



# IN A MALAYAN KITCHEN

By

*Mrs. Susie Ling*

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Mrs. S. Ling

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## Foreword

To the Chinese people food is a subject of consuming interest — in every sense of the word! Their own cooking provides an almost endless variety of delicious dishes, but this has not prevented the Chinese from being very ready to try the food of other races.

In Malaya we are particularly fortunate in having so many different peoples, all with their own culinary specialities, and our own population has not failed to take advantage of our good fortune. Many of our local specialities are indeed compounded out of several cuisines, blended to form entirely new dishes.

Mrs. Hing, who has a wide knowledge of all the different kinds of food to be found here and has much experience in the preparation of them, is well qualified to write this book.

“Variety is the spice of life” but more than that in Malaya the variety of our food provides wonderful and delightful opportunities through mankind’s common factor, the appetite, for barriers to be broken down and understanding to develop.

What better excuse can be offered for indulging in one’s love of food?

Y. P. McNEICE.





The Old Type of Chinese Kitchen



The Modern Type of Chinese Kitchen

## Introduction

One of the most attractive things about living in Malaya is its many and varied races, affording as it does many opportunities to absorb something from each and everyone.

This is just as true of cookery as it is of other interests. I have included Chinese, Malay, Javanese and Indian recipes as well as a few recipes of European cakes and desserts. Hence my title 'IN A MALAYAN KITCHEN'. The dishes are as varied and colourful as our Malayan people. The recipes are those which I have used through my years of cooking and teaching.

My thanks are due to Lady T. P. F. McNiece for so graciously consenting to write the foreword to my book and also to the many friends who have helped me and without whom this book might never have been written.

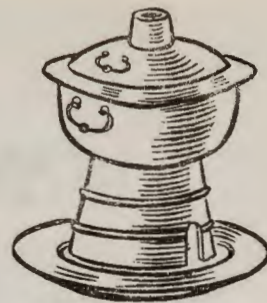
'SELAMAT MAKAN' — Good Luck and good eating.



Chafing Dish  
(Alcohol)



Water Kettle



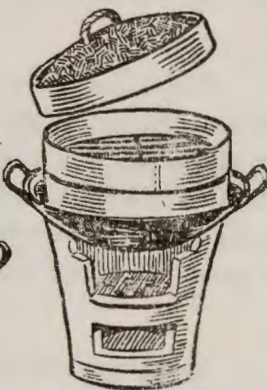
Chafing Dish  
(Charcoal)



Smoking Frame



Rice Steamer



Steamer



Rice Boiler



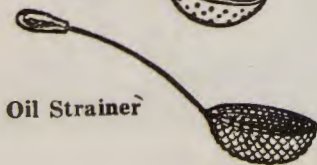
Cutting Board  
and Cleaver



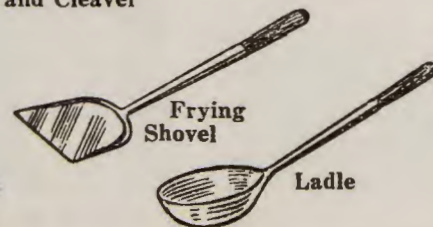
Soup Boiler



Perforated Ladle



Oil Strainer



Frying  
Shovel

Ladle

## Cooking Utensils

The cooking utensils and equipment ordinarily used in a Malayan Kitchen are, due to their versatility, fewer than might be expected in a book of international recipes.

Probably the most used is the Chinese cooking pan (KUALI) with its rounded bottom which allows for concentrated heat and no chances of things getting stuck in corners. In most of my recipes whenever the word pan appears it will mean the Chinese frying pan. Of course where other utensils such as saucepans are needed it is stated. I enclose a few illustrations for those new to Malayan cooking.

S. HING.



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No. 1.

