

# LOVE *of* FOOD

COVID-19 EDITION - JUNE 2020



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Hi everyone,

In recent months, COVID19 has led us to re-shape how we design and support the delivery of food services and address changing consumer and client needs.

The tables have turned on what we perceive as 'good' dining experiences. The choices we make at home will likely change our expectations when we eat out again. It used to be social and experiential, but now it is leaning towards safety and well-being. Through working from home, new habits and routines are created and will likely continue in a post-COVID19 world. How you feel, and how you behave will have correlations to what you eat and drink.

Other than preparing our business to restart ground operations, we also felt that this is the best time to rally our support behind you – as our direct consumer. We want to contribute and aid you to maintain a positive mental attitude, healthy lifestyle and personal relationships.

In this special edition, our in-house dieticians and culinarians have partnered up to convey simple health and well-being tips that you can include into your daily routine, and disclosing their favourite, original recipes that you can make as a warm and comforting treat in your own kitchens.

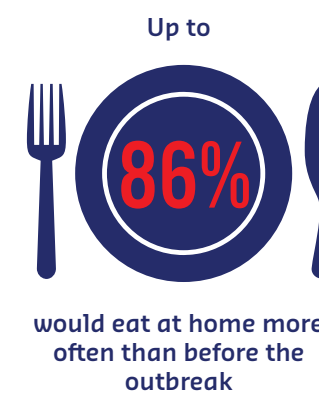
We hope that these will encourage your transformation in coping with this crisis and to reboot towards a better self, while we steadily approach the start of a new norm.

Stay safe! We look forward to serving you again when you return from home. In this time of uncertainty that will continue, we believe the goodness will prevail.

Sincerely,

APAC Food Platform Team

## STATISTICS



Source:  
COFCO Womai - What new opportunities will the changes in the epidemic bring to the food industry?  
Nielsen - Asian consumers are rethinking how they eat post COVID-19.  
GlobalData Covid-19 Consumer Surveys weeks 1-5



# BE THE GLOW THAT SMILES BACK

CHANDAN MANROA

AGM & HEAD, HEALTH & NUTRITION (INDIA)



*The best way to glow from inside out is to eat a variety of 'superfoods'. From a dietary perspective, there has been a lot of complexity and confusion around 'antioxidants' and 'free radicals'. Few people really know what they are and how they work.*

An insight report states that 'feeling physically attractive' and 'exercising and improving physical fitness' are now lower priorities since the COVID19 outbreak, in contrast to before.

Yes – It is hard being in quarantine (even harder when you are living alone). People are feeling a lot of stress too. Thoughts such as "I don't look good, I don't feel comfortable, I'm not in the mood" are reasonable. But since we are on the topic of self-improvement, let's make the most of time being indoors and focus what you can achieve.

Staying healthy and safe has become a priority more so than ever. Everyone is looking towards boosting their immune systems. Finding a rapport with food (other than exercise) seems quite natural to begin with. And, the association to projecting that glow goes back to the largest organ of the human body – the skin.

In summary;

## Antioxidants

- Are living cells that are found in all forms of life
- Occurs in other food sources and

are known as Vitamins (A, B, C, E) and Flavonoids (Mostly found in plants. E.g. Carotenoids, are either yellow or orange, keeps our eyes healthy)

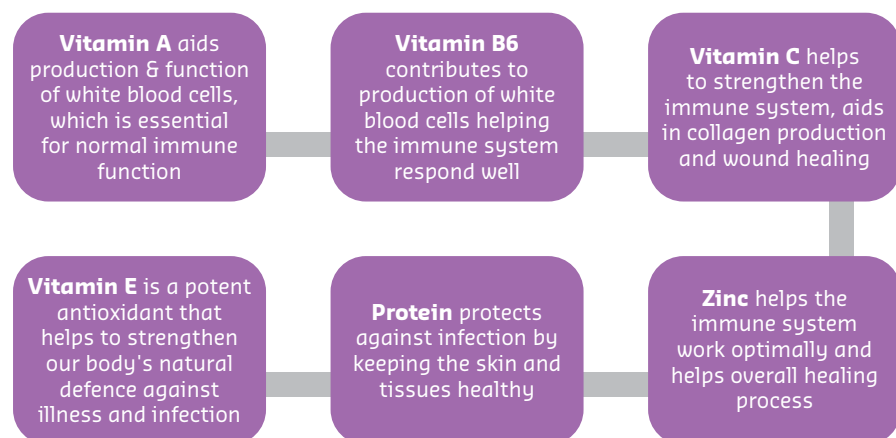
- Have a beneficial effect in helping to neutralize free radicals that enter the body by protecting the cell walls against oxidative damage

## Free radicals

- Are produced naturally in the body
- Are additionally formed by notable environmental and lifestyle factors such as air pollution, alcohol intake, infections, high blood sugar levels, and exercise causing tissue damage
- Produces oxidative stress when it dissolves (damages) the protective walls of our living cells – leading to an increased risk of negative health illnesses

Your body needs to strike a balance between antioxidants and free radicals to safeguard your general health

Just remember to eat foods of five colours a day – blue/purple, green, red, yellow/orange, white/brown



## Vegan Tropical Smoothie

Serves 1

### INGREDIENTS

- 30 g Spinach
- 177 ml Water
- 112 g Orange, peeled
- 82 g Pineapple
- 72 g Frozen banana

Start your day with this refreshing and filling smoothie!

Oranges and pineapples are rich in vitamin C, while spinach is

an excellent source of vitamin A and K. Apart from giving your immune system a vitamin boost, the smoothie also helps to kick start your daily fibre and fruits & vegetable intake.

Blend everything for altogether until smooth.





**Murgh Kadhai (Chicken with Tomato and Bell Pepper Curry)** Serves 6

*Shobit Mohan - AGM, Menu Program (India)*

This is a popular north-Indian chicken curry that is made with few ground spices and simple ingredients. Capsicum and tomatoes are excellent sources of vitamin C and A – nutrients not only essential for our immune system but also good for our skin. On top of that, they contain a wide array of carotenoids, which are phytonutrients that help to get rid of free radicals and promote good eye health.

**A Kadhai masala spice blend:**

- 5 g Black Peppercorns
- 10 g Dried red chilli, large
- 10 g Cumin Seeds
- 10 g Aniseed
- 5 g Fenugreek seed

**PREPARATION**

Toast on a dry pan till it starts giving an aroma. Let it cool. Finely grind the mixture. Set aside for use later.

**B**

- 50 ml Canola oil
- 10 g Dried red chilli, large
- 10 g Cumin Seeds
- 2 g Bay leaf
- 2 g Cinnamon stick
- 2 g Black cardamom
- 3 g Green cardamom
- 100 g Onion, diced
- 5 g Salt

**C**

- 25 g Ginger
- 25 g Garlic
- 10 g Turmeric powder

**PREPARATION**

Blend altogether and set aside

**OTHERS**

- 800 g Skinless chicken thighs, diced
- 200 g Pureed tomato,
- 75 g Red or Green capsicum, diced
- 300 g Onion, diced
- 50 ml Cooking cream (optional)
- 5 g Coriander leaves, chopped

**COOKING**

Heat a pan with canola oil. Add both cardamoms, cinnamon stick, bay leaves and cumin seeds. When the cumin seeds starts cracking, add the onions and sauté to brown it. Add salt. Add C – the blended paste. Now add diced chicken and give it a good sauté before adding grounded Kadhai Masala spice. Add the pureed tomato. Lower the heat to a simmer. Cook it until it is not sour anymore. Add the diced capsicums and onion. Let it cook for 2 mins.

**ASSEMBLY**

Finish it with cooking cream and coriander leaves. Serve hot with rice or paratha.



**Grilled Mushrooms, Brown Rice & Spinach Risotto**  
(Gluten & Lactose Free, Vegan Vegetarian)

Serves 6

Mushrooms contains Ergothioneine, a powerful antioxidant that helps to eliminate free radicals. It also a good source of vitamin B and fibre.

**BROWN RICE RISOTTO**

- 500 g Brown Rice (1kg cooked)
- 10 ml Olive Oil
- 30 g Onions, finely diced
- 5 g Garlic, chopped
- 1.5 ltr Vegetable Stock
- Salt & Pepper

**HOW TO MAKE**

Bring 2 litres of water to a boil and add brown rice. Boil for 10 minutes, then strain - don't rinse. Heat the oil, then add the onions and garlic and cook for 3-4 minutes until lightly caramelized. Add the par cooked brown rice & ½ the vegetable stock. Bring to a boil, then reduce heat to simmer. Cooked over low heat, stirring frequently. When the stock is absorbed, add another cup of stock and continue cooking. Repeat this until all the stock has been used and the rice is soft and creamy.

- 100 g Spinach Leaves

Blanch spinach leaves in boiling water for 10 seconds, strain & rinse with cold water. Squeeze to remove excess water, then roughly chop the spinach

Add the chopped spinach to the stew, stir through the risotto, bring to a quick boil, then turn off the heat. Season to taste

**MUSHROOMS**

- 6 King Mushrooms, (approx. 240 g) cut through into half lengthwise
- 300 g Button Mushrooms, cut into quarters
- 20 ml Olive Oil
- Salt & Pepper

In a frypan heat the olive oil, then sear the King mushrooms flat side down. Cook for 2 minutes until golden brown, the turn over and cook for another 2 minutes. Remove from the pan and put aside. Add the button mushrooms to the hot pan and sauté for 3 minutes or char grill. Season taste

**HOW TO PLATE**

Spoon spinach risotto onto the centre of the plate, then arrange the mushrooms on opposite sides. Add the spinach leaves and sprinkle with the chopped chives

**GARNISH**

- 1 Bunch Chives, chopped
- 60 g Spinach Leaves



# FINDING NOURISHMENT FROM A TCM PERSPECTIVE

ANNIE WANG

HEAD OF NUTRITION AND DIETETICS (CHINA AND HONG KONG)



“In food excellent medicine can be found, in food bad medicine can be found.” – Hippocrates (Renowned ancient Greek physician)

Some of you may be raising an eyebrow now, “Aren’t I supposed to be reading something about TCM?” Yes, you are right. We will continue from that quote later on. For

now, we like to be clear that we are not about to promote traditional Chinese medicines that cure symptoms relating to COVID19. Instead, we prefer to be liberal in our views around this alternative therapeutic philosophy.

So back to Hippocrates’ words – It means that good and bad foods are relative to one another. You are what you eat. He

considered nutrition as one of the main tools that a doctor can use. But above all, exercise plays an integral part in the original oath of Hippocrates. Likewise, in Chinese dietary principles, there are essential herbs or foods to complement our lifestyles for maintenance of good health.

In certain countries in Asia, people have incorporated herbs, food combinations and favour certain cooking methods that draw references to TCM beliefs for nutritional therapy. Most prominently, the Chinese-Cantonese population will always consume a bowl of soup in their daily diet. In fact, it does not matter what dialect group or race you belong to – If a soup or dish taste good, people will enjoy it. Food transcends all boundaries and reminds us to embrace diversity as we have much in common after all.

Ingredients are consumed to promote certain energies in the body. This is a basic food chart:

## FOOD ENERGIES

COOLING	NEUTRAL	HEATING
Bean Sprouts	Apples	Beef
Bok Choy	Avocado	Miso
Cauliflower	Banana	Black Peppercorn
Crab	Broccoli	Mustard
Cucumber	Cabbage	Cayenne
Lotus Root	Celery	Chicken
Pear	Eggplant	Onion
Raw Fish	Grapefruit	Cinnamon
Seaweed	Green Tea	Clams
Tomato	Legumes	Papaya
Watermelon	Mint	Duck
	Pear	Galangal
	Potato	Garlic
	Snow Peas	Ginger
	Strawberries	Glutinous Rice
	Sweet Potato	Horseradish
	Yam	Lamb
		Mango
		Walnut

These are easily available herbs (from plants) that are commonly found in Asian kitchens:



Licorice Bark



Licorice Bark



Ginseng Roots



American Ginseng



Dried Jujube Fruits



Dried Lily Bulbs



Pumpkin Seeds



Lotus Seeds



Dried Tangerine Peel



Dried Chinese Yam



Snow Fungus



Star Anise

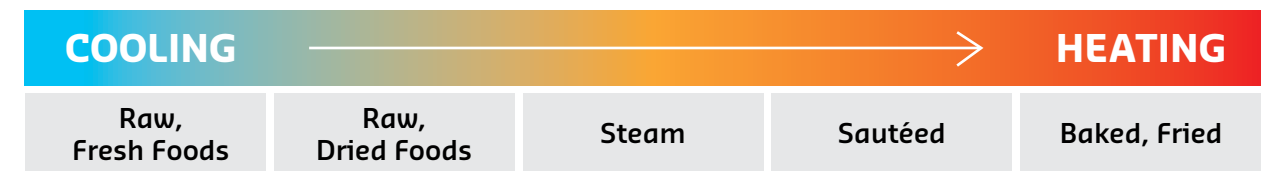


Monk Fruit



Dried Lily Buds

## PREPARATION AND COOKING METHOD



It is believed that the temperature and direct or indirect heat of preparation and cooking will contribute as heating or cooling effects in a dish.

Here are some fun dietary advice and tips:

- To all avocado and egg sandwich fans – Fats are slow to digest and their presence with protein makes it particularly slow-digesting, encouraging bloat
- If you like Surf n’ Turf – Strike a balance by consuming varied leafy vegetables other than chips or

fries. The recommendation was to eat only one type of protein at one time during a meal

- The slow food movement is still going strong – All legumes should be soaked for at least three hours or overnight to activate the enzymes that would otherwise be indigestible
- Good news! – You can eat citrus fruits with nuts or cheese together





### White Fungus and Papaya/Pear Soup

Serves 6

This sweet soup is eaten as a dessert. It's very common to have this all year round due to the warm and humid climate in Singapore. White fungus and pear are ingredients with cooling properties and very affordable. If you prefer to lower the 'cold', substitute pear with papaya or mango – Grace Chong, Senior Nutrition Manager (Singapore)

#### INGREDIENTS

- 300 g Ripe papaya / pear
- 100 g dried snow fungus
- 5 pcs Chinese red dates, seedless
- 40 g Rock sugar
- 500 g Water
- 4 g Dried goji berries
- 20 g Apricot seeds
- 170 g Dried tofu skin

#### PREPARATION

Hydrate snow fungus in water for 15 mins. Then rinse and remove the crusty bottom and cut into bite size pieces.

Hydrate the goji berries for 10 min. Drain off the liquid and set aside.

Cut papaya or pear in bite size cubes.

Slice red dates into rings.

#### COOKING

Bring a pot of water to boil.

Add snow fungus and simmer for 20 mins.

Then add rock sugar and red dates. Stir to ensure the sugar is dissolved.

Add the papaya or pear, beancurd skin, apricot seeds and goji berries and bring to a simmer before turning off the heat.

This can be served warm or chilled.

## COMING SOON!

## A NEW LOOK. OUR CONTINUED COMMITMENT – TCM SOUP OFFER IN CHINA



The concept of health preservation with medicinal food is probably most reminiscent in the hotpot eating culture amongst the Chinese – where one indulges in an oily, sharp-tasting pot of boiling broth and a spread of ingredients, then pairing it with an herbal drink to reduce internal heat.

We are enhancing the brand and value proposition to offer an amiable and affordable takeaway meal option for the pragmatic consumers. Here is a recipe that you can try making at home.



### Steamed Chicken Soup with Angelica Root and Cordyceps Mushroom

Serves 1

#### INGREDIENTS

- 200 ml Consommé
- 100 g Chicken
- 10 g Cordyceps mushroom
- 5 g Angelica root
- 8 g Chinese date
- 1 g Wolfberry
- 3 g Ginger
- 0.5 g Salt

#### COOKING METHOD

1. Wash and clean all ingredients
2. Put all ingredients in a stew cup
3. Steam for 2 hours

#### NOURISHMENT PROPOSITION

- Enrich blood circulation
- Tonifying Qi
- Strengthen kidney function





**Buckwheat, Broccoli, Cauliflower & Mushroom Pot with Seeds**

(Gluten & Lactose Free)

Serves 6

Buckwheat is considered to be an ingredient with cooling properties. It promotes circulation to the hands and feet, clears heat and eliminates dampness.

**INGREDIENTS**

**Risotto**

- 300 g Buckwheat, rinsed (900gr cooked)
- 180 g Button Mushrooms, sliced
- 100 g Sweet Potato, cut into 5mm dice
- 20 ml Olive Oil
- 60 g Onions, finely diced
- 5 g Garlic, chopped
- 1.5 litre Vegetable Stock
- Salt & Pepper

**HOW TO MAKE**

Bring 2 litres of water to a boil. When boiling add the buckwheat and cook for 10 minutes. Strain & rinse.

Heat the oil, then add the onions and garlic and cook for 3-4 minutes until lightly caramelized. Add the sliced mushrooms and sauté for another 2 minutes. Add the buckwheat, diced sweet potatoes & ½ the vegetable the stock. Bring to a boil, then reduce heat to simmer.

Cooked over low heat, stirring frequently. When the stock is absorbed, add another cup of stock and continue cooking. Repeat this until all the stock has been used and the buckwheat is soft and creamy.

- 180 g Cauliflower, cut into small florets
- 180 g Broccoli or Broccolini, cut into small florets

Steam the cauliflower and broccoli, strain and rinse with cold water

**HOW TO MAKE**

When the buckwheat is almost cooked, add the steamed broccoli & cauliflower. Stir through gently and simmer for 2 minutes until the vegetables are heated. Season to taste

**SEEDS**

- 2 g Linseeds/Chia Seeds
- 3 g Sunflower Seeds
- 3 g Pumpkin Seeds – Pepitas

Mix seeds and toast in a fry pan or oven until golden brown and crisp

**HOW TO SERVE**

Divide risotto into serving bowls and sprinkle with the toasted seeds.

Garnish with extra broccoli & cauliflower florets. Add a dash of olive oil



**CULTIVATING GOOD BACTERIA**

**EMMA LOH**

*NUTRITION MANAGER (SINGAPORE)*

Pro- and pre-biotics are more than supplements we can buy at the pharmacy. Rather, these beneficial bacteria and food compounds, which promote good health, can be found in some of the food we consume as well.

**Probiotics**

- Are living micro-organism that can be consumed in certain foods to help promote digestive health
- Can be found in fermented foods such as kimchi, yoghurt, cheese, apple cider vinegar, honey, pickles, kefir, miso, tempeh and sauerkraut

**Prebiotics**

- Are not alive. They are compounds found in certain foods that will help probiotics thrive
- Foods rich in prebiotics tend to be fibrous and are much harder than probiotic foods
- Garlic, onion, leeks, asparagus, artichoke, bananas, seaweed, beans and wholegrains are good sources





### Spicy Tempeh with Peanuts and Anchovies

Serves 8

**Adi Rismanto - Indonesia**

Originating from Indonesia, tempeh is naturally unsalted so it is suitable for people on a low-sodium diet. After fermentation, its nutrients become more digestible and is unlikely to cause bloat or indigestion. Although it has a slight smell, this can be reduced with cooking and is good meat substitute.

In the spirit of Hari Raya, Chef Adi Rismanto from Indonesia shares this mildly sweet-salty side dish that will whet your appetites and taste good even when eaten as a snack.

#### INGREDIENTS

- 400 g Tempeh, batonnet
- 75 g Skinless peanut, toasted
- 50 g Dried tiny anchovies, rinsed and toasted
- 4 Lime leaves, julienne
- 2 Bay leaves
- 20 g Galangal, crushed
- Salt
- Canola oil
- 70 g Honey
- 100 ml Tamarind Juice (2 tsp tamarind soaked in 50 ml water for 5 mins)
- 2 g Salt

#### SPICES

- 60 g Shallots, sliced
- 30 g Garlic, sliced
- 30 g Large red chilli, chopped

#### COOKING

In a heated pan, sauté tempeh with some canola oil and set aside. Add shallots, garlic, red chili and galangal. Sauté until fragrant.

Add bay leaf and lime leaf

Add honey, tamarind juice and salt, mix well.

Toss in the pre-baked tempeh, toasted peanuts and anchovies and turn off the heat.

Stir well to ensure all ingredients are even coated with the sticky sauce.

Serve at room temperature.



### Oatmeal Yoghurt Pancakes

Serves 4

Make this for breakfast by preparing the batter the night before and keep it in the fridge.

#### A

- 160 g Greek yogurt
  - 24 ml Milk
  - 2 tsp Vanilla extract
  - 2 eggs or 120g beaten eggs
  - 38 g Honey
- In a mixing bowl, mix ingredients in A altogether with a hand blender until smooth

#### B

- 120 g Steel cut oats or rolled oats (blended into flour)
- ½ tsp Cinnamon powder
- 1 tsp Baking powder
- ½ tsp Baking soda
- 2 g Salt

In a mixing bowl, mix ingredients in B and set aside.

#### OTHERS

Olive oil (for greasing the pan)

#### PREPARATION

Combine B into A. Mix with hand blender for 15 seconds. Then switch to a wooden spoon to finish the job. Do not over mix the batter – just enough to incorporate the wet mixture

with the dry. The aim is to not break the lumps because 1) it is what gives your pancakes the lift and 2) overmixing will result in tough and flat pancakes

#### COOKING

Heat your pan until it begins to feel warm. If you are using an electric griddle, preheat to 175°C / 350°F.

Grease the pan with oil than is just enough to coat the surface.

Ladle ¼ cup scoops of batter into pan. Cook on low heat until bubbles start to form on the rim and eventually sets. This would take about 2-3 mins.

Flip your pancakes to cook for another 2 mins. Serve it warm with any toppings or sauces of your choice.





## Make-Your-Own Ginger Beer

Serves 10

Fermentation actually lowers the carb-count of the food or beverage you are fermenting. Most cane sugar is consumed during the fermentation process. The sugars and starches are eaten up by the bacteria cultures, and converted to lactic acid, carbon dioxide, and more bacteria. Make your own ginger beer naturally without any commercial yeast with 3 simple ingredients in 3 days. Substituting with honey provides another way to enjoy this naturally fermented soda.

### GINGER STARTER

500 ml Filtered or distilled water  
 22 g Finely chopped or grated ginger (skin-on is fine)  
 28 g Granulated sugar or Honey  
 Ginger feed for 1 day (every 24 hours):  
 22 g Finely chopped or grated ginger (skin on is fine)  
 28 g Granulated sugar or Honey

### PREPARATION

Combine ingredients under 'Ginger starter' in a plastic or glass container. Stir to dissolve the sugar and cover with a cheese cloth bounded by a rubber band, or wrap it with clingfilm and prick a hole. Let it sit at room temperature for 24 hours.

Feed the starter with the 'Ginger feed' recipe every 24 hours. You will need to do this for 2 to 3 days. When it starts getting carbonated, it is ready. If it's taking longer, just continue to feed it until it becomes fizzy.

Strain 110g and set aside for the next step.

### GINGER BEER

1.9 L Filtered or distilled water  
 273 g Granulated sugar or Honey  
 54 g Ginger, grated  
 110 g Strained ginger starter liquid  
 60 ml or juice of 3 lemons - Optional

### COOKING

In a large pot, combine water, granulated sugar and grated ginger and bring to a boil.

Reduce to a simmer and let it cook for 8 mins. Then, remove from heat and let it cool. Down to room temperature.

Set up a clean pot and strainer, and pour the cooled down liquid into the pot.

Then add, the strained ginger starter liquid and lemon juice. Stir well to combine.

Transfer the liquid into bottles and leave 2 inches of headroom before sealing with caps. Set aside at room temperature for 3 to 5 days. After day, check the carbonation by opening the bottles and check the taste.

Now, store the bottles in the fridge to chill. Serve it with ice.

# MAKE STRESS YOURS AND OWN IT

## GLORIA CHANG

NUTRITION MANAGER (CHINA AND HONG KONG)



I am a millennial and was holed up working from home, coping with pressures of social distancing and cooped in city lockdowns. When Hong Kong was in lockdown, I realized that I have increased my usage of digital communication platforms and utilized an assortment of memes to communicate remotely (and flexibly). I do enjoy having some face-time for work or personal meetings because it helps bridge the distance.

No matter who are you, feeling stressed and fearful is a normal response. Some stress is necessary for all. We will learn and grow out of it. Even so, we need to be mindful to not succumb to it. Ongoing stress will assault the immune system and might make us more vulnerable to diseases.

In these trying times, here are some well-being tips to help maintain your sanity;

- **Sustain a regular routine at home** – that will help shape your day. This includes a healthy diet, sleep, exercise and time for social interaction with your loved ones at home (you are fortunate).

- **Exercise is one of the best stress relievers** – and a necessary outlet to keep our physical bodies and minds healthy. Although fitness studios and gyms are temporary closed, we can still exercise daily (online vlogs!) For a low impact exercise, stretching will keep your muscles flexible and maintain range of motion in your joints

- **Limit worry and agitation (good vibes only)** – by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting. With curious children, have an open conversation about what's going on and admit if you don't

have answers. With younger children, compromising is the key to managing your expectations of your child's behavior when you are working (keep it real)

- **Pick up a new hobby** – whether it is learning to bake homemade bread or starting an indoor a garden, learning a new hobby is a great way to pass time. So get creative, have fun with your children and de-stress

- **Eat mood-boosting foods** – diet is linked to just about every condition the human body deal with. So, it makes sense that diet is linked to your mood and stress levels too (No binge eating!) These are some everyday ingredients you can eat to improve your mood;

- **Dark chocolate** can reduce stress hormones, and its antioxidants can relax the walls of your blood vessels hence enhancing circulation

- **Salmon** is a rich source of omega-3 fatty acids that have anti-inflammatory properties which may help to fight off the negative effects of stress hormones on your body

- **Oatmeal** helps your brain to generate the destressing neurotransmitter serotonin that stimulates a feeling of calmness

- **Banana** is a good source of tryptophan, which supports the production of serotonin (the happy hormone). Tryptophan may help with sleep, and we all know sleep impacts our mood





### Monster Cookies

Serves 10

**Kym Ng - Head of Projects and Initiatives (APAC)**

I have been making this chocolate chip cookie recipe for 10 years now. It all began when I wanted to contribute to Chinese New Year's 'table of treats' at home. And it was picture of colourful M&M's that caught my attention on the internet. So, I decided to adapt the original recipe to make it healthier. Children and adults alike, they acquired a taste for novelty. The colours just made them curious enough to grab a happy-looking cookie and they felt good after eating it. I hope that you will have fun making this recipe with your children or other loved ones who are in need of a sweet escape.

#### INGREDIENTS

##### A

- 80 g Olive oil
- 150 g Brown sugar
- 120 g Creamy peanut butter
- 1 Large egg or 60g beaten egg
- 1.5 tbsp Vanilla extract

##### B

- 100 g Instant or rolled oats (blended into flour)
- 50 g All-purpose flour
- 3 g Corn starch
- 1 tsp Baking soda
- ¼ tsp Salt

##### C

- 175 g Dark chocolate chips (70% cocoa, unsweetened)

**"I'm feeling indulgent" - Go for it!**

- 120 g Dark chocolate chips
- 100 g M&M minis

#### PREPARATION

Preheat the oven to 178°C.

Use a hand mixer and whisk mixture A until the brown sugar dissolves and the mixture becomes light and airy.

Combine mixture B in to A and mix well. Stop using the machine when it starts to get together and change to use a wooden spoon.

Now, pour in mixture C and stir to incorporate evenly.

Line a baking tray with parchment. Using a size #50 ice-cream scoop (should amount to about 20g of dough). Scoop the dough and line it on the tray. Use a spoon and lightly flatten each dough ball.

Bake for 8 mins. Transfer to a wire rack to cool.

Enjoy it on its own or with a cup of milk.



### Salmon Shiso Onigiri

Serves 2

#### INGREDIENTS

- 0.2 kg Japanese short grain sushi rice
- 0.28 L Water
- 0.004 kg Shichimi togarashi
- 0.4 nos Japanese cucumber, thinly sliced
- 3 nos Shiso leaf, chiffonade
- 0.02 kg White sesame seeds, roasted
- 0.16 kg Canned salmon, roughly chopped
- 1 pkt Korean roasted seaweed sheets

#### PREPARATION

Wilted Cucumber: Combine cucumber and a pinch of salt in a bowl and mix well. Set aside for 5 minutes. Drain cucumber by squeezing well with your hands.

#### COOKING

Cooking Sushi Rice: Wash the rice and soak it with water for at least 20 minutes. Then cook it in a rice cooker. If cooking on a stove, bring the pot of rice to a boil and stir to ensure it does not stick to the bottom.

Reduce the heat to the lowest setting and cover with a lid.

Let it cook for 15-20 mins. Remove from heat and let it sit for 10 mins. Now you can remove the lid and fluff the rice. Let it cool.

#### ASSEMBLY

Mix the shiso leaves, togarashi, white sesame seeds, wilted cucumber and salmon in a large bowl. Taste and season with salt if needed.

Wet hands with water, scoop rice mixture and shape into triangles. Repeat with the remaining ingredients. This recipe should yield 6 pieces.

Serve at room temperature. Enjoy it with a roasted seaweed snack.





### Quick Vegan Ice-cream

Serves 3

#### INGREDIENTS

- 178 g Frozen bananas
- 240 ml Unsweetened non-dairy milk (almond, oat, coconut or soy)
- 10 g Cocoa nibs, dark chocolate (broken), chia seeds
- 50 g Walnuts or peanuts
- 5 g Mint leaves or mint extract

#### PREPARATION

Blend everything in a food processor or a stick blender for 30 seconds until velvety in texture. Eat immediately and enjoy!



### Mulled Wine

Serves 6

There are quite a number of wonderful health benefits in mulled wine. Besides being popularly known as a cold cure, it also helps ease indigestion and reduce stress and anxiety with the addition of the good 'ol faithful blend of spices – cinnamon, cloves and nutmeg.

#### INGREDIENTS

- 474 ml Water
- 100 g Sugar
- 1 Cinnamon stick
- 8 Cloves
- 1/4 Lemon or Orange, sliced
- 750 ml Red wine
- 1/8 tsp Ground nutmeg

#### COOKING

In a pot, combine water and sugar together and boil until the sugar dissolves.

Add cinnamon stick, cloves and lemon. Bring the mixture to a boil and reduce to simmer for 10 minutes. Tip – For maximum infusion, lightly crush the spices with the blade of a knife before adding into the pot.

Strain and return water mixture to the saucepan. Discard lemon, cloves, and cinnamon stick.

Then add red wine into mixture. Simmer (do not boil) for 5 to 10 minutes. Add ground nutmeg.

Serve hot and immediately and enjoy this treat in moderation.

Note: You may opt to substitute red wine with grape juice and omit the sugar.





## A TASTE FOR RISE AND SHINE

GRACE CHONG

SENIOR NUTRITION MANAGER (SINGAPORE)

What keeps you awake at night these days?

For some it is fear. For others, it may be due to overworking (especially our medical workers) or restlessness from by isolation. Today's situation has affected everyone in various ways. When we don't get enough sleep, it will result in a loss of performance in our daily tasks and activities. Sleep is the prime time for our body to recharge our batteries and enable us to make the most out of each day.

Why is it important?

- It empowers our immunity system
- It elevates our brain function
- It enhances our mood and energy levels
- It improves our mental health

Here are 5 tips to restore better sleep:

- **Set a regular sleep schedule** - Wake up on time and hit the sack at a consistent time
- **Reserve your bed for sleep** - Creating a union between your bed and sleep. Working from home shouldn't be working from bed. It also means avoiding bringing a laptop or mobile device into bed to watch a movie or series
- **Draw and withdraw your curtains fittingly** - Get some exposure to sunlight whether direct or indirect, during the day to regulate your body clock. At night, creating a dark and comfortable setting may help you sleep better
- **Relax and unwind your mind before going to bed** - Try meditation or listen to relaxing music to gradually drift into sleep.
- **Watch what you eat and drink** - Drinking a non-caffeinated floral or herbal tea may help you to relax. (E.g. Rose, lavender, chamomile, mint, hibiscus, berries, dried fruit teas). Some foods can help to induce sleep. Consider including some functional foods for dinner (e.g. Rice) or as a night snack (e.g. Honey).

Changing your diet will help you to achieve health and wellness goals and provide therapy for specific health conditions. Here are some recipes that includes ingredients that aid with inducing sleep at night and to help boost your mornings.



### Almond Granola, Coconut Yoghurt Chia Pudding

Serves 4



Ros Leonard - Nutrition and Culinary Systems Manager (Australia)

Yogurt contains protein, calcium and certain probiotics to maintain digestive health and is nutritionally sufficient to feed your body in the morning. Calcium contains hormones to help you sleep. Wholegrain granola with almonds contains magnesium that promote muscle relaxation. When magnesium levels are low, you are more prone to wake up during the night.

#### INGREDIENTS

- 70 ml Coconut milk (Soy milk can also be used to make a soy version instead)
  - 200 ml Coconut water
  - 30 g Chia seeds (Basil seeds is an affordable option)
  - 10 ml Honey
  - 100 g Wholegrain granola
  - 30 g Almonds, sliced
  - 20 g Dried cranberries
  - 100 g Plain yoghurt
  - 1 g Mint leaves, sliced
- Assorted fruits of your choice to compliment the pudding

#### PREPARATION

Combine the coconut milk, coconut water, seeds and honey in a bowl. Lightly whisk to combine.

Place in the fridge for the seeds to absorb the liquid and become completely cold. Stir occasionally. Add extra coconut water if required.

#### ASSEMBLY

Divide the chia or basil pudding into 2 bowls. Top it with yogurt and granola. Sprinkle sliced almonds and dried cranberries. Garnish with sliced mint leaves.





**Dhukka Spiced Chicken, Soy Cauliflower Puree,  
Charred Broccolini, Peas**  
(Gluten and Lactose Free)

Serves 6



*Bert Lozey - National Executive Chef (Australia)*

Studies found that 85 g of turkey meat or chicken is enough to significantly increase hours of deep sleep. Just remember this equation: Protein plus fibre equals a good night's sleep. Tuck into this warm and comforting recipe shared by Bert Lozey.

**INGREDIENTS**

- 6 Chicken Breasts
- 2 Bunches Broccolini (12 pieces)
- 300 g Green Peas, frozen
- 100 g Almond Dhukka Spice, store bought
- 1 Punnet Cherry Tomatoes
- 60 ml Olive Oil
- Salt & Pepper

**HOW TO MAKE**

Mix 2/3 Dhukka mix and 1/2 the olive oil and rub over the chicken breasts. Let marinade for 1-2 hours. PS. If dhukka is too chunky, blend in spice grinder to a finer texture Heat a frypan, add some olive oil and sear the chicken breast on both sides, then finish cooking in pre heated oven at 180° celsius.

Heat the char grill or pan to very hot, then grill/char the broccolini. Retain a crunchy texture. Also roast the cherry tomatoes on the grill. Sautee the green peas with little olive oil.

**HOW TO MAKE THE PUREE**

Place cauliflower and soy milk in a pot and bring to a boil, then reduce to a slow boil, cover and cook for 20 minutes until the cauliflower is very soft. Strain, but reserve the soy milk.

Place the cauliflower, tofu and 1/2 the soy milk in a food processor/blender (Nutri Bullet) and blend until very creamy, add more soy if required. When the desired texture-consistence is reached, remove from blender and add back into the pot. Season to taste

**HOW TO PLATE**

Spoon the cauliflower puree onto the plates, then add the roast chicken breasts. Add the peas, charred broccolini and tomatoes, then sprinkle with the remaining Dhukka spice.

Garnish with snow pea shoots or fresh herbs



## Bringing the best of Sodexo to our clients and guests

The Food Platform is made up of a team of experts, listeners, collaborators, partners and allies, at both regional and national levels. We believe in innovation, agility, and focus.

We are passionate about food. So much so that we named our culinary philosophy "Love of Food." We craft recipes that are rooted in and inspired by tradition and techniques, reflecting cultural diversity and a global footprint.

We know healthy food must taste great. People want to live a full, active and healthy lifestyle. We believe at Sodexo that we have an integral role play through Nutrition, Health and Wellness to make a positive impact and ensure we help out guests make informed choices on their journey.

We deliver value to our clients that is matched by our ability to design concepts and controls, deploy brands, and execute integrated standards at scale with consistency thanks to industry defining processes and systems.

At the heart of everything we do, we place focus on understanding of our guests to allow us to create wonderful experiences and grow our engagement across channels.

# #LoveofFood



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