anchovy. Fold and wrap the fish in the banana leaf.
3. Heat the grill to medium high, grill the wrapped fish on each side for 4 minutes, until it cooks.
4. To serve, peel the banana leaf open, garnish with chili, spring onions, coriander and lime. Serve dip along side the grilled fish

CHEF JOHARI EDRUS

KETUPAT NASI GORENG

FRIED RICE DUMPLING

SERVES 4

COOKING TIME: 20 MINS



INGREDIENTS

- 5 **NONA** mini rice ketupat, boiled and cut into 4
- 3 TBSP **TEAN'S GOURMET** Spicy Sauce for Stir-Fry Paste
- 2 shallot, finely grind
- 4 garlic cloves
- 20 medium-sized prawns, shelled & cleaned
- 100 gm minced chicken
- 1 cup tempeh, cut it into small cubes, (seasoned with salt and turmeric, and deep-fried)
- 2 egg
- 100 gm carrot, julienned
- 200 gm cabbage, shredded
- 2 TBSP sweet soy sauce (kicap manis)
- 1 TBSP soy sauce (kicap masin)
- 1 TBSP oyster sauce
- Salt, to taste
- 1 cup of water, or chicken stock
- Cooking oil, enough for stir-fry

Garnish:

- Chinese celery, chopped
- 2 red chili, sliced
- Seng Yan fried shallot

METHOD

1. Heat a little oil in a wok, sauté the onion and garlic until fragrant. Add the minced chicken, mix and cook well. Now add the prawns and continue frying until the prawn and chicken change colour.
2. Add the **TEAN'S GOURMET** Spicy Sauce for Stir-Fry Paste, followed by the oyster, sweet soy, and dark soy, sauces. Stir well. Adjust the seasoning with salt, if required.
3. Now add the carrot, cabbage and fried tempeh, stir well. Add the water (or chicken stock), simmer for few minutes.
4. Add **NONA** Mini 'ketupat', then toss everything together till well coated. Stir-fry for few more minutes. Push all everything to the side of the wok, add the eggs, cooking them to a soft scramble.
5. Flip the stir-fry over onto the eggs and mix together well. Stir-fry for another minute. Turn off the heat. Transfer to a platter.
6. Garnish with chopped Chinese parsley, sliced red chillies and **Seng Yan** Crispy Fried Red Onion before serving.

Delicious eaten hot.

CHEF BOB ADNIN

KERUTUK ITIK SALAI

SLOW-COOKED SMOKED DUCK IN A RICHLY SPICED COCONUT GRAVY

SERVES 4
COOKING TIME: 40 MINS



INGREDIENTS

400gm Itik Salai (Smoked duck), chunky cut
100 ml ghee
1 cinnamon stick
6 cloves
3 star anise
5 cardamon pods

Spice Paste:

50gm red onion
20gm ginger
50gm galangal
30gm garlic clove
30gm candlenuts

2 lemongrass, bruised
100gm chili ADABI blend
200gm Kerutuk powder
40gm palm sugar
2 pieces dried tamarind
200ml RASAKU Coconut Milk
150gm RASAKU Kerisik (coconut paste)
2gm salt
50ml water

30gm SENG YAN TRADING Crispy
Fried Red Onion (for garnish)

METHOD

1. In a food processor, blend the spice paste ingredients till smooth.
2. Heat the ghee in a wok, then sauté the cloves, cardamom, cinnamon stick and star anise, and add the spice paste. Cook until fragrant.
3. Add the lemongrass and chili blend, keep sautéing until the chili dry's out a bit, then add the kerutuk powder with a bit of water. Keep cooking till everything well blended.
4. Add the chunks of smoked duck, stir to combine thoroughly. Add some water if too dry.
5. Add the palm sugar and dried tamarind. Let it simmer for 4 minutes.
6. Pour in the coconut milk and add the kerisik - stir it gently. Braised it for 10 minutes, then season with salt.
7. Garnish with fried shallots.

Eat with hot steamed white rice.