**RICH TOMATO SOUP**

- 1 Chicken. Boil and retain stock. Boil gizzard but keep liver aside uncooked till later. Remove flesh from boiled Chicken and cut into cubes with the gizzard.
- 5 10 oz. Tins Tomato Soup.
- 8 ozs. Big Onions cut into small cubes.
- 2 ozs. Macaroni cooked and cut into pieces about half an inch in length.
- 8 ozs. Carrots cooked and diced.
- 6 ozs. Fried croutons of bread.
- 4 Stems Spring Onions sliced small.
- 6 Stems Kin Chye sliced small.
- 6½ Teaspoons Salt.
- 1 Teaspoon Pepper.
- 1 Small Tin Green Peas.
1. 10 oz. Tin Vienna Sausages cut into round slices.
- 4 Teaspoons Sugar.
- 4 ozs. Butter for frying.
- 6 ozs. Potatoes diced.

To the contents of the tinned tomato soup, add sufficient chicken stock to make 4 pints. Put butter into pan and fry the onions for about 4 minutes, remove and put into the large saucepan with the stock and tomato soup. Add the salt, pepper and sugar and bring to the boil. Now add all the diced ingredients, the spring onion and kinchye. Lastly the chicken liver (cut small), also the tinned peas. Serve piping hot with the fried croutons of bread on a separate plate.

No. 2.

**TAHOE PONG**

(8 persons)

**PART I**

- ½ Kati Pork chopped.
- ½ Kati Prawns skinned and chopped (retain skin for Stock).
- 2 ozs. Bamboo Shoots boiled and cut in fine strips.
- 1 Towkwa pounded.
- 1 Dessertspoon Flour.
- 1 Teaspoon Salt.
- ¾ Teaspoon Pepper.
- ¼ Teaspoon Sugar.
- ¼ Teaspoon Vetsin.
- ¼ oz. Garlic pounded and fried.
- 1 Egg.

Put a little lard into pan and fry the garlic until golden brown, remove on to the chopped pork. In the same fat fry the heads and skins of the prawns, put these into a saucepan with 60 ozs. water and cook further to make a tasty stock. Now mix together, the pork, prawns, bamboo shoots, pounded towkwa, fried garlic and seasonings and flour bind together with the egg. Make into balls and fry. Keep aside.

## PART II

- $\frac{1}{2}$  oz. Kimcham soaked in water and knotted in the centre.
- $\frac{3}{4}$  oz. Tangohon soaked in water.
- $\frac{1}{8}$  oz. Bokji soaked in water.
- 3 ozs. Bamboo Shoots cut coarsely into strips.
- $\frac{1}{2}$  Kati White Cabbage cut coarsely.
- $\frac{1}{2}$  Teaspoon Pepper.
- 2 Teaspoons Vetsin.
- $\frac{1}{2}$  Teaspoon Sugar.
- 2 $\frac{1}{2}$  ozs. Pork cut into small pieces.
- 2 $\frac{1}{2}$  ozs. Prawns skinned, cleaned and cut into halves lengthwise.
- 1 Towkwa, cut up into strips.
- 2 Strips Daon Bawang.
- 3 Stems Kinchye.
- $\frac{1}{4}$  oz. Garlic pounded.
- 2 Teaspoons Black Chinese Sauce.
- 2 Teaspoons White Chinese Sauce.
- 3 Teaspoons Salt.
- 3 Pints Prawn Stock.
- 2 Dessertspoons Lard.

Put the lard into a pan and heat. Fry separately the towkwa and when cooked remove from pan. Now in the same oil fry the garlic till brown, add prawns, pork, the sauces, salt, sugar, pepper and vetsin. Now add the bamboo shoots, the drained kimcham, when fried remove from pan and to this add the previously fried towkwa. Put prawn stock into a large saucepan, to this add, white cabbage, bokji, tangohon and all of the fried mixture, bring to the boil and simmer for a further 10 minutes or so — finally add the fried meat balls and Chinese celery and daon bawang.

For cakes and pies and tasty fries use



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## No. 3.

