

# LOVE *of* FOOD

Malaysia-Singapore

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***Welcome to the first edition of  
‘Love of Food’, Malaysia-Singapore.***

Food is at the heart of everything we do. In this edition we are pleased to share with you our passion for food and to celebrate diverse, fresh and satisfying flavours delivered by our chefs. Sodexo’s Food Platform team is committed to understanding our guests to design innovative solutions that satisfy their expectations & needs.

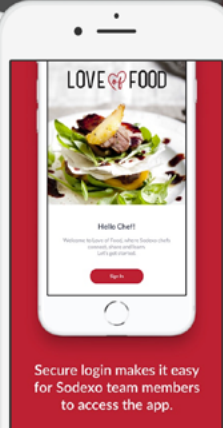


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by Sodexo, Inc.

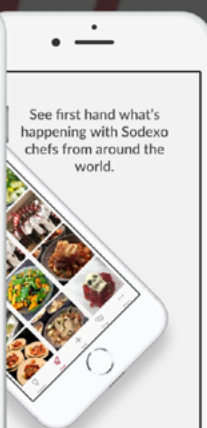
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# SELAMAT HARI RAYA AIDILFITRI



Also known as Eid al-Fitr, "The Festival of Breaking the Fast" is celebrated by Muslims all around the world. This day marks the end of Ramadan, a month of fasting.

On the day, families celebrating will usually visit relatives and friends and have scrumptious feasts. Among the wide variety of dishes, Rendang, Sayur Lodeh and Ketupat are one of the few common dishes enjoyed during the celebration. Delicious biscuits and kueh (sweet or savoury bite-sized snacks) are often served for dessert.







## Mutton Rendang

Serves 4

A popular dish served during Hari Raya, rendang is a meat dish stewed in coconut milk & various spices. When cooked the right way, the liquid will thicken into a thick and flavourful gravy.

### INGREDIENTS

- 1 tbsp oil
- 3 garlic cloves, peeled
- ¼ onion
- 450g mutton cubes
- 1 tsp lemongrass
- 1 tbsp lime leaves
- 100ml low fat milk
- 1 tbsp rendang paste (or homemade spice paste)
- 1.5 tbsp sugar
- 1 tbsp candlenuts, blended
- 1 tsp salt

### HOMEMADE SPICE PASTE (OPTIONAL), BLENDED

- 5 shallots
- 3cm galangal
- 3 lemongrass stem

- 5 cloves of garlic
- 3cm ginger
- 10 dried chillies (soaked in warm water & de-seeded)

### METHOD

1. Steam the mutton for 30 mins. Once done, set aside for later use.
2. Grind the candlenuts, set aside.
3. Pour oil into the heated wok. Add the garlic and onion and stir fry till it turns golden brown.
4. Add the lemongrass and lime leaves, stir well, then add candlenuts.
5. Then the rendang paste. Mix well.
6. Add milk into the wok, mix well. Add sugar and salt to taste.. Stir to combine.
7. Lastly, add steamed lamb and dish out.





## Sayur Lodeh

Serves 5

### INGREDIENTS

1.5 tbsp oil  
2 tbsp onion, sliced  
3 garlic cloves, peeled  
1 tsp lemongrass  
1 carrot, sliced  
1 beijing cabbage, chopped  
6 stalks of long beans, chopped  
1 long red chilli, sliced  
½ cup low fat milk  
1 tsp nutmeg powder  
1 tbsp candlenuts, blended  
1 tsp nutmeg powder  
1 tsp turmeric powder  
1 tsp coriander powder  
1 tbsp candlenuts, blended  
Salt & sugar to taste

### METHOD

1. Steam the long cabbage, long beans and carrot for 7 mins, set aside.

2. Heat oil in the wok, add onion & garlic, fry until it turns golden brown.

3. Add lemongrass and red chili. Mix well.

4. Then add the coriander powder, turmeric powder and nutmeg, stir well.

5. Add the low-fat milk, mix well, then add candlenut paste. Season with sugar & salt to taste.

6. Lastly, add the steamed vegetables into the wok. Mix everything well & serve.





## Nasi Lemak

Serves 5

A traditional & classic dish typically served with an array of side dishes & sambal chilli. Natural pandan juice is cooked with the rice to give more flavour and add more colour to the festive mood.