DEBBIE TEOH

AYAM BUAH KELUAK CHICKEN WITH PANGIUM EDULE

SERVES 6 - 8
COOKING TIME: 30 MINS



INGREDIENTS

1-1.3kg Chicken cut into bite pieces

15 Buah Keluak (pangium edule)

2 TBSP Sugar

½ TSP salt

Spice Paste:

1 stalk lemongrass

5 cm fresh galangal (lengkuas)

5cm fresh turmeric (kunyit)

2 cloves garlic

8 candelnuts (buah keras)

20 shallots [about 200gm]

20 dry red chillis, soaked in hot water

1½ TBSP dried shrimp paste

½ cup cooking oil

5 kaffir lime leaves (limau purut)

3 TBSP tamarind paste, mixed with 4 cups water

2 TBSP sugar or to taste

2 TSP salt or to taste

METHOD

1. To prepare the Buah Keluak, soak the nuts for 2 – 3 days, changing the water twice a day.
2. Carefully make an opening at the top of the nut, slowly remove the filling inside with a pair of pincers or something sharp. Take care not to break the shells as they will be refilled.
3. Pound the extracted contents with a mortar till fine, season with the salt and sugar. Pack the filling back into the empty nut shell. Set aside.
4. Using a blender, blend the spice paste ingredients till smooth.
5. In a wok, heat the cooking oil and sauté the spice paste till fragrant. Add in chicken pieces and cook for a while.
6. Add in the filled buah keluak, tamarind water and lime leaves, continue cooking till the gravy thickens.
7. Lastly, season with salt and sugar.
8. Take off the heat and serve with hot rice.

DEBBIE TEOH

BAKWAN KEPITING

CHICKEN, PRAWN & CRABMEAT BALL SOUP

SERVES 4 - 6
COOKING TIME: 30 MINS



INGREDIENTS

Stock:

- 1 chicken carcass, chopped
- 2 cups prawn shells
- 1 TBSP cooking oil
- 1 litre water

Chicken, Prawn & Crabmeat Balls:

- 250 gm chicken meat, minced
- 200 gm prawns, minced
- 100 gm crabmeat
- 1 green onions/scallions, sliced
- 1 egg yolk
- 1 TBSP cornflour
- Salt & pepper, to taste
- Pinch of sugar

- 250 gm cabbage, julienned

Garnish:

- Coriander leaves
- Garlic crisps & oil

METHOD

Stock:

1. In a stock pot, heat the oil then sauté the prawn shell till fragrant, add water then bring to a simmer.
2. Add the chicken carcass and simmer slowly for at least 20 minutes. Strain the broth.

Chicken, Prawn & Crabmeat Balls:

1. In a bowl, combine all ingredients together. Adjust the seasoning to taste with salt & pepper, plus a pinch of sugar.
2. Wet your hands then shape the mixture into small balls the size of *kalamansi limes*.

To Assemble:

1. Bring the stock to a light simmer, add cabbage and cook till tender. Gently lower the meatballs. making sure the meatballs do not break apart.
2. Continue to simmer gently. Once cooked, take off the heat.
3. Serve warm soup with coriander leaves, garnish with some garlic crisps & its oil.

CHEF DAVE MURUGAYA

CHETTINAD VARUVAL

MUSHROOMS

DRIED INDIAN SPICED

MUSHROOMS

SERVES 2 - 3

PREPARATION TIME: 20 MINUTES

COOKING TIME: 25 MINUTES



INGREDIENTS

Chettinad Masala Powder:

- 5 Kashmiri chilies
- 1/2 TBSP coriander Seeds
- 1 TSP cumin seeds
- 1/2 TSP fennel Seeds
- 1/2 TBSP black peppercorns
- 3-4 dried red chilies
- 1 TBSP cashew
- 2 TBSP grated coconut

Fried Mushrooms:

- 250 gm Lion's Mane mushrooms, cut into bite size pieces
- 1/2 cup plain flour
- 1/2 cup cornflour
- Water, as needed
- 1 TSP black pepper powder
- Salt to taste

Varuval:

- 3 TBSP coconut oil
- 1 cinnamon stick
- 2 cloves
- 2 cardamoms
- 1 star anise
- 2 cm ginger, pounded
- 2 garlic cloves, pounded
- 3 dried red chili
- 1 TBSP lemon juice
- 1/2 TSP turmeric powder
- 6 (100g) small onions, finely chopped
- 1 TSP brown sugar
- Curry Leaves for garnish
- Salt to taste