### JAVA CHICKEN SOUP (12 persons)

- 1 Chicken. (cut into pieces, including gizzard).
- 12 ozs. Potatoes. (peeled and cut into halves).
- OR 4 ozs. Young Bamboo Shoot. (Boiled and cut into oblong cubes).
- 60 ozs. Water.
- $\frac{1}{2}$  oz. Ginger (sliced).
- $\frac{1}{4}$  oz. Garlic. (sliced).
- 1 oz. Onion. (sliced).
- 2 Teaspoons Vetsin.
- 2 Teaspoons Sugar.
- 4 Teaspoons Salt.
- 2 Teaspoons Black Chinese Sauce.
- 4 Teaspoons White Chinese Sauce.
- 1 Teaspoon Pepper.
- 4 Dessertspoons Lard for frying.
- 6 Stems Kinchye.
- 2 Daon Bawang.

Put lard into pan and fry onions, garlic and ginger when onions are golden brown add chicken, sauces and seasonings. Put all into a large saucepan add the water and cook till the chicken is half done. Add the potatoes or bamboo shoots, kinchye, daon bawang and cook till chicken is tender.

## No. 4.

### NASI SOTO SEMARANG (JAVA SOUP)

- 1 Kati Beef (Shin) boiled, retain stock. Cut beef into cubes.
- 4 pints Stock from Beef.
- 2 ozs. Onions sliced.
- $\frac{1}{2}$  oz. Garlic sliced.
- 8 Dessertspoons Oil.
- 1 Dessertspoon Black Chinese Sauce.
- 2 Dessertspoons Salt.
- 2 Teaspoons Sugar.
- 1 piece of Cinnamon  $\frac{1}{4}$  inch by 1  $\frac{1}{2}$  inches.
- 2 Nutmeg whole.
- 6 Cloves.
- 30 Pepper Seeds.
- 12 Stems Chinese Celery cut small.
- 4 Spring Onions cut small.

Pound pepper seeds finely and add to the stock with cloves, cinnamon, salt and sugar. Put oil into pan and fry separately the onions and garlic until golden brown. Now return both onions and garlic to pan, add the sauce with a little of the stock, heat and add all to rest of stock. Add the sliced beef. Bring all to the boil and cook for a few minutes and serve in a large dish. The cut celery and spring onions to be served on a separate dish.



N.B. If possible cook the beef the day before and allow to remain in the stock till you cook.

The following are accessory dishes to be served with this recipe:-

**TOWGAY.** — picked, washed and drained. Cook by pouring over the towgay boiling water, leave for 1 minute, strain and serve.

**KROEPOK GREBAU.** — fried in deep oil. If not available Kroepok Oedang may be substituted.

**CHILLY GARNISH.** — 3 Red Chillies. 5 Chilly Padi.  
 $\frac{1}{2}$  Teaspoon Salt.  $\frac{1}{16}$  oz. Blachan  
toasted.

Wash chillies and remove stems. Put into small saucepan with a little water and boil till cooked. Pound with salt and blachan. Serve on a small dish separately.

**TEMPE FRITTERS.** — 8 Dessertspoons Water.  
8 Dessertspoons Rice Flour.  
2 Teaspoons Salt.  
 $\frac{1}{4}$  Teaspoon Kapor diluted into a little water.

4 Tempe sliced.  
Mix flour, salt and kapor into a fairly thick batter with the water. Dip the sliced tempe into batter and fry in deep coconut oil till crispy. Serve.

**FERGEDEL IKAN.** — (Approx. 20-24 pieces).  
1 Kati Potatoes boiled and coarsely mashed.  
6 ozs. Ikan Kurau fried and broken coarsely.  
 $\frac{2}{3}$  Teaspoons Nutmeg.  
2 Teaspoons Salt.  
1 Teaspoon Pepper.  
 $1\frac{1}{2}$  ozs. Butter.  
1 Egg.  
2 ozs. Big Onions sliced fine.

Fry the sliced onions in the butter, add salt, nutmeg and pepper. Remove from pan and add to the potatoes and fish. Mix in the egg well. Shape into balls and deep fry.

No: 5

### BEEF CURRY SEMARANG

1 Kati Shiu Beef. (Cut into fairly large pieces and boiled — retain Stock).

32 ozs. Stock.  
16 Jintan Itam.  
 $\frac{1}{8}$  oz. Blachan.  
2 ozs. Onions.  
 $\frac{1}{4}$  oz. Garlic.  
 $\frac{1}{8}$  oz. Saffron.  
6 Buah Keras.  
1 Dessertspoon Ketumbar.  
2 Sere (crushed only).  
 $\frac{1}{8}$  oz. Lungkwass (whole).  
2 Daon Salam.  
 $\frac{1}{2}$  Kati Potatoes (Peeled and cut into quarters).  
8 ozs. White Cabbage. (cut into fairly large pieces).  
 $\frac{1}{2}$  oz. Tang Hoon (soaked in water).  
4—5 Teaspoons Salt.  
1 Coconut. = 4 ozs. Pati, 24 ozs. 2nd Milk.

} Pounded together

Into a saucepan put the pounded ingredients, second milk of coconut and the stock. Also add the lungkwass, sere and daon salam. Bring to the boil, add the meat, potatoes and tang hoon. When the potatoes are about half cooked add the white cabbage and the pati. When potatoes are cooked remove and serve.

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# MORTON HERRING RECIPES

## MORTON HERRING POTATOES

1 small tin MORTON FRESH HERRINGS, 4 large potatoes of even size, Pepper and salt, Chopped parsley, A little beaten egg, if available, Butter.

Scrub and prick the potatoes, bake in moderate oven till tender. Then cut in half. Scoop out about half the potato, put in basin, mash with a fork, add pepper, salt, parsley, and little melted butter. Add the herring. Blend all ingredients together, return to the half potatoes, piling the mixture on top. Brush over with little beaten egg. Brown in a moderate oven and serve with dressing of Tomato Sauce.

## MORTON HERRINGS WITH RICE

1 large tin MORTON HERRINGS IN TOMATO SAUCE, ½ pt. thin white sauce, 2 oz. cooked rice, 1 hard boiled egg, Juice of half lemon, Slices of lemon, Seasoning - salt, pepper, 1 teaspoon finely chopped onion.

Cut fish into large pieces and put into a well buttered pie-dish. Cover with rice. Add tomato from the Herring tin to the white sauce. Stir in lemon juice, chopped onion and seasoning. Pour sauce into dish. Bake in a hot oven for about 15 minutes. Garnish with lemon slices and hard boiled egg cut into quarters.

## MORTON CASSEROLE OF HERRINGS

1 large tin MORTON HERRINGS IN TOMATO SAUCE, 1 small onion chopped finely, Pinch of mixed herbs, ¼ oz. Flour, ½ pt. Milk, ½ oz. margarine, Salt and pepper.

Melt fat in casserole and add chopped onion and flour. Blend well together, mix milk with tomato sauce and add to casserole, stirring well all the time. Add salt and pepper to taste, add herbs, and boil well for three minutes. Then add fish. Put lid on casserole, simmer gently for 20 minutes. Served hot. It's just delicious!

## ★ MORTON HERRINGS IN SAVOURY BATTER

To make batter use 1 egg, pinch of salt, ½ pint milk, 4 ounces of flour. Take 1 large tin of MORTON FRESH HERRINGS, bone and cut into neat pieces. Roll in finely grated cheese and parsley (chopped). Place in greased pie dish, pour over the batter, sprinkle with grated cheese and little butter. Bake in a hot oven till brown. Garnish with parsley and strips of cold ham cut in fancy shapes. Serve hot.

## MORTON HERRING ROLLS

1 small tin Morton Fresh HERRINGS, 6 ozs. shortcrust pastry, Pepper, 2-3 ozs. grated cheese.

Make shortcrust pastry in the usual way, roll out until ⅜ in thick. Cut into small rectangles (as for sausage rolls). Remove skin and backbone from the herrings. Place an equal amount of fish on each pastry, sprinkle with grated cheese, a squeeze of lemon juice, and pepper. Roll inside pastry, mark with the back of knife, brush over with beaten egg and bake (moderate oven) until pastry is evenly browned.

## ★ MORTON HERRINGS with SPAGHETTI

Line an ovenware glass dish with peeled slices of tomato. Put a layer of canned spaghetti over these (about half a breakfast cupful) and add contents of one large tin MORTON HERRINGS in TOMATO SAUCE. Cover with another half cup of spaghetti. Sprinkle with fine breadcrumbs, put a few pieces of butter on top and bake in oven till thoroughly hot and brown on top. This is truly delicious for breakfast or lunch—just fry it!

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No: 6

## PENANG CURRY

- 1 Chicken cleaned and jointed fairly large.
- 2 Dessertspoons Ketumbar.
- 2 Teaspoons Jintan Itam.
- 2 Teaspoons Kaskas.
- 20 White Peppers.
- 6 Cloves.
- 7 Fresh Chillies.
- 7 Dried Chillies.
- 2 ozs. Onions.
- ½ oz. Garlic.
- ¼ oz. Blachan.
- 4 Buah Keras.
- 3-4 Sere.
- ¼ oz. Saffron.
- 4 Teaspoons Salt.
- 15 Dessertspoons Coconut Oil.
- ¼ oz. Asam mixed with a little water.
- 1 Coconut, 6 ozs. Pati = 15 ozs. 2nd Milk.

Pounded together

Heat the oil and fry all the pounded ingredients when fried add the chicken and cook for about 10 minutes, stirring all the time. Add the second milk and the asam and cook until chicken is tender. Then add the pati, and cook a few minutes more and serve with Roti Jala. [See Recipe No. 121].

No: 7

## KURMAH

- 1 Chicken cleaned and jointed.
- 3 Teaspoons Ketumbar.
- 1 Teaspoon Kas Kas.
- 1 Teaspoon Jintan Itam.
- 32 Whole Pepper Seeds.
- 8 Buah Keras.
- ½ oz. Ginger.
- ¼ oz. Lungkwat.
- 1 Sere.
- 1½ oz. Onions.
- ¼ oz. Garlic
- 2 Teaspoons Salt.
- 8 Dessertspoons Ghee.
- 1 Coconut = 6 ozs. Pati, 10 ozs. 2nd Milk.
- 3 Peh-kah.
- 2 Cardoman Seeds.
- 4 Cloves.
- 1 inch piece of Cinnamon (Kaya Manis).
- 7 Teaspoons Lemon Juice.
- 1½ Bundles Wanswei (Coriander Leaves).
- ½ oz. Onions sliced.
- ¼ oz. Garlic sliced.

Pounded together. After pounding use ¼ to rub well into the jointed chicken.



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Rub 1/3 of pounded ingredients well into the jointed chicken and stand aside. Heat the ghee in pan, fry the sliced onions and garlic when half cooked add the peh-kah, cardoman seeds, cloves and cinnamon fry till golden brown. Now add balance of pounded ingredients and fry till quite well cooked and brown, stirring all the time (about 10 minutes). Put in the chicken and fry for a further few minutes. Add 2nd coconut milk and allow to simmer until chicken is tender. Then add pati and lemon juice. Cook for a further few minutes and serve garnished with the wanswei.

**No: 8 INDIAN CHICKEN CURRY (6 persons).**

- 1 Chicken (washed and jointed into fairly large pieces).
- 4 Dessertspoons Ketumbar.
- 2 Teaspoons Jintan Manis.
- 2 Teaspoons Jintan Itam.
- 1 Teaspoon Black Pepper Seeds.