### INGREDIENTS

#### Nasi

2 cups uncooked rice  
 1 cup coconut cream  
 2 tsp salt  
 50g pandan leaf  
 3 garlic cloves, peeled  
 1 tbsp ginger  
 Oil

#### Chicken

600g chicken wings/drumstick  
 5g turmeric powder  
 2 tsp salt  
 1 tsp white pepper  
 75g flour  
 50g corn flour  
 50g tapioca flour  
 1 tsp chicken seasoning  
 1 egg

2 tbsp oil  
 Oil for deep frying

Ikan bilis  
 Red peanuts  
 Eggs  
 Cucumbers, sliced  
 Sambal chilli (store bought or homemade- see next recipe)

### METHOD

1. Wash the pandan leaves, blend with some water. Squeeze the pulp over a sieve to extract the juice. Marinate the chicken wings with all the seasoning, set aside.
2. Add coconut cream, salt, garlic, ginger & pandan juice into the rice, drizzle some oil & cook for 60 mins.
3. Meanwhile, deep fry the chicken over high heat for 30 secs, lower the temperature and cook until the chicken floats. Turn to high heat for another 30 secs to make the chicken crispy. Drain and set aside.
4. Deep fry the ikan bilis & peanuts. Fry the egg to make sunny side up. Dish up & serve with the sambal chilli





**Sambal Chill**

This spicy, sweet & sour taste is often used as a condiment in many different dishes in SouthEast Asia. It is a must-have dish when having Nasi Lemak.

### **INGREDIENTS**

200g dried chilli  
200g long red chilli  
50g lemongrass  
15g garlic, peeled  
60g ginger  
80g shallots  
100g onion  
30g galangal  
50g tamarind paste  
½ cup sugar  
2 tsp salt  
1 tbsp chicken seasoning  
50g balacan  
100ml oil

### **METHOD**

1. Soak the dried chilli until soft, de-seed. Roast the balacan for 5 mins.
2. Blend all the ingredients individually into a fine paste, set aside.
3. Mix the tamarind paste with 50ml water.
4. Heat oil in a pot, add in blended spices starting with onion, followed by lemongrass, both gingers, garlic, both chillies. Stir fry over low heat.
5. Drizzle extra oil a little at a time if needed. Cook until the oil is floating on top of the paste. Then add in salt & sugar and the tamarind water. Stir well.





## Sweet Potato Ondeh Ondeh

Serves 10

This chewy dessert filled with liquid coconut sugar is one of the many treats served during the celebration.

With the idea of a 'less guilty' treat in mind, Chef Alan switched a portion of the glutinous rice flour with sweet potatoes which are packed with vitamin A and fibre and used sugar & coconut (high in saturated fat) in moderation.

### INGREDIENTS

#### Filling

70g coconut sugar

#### Ondeh

300g sweet potato (orange/purple)

50g tapioca flour

50g glutinous flour

Sprinkle of salt

#### Coating

90g fresh grated coconut

20g pandan leaf

Sprinkle of salt

### METHOD

1. Wash & peel the potatoes then steam or boil until cooked, set aside to cool.
2. Grate the coconut sugar very finely, sprinkle with some salt.
3. To prepare the coating, steam all the grated coconut with salt & pandan leaves for 5 mins, set aside.
4. To prepare the Ondeh, mix the flours together, set aside.
5. Mash the potatoes. Add the flour mix little by little. Roll the dough into small balls, set aside.
6. Make a crater in the sweet potato dough, fill with coconut sugar, pinch the edges to secure the filling. Roll the ball between your palms to smoothen it.
7. Drop the dough into boiling water, cook until it floats. Sprinkle the fresh coconut lightly and serve.





## Kueh Salat

Serves 10

This dual layer dessert cake sports coconut sticky rice in the bottom layer and pandan custard on top. Butterfly pea juice may be used to colour the rice.

### INGREDIENTS

#### Sticky Rice

250g glutinous rice  
1 cup coconut cream  
50g sugar  
Pinch of salt

#### Pandan Custard

100ml coconut cream  
50g pandan leaf  
100g sugar  
Pinch of salt  
100g agar agar strip  
400ml water

### METHOD

1. Wash the rice, add coconut cream & seasoning, steam until cooked. Store in the chiller to cool.
2. Blend the pandan leaves with some water, squeeze the pulp over a sieve to extract the juice.
3. In a large pot, boil water and add in the agar agar and seasoning. Then add the pandan juices & coconut cream, boil until the agar stick is melted.
4. Take the rice out of the chiller, pour the boiled agar on top of the rice, store in the chiller again.
5. Once the agar is set and firm, slice into pieces and serve.





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