METHOD

1. To make the masala, dry roast Kashmiri chilies separately. Then, in the same pan, add and dry roast the remaining ingredients. Grind the dry roasted ingredients into a fine powder and keep aside.
2. Combine the plain and cornflour. First make a slurry by mixing 2 or 3 TBSP of flour with some water till smooth. Coat the mushrooms in the batter. Now add the mushrooms to the remaining flour and coat them. Deep fried, and keep aside.
3. To make the Varuval, heat the oil, then sauté all the ingredients (except the brown sugar, salt and curry leaves). Cook the Masala well, adjusting the seasoning with some brown sugar and salt. It may take around 15 - 20 minutes (on a medium heat).
4. Add the fried mushrooms, and a squeeze some lemon juice.
5. Finally add the curry leaves just before turning off the heat.

LIAM GHANI LAKSA SIAM PENANG SIAMESE LAKSA

SERVES 4
COOKING TIME: 40 MINS



METHOD

Fish Stock:

Place cleaned fish in a pan with tamarind, ginger, salt and water. Gently poach all the stock ingredients for 10 minutes, or until the fish flakes off the bone with ease. Flake into large pieces, discarding any skin and bones. Set the fish flakes aside. Strain the fish stock and reserve for later.

Spice Paste:

In a food processor, add all the spice paste ingredients along with a splash of water or cooking oil. Blend until smooth

Laksa Gravy:

1. In a large stock pot, heat the oil and add the spice paste. Sauté on a medium to low heat until aromatic and the oil has separates.
2. Add the fish stock and bring to a boil. Add the daun kesum, limau purut, dried Bunga Kantan, tamarind paste, salt & sugar. Reduce to a strong simmer then let it bubble away for 10 minutes.
3. Add the flaked fish and continue to simmer for another 5 minutes.
4. Add the coconut milk, briefly bring back to a boil, then reduce a simmer.

Assemble the dish:

1. Blanch laksa noodles for 1 – 2 minutes.
2. Place the noodles in individual bowls.
3. Ladle over the hot gravy.
4. Top with garnishes, with some diluted hei ko on the side (optional).
5. Serve immediately.

INGREDIENTS

Fish Stock:

- 2 dressed lemon sole
- 2 fresh sardines, gutted
- 1 TSP tamarind paste
- 4 slices ginger
- 1 TSP salt
- 1 litre water

Spice paste:

- 10 dried chillies, soaked and snipped
- 2 fresh red chillies, sliced
- 80 gm shallots, sliced (or a 50/50 mix of red/brown onion)
- 2 stalks lemongrass, sliced
- 1 cm ginger, sliced
- 1 cm turmeric, sliced
- 2 garlic cloves, sliced
- 10 g shrimp paste (belacan)

Laksa Gravy:

- 4 TBSP oil
- 900 ml fish stock
- 4 stalks daun kesum, tied into knot
- 1 TBSP dried bunga kantan
- 2 large limau purut leaves
- 2 TBSP tamarind paste
- 1.5 TSP salt
- 1 TBSP sugar
- 150 ml thick coconut milk

Noodles & Garnish:

- 400 g fresh laksa noodles
- 1 red onion, thinly sliced
- 2/3 cup pineapple, cut into strips
- 2/3 cup mint leaves
- 1 cucumber, shredded
- 2 red chillies, finely sliced
- 4 limes, halved & seeded
- Hei Ko (Prawn Paste), optional



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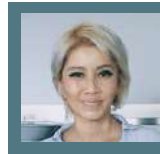
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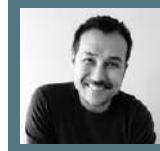
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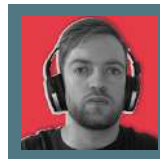
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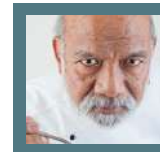


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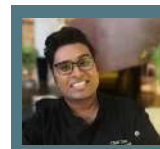
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