

MASAK-MASAK RINGAN RECIPES (EPISODE 1-8)

A production of ScreenBox Pte Ltd

**Episode 1: Salad Chicken Pasta
(By Chef Tania)**



Ingredients A

- 200 GM Fill the boiled chicken and slice it into small cubes
- 300 GM Swirl the boiling pasta and toss it in (put in a little oil in it)
- 1 whole Slice the carrot into small pieces and boil it for a moment
- 200 GM Cut the Romanian Salad into small pieces
- 200 GM Low fat yogurt

Ingredients B

- 3 pieces Chopped garlic
- 1 SM Oregano flakes
- 1 ST Black pepper powder (that is slightly rough)
- 4 SM Olive oil
- 3 SM Honey
- 1 Cup Golden raisin

Method:

1. Mixed ingredients B together and stir it well
2. Insert the ingredients and mixed it well.
3. The salad is ready to be prepared.

**Episode 2: Beef-Mushroom Sandwich
(By Chef Bob)**



Sandwich:

- 2 Thick slices of Multi-grain bread
- 4 Slices of tomato
- 200GM Sliced beef sirloin
- 2 TSP Cream cheese
- Bunch Pickled Mushrooms

Method:

1. Toast the bread.
2. Season the beef with salt, pepper and paprika
3. Pan fry it until it's well cooked.
4. Spread the cream cheese over the toast
5. Lay the tomato and beef and turn it into a sandwich
6. Slice it into two and enjoy!

**Episode 3: Red Lemak Salmon
(By Chef Khaled)**



Ingredients:

180g Salmon fillet
1 onion
2 lemongrass
3 to 4 red chilies
1¾-cup low fat milk

Method:

1. Season the salmon fillet and pan grilled the salmon skin side first on all sides till its half cooked.
2. In a food processor, blend the onion, garlic, lemongrass, and the fresh chilies into smooth paste.
3. In a hot pan, pour in ¼ cup of olive oil, add in the blended ingredients and sauté till it is dry and fragrant.
4. Add in the low fat milk, season with salt and pepper, simmer and reduce the sauce.
5. Lastly, introduce the salmon into the sauce. Baste the salmon with the reduced sauce and continue cooking till the fish is almost cooked. Turn off the heat.

**Episode 4: Beef Sambal Belado Hotplate
(By Chef Tania)**



Ingredient A

400 GM Sliced fried meat that is mixed with ginger, minced garlic and half
tablespoon of bicarbonate soda.
2 Tomatoes that will be slice into cubes
2 Big onions that will slice
12 pieces Red chili
5 pieces Garlic

Ingredient B

6 TBS Oil
1 TS Salt
2 TBS Sugar
½ TS Chicken broth
2 TBS Apple vinegar
2 Eggs
2 pieces Kaffir lime leaves (that is sliced finely)

Method:

1. Saute the minced ingredient until it's properly fried, insert the meat and cook it until its well cooked and put the tomatoes and the onions in. Mixed it well.
2. Put in the salt, sugar and chicken broth in. Lastly put the apple vinegar in and mixed it together.
3. When the meat is cooked, heat up the hotplate with a little oil and cracked the egg and pour it on the hotplate. Lay the cooked meat on the hotplate with a little sprinkle of kaffir lime leaves.

**Episode 5: Rolled Beef with Asparagus and Creamy Blue Cheese Sauce
(By Chef Amri)**



1 no beef sirloin 300gm (freezes and slices thinly)

10 no Thai asparagus

30 gm Blue Cheese

200gm Cream

Salt and Pepper for seasoning

Method:

1. Heat up frying pan and sautéed asparagus slightly till 70 percent cook and set asides
2. Season thinly slice beef with salt and pepper, insert 3 no of asparagus and rolled tight in between the beef.
3. Fry for 5 min all sides.

Sauce:

1. In a stockpot add in cream.
2. Add in blue cheese and whisk slowly till dissolved thoroughly
3. Season with salt

**Episode 6: Pumpkin and Apple soup
(By Chef Khaled)**



Ingredients

- ½ golden pumpkin, seeded and roughly cut
- 1 granny smith apple, cored and sliced
- 1 red apple, cored and sliced
- 1 cup apple juice
- 1 ½ cup low fat milk
- 1 ¾ cup vegetable or chicken stock

Method

- Meanwhile, in a pot over moderate heat, add in ¾ cup olive oil. Add the pumpkin and sauté until they are soft, about 10 minutes. Add apples and sauté until tender, about 3 to 4 minutes. Add apple juice and bring to boil. Reduce heat and simmer uncovered until liquid is reduced by half.
- Pour in the stock and milk, season, bring it to boil and turn off the heat. Purée soup in blender until very smooth.

**Episode 6: Nicoise Salad
(By Chef Khaled)**



Ingredients

180 g tuna steak
a handful French bean, trimmed and blanched
1 to 2 potatoes, skinned and cut into wedges
2 eggs, boiled, shelled and halved
 $\frac{3}{4}$ cup black olives, halved or sliced

Method

- Season the tuna steak with salt and pepper. On a pan with medium heat, pan grill the tuna on all sides till medium done. Let it aside to cool.
- In a mixing bowl, toss the French beans, potato wedges, with olive oil, salt and pepper.

Slice the tuna to a desired thickness, serving it and building up a salad with the tossed beans and potatoes, adding the halved eggs and sliced black olives around.

**Episode 7: Lava Chocolate Cake
(By Chef Amri)**



452 gm Chocolate chip
452 Butter
6 no whole egg
6 no egg yolk
140 g sugar
140 Flour

Method :

1. melt the Chocolate chip with butter
2. cream eggs and sugar till creamy
3. add in chocolate chip mixtures into the egg and sugar
4. Fold in the flour slowly and set aside .
5. Butter and flour dust the ramekin pour mixtures and bake for 8 min in 180c .

**Episode 8: Minty Yogurt Seabass
(By Chef Bob)**



Ingredient:

1 Seabass
1 lime (a squeeze of it)
Few spring of mint
100GM of baby potatoes
5 TBS of yogurt.

Methods:

1. Wash the baby potatoes and boil for about 15 mins.
2. Season the fish filet with salt and paprika.
3. Pan fry the fish filet with olive oil around 5 mins for both sides and then set them aside.
4. Using the same pan, pan-fry the potatoes with olive oil, salt and chopped mint leaves.
5. Mixed the chopped mint leaves, a bit of salt and a squeeze of lime juice to the yogurt. When it's done, plate it to be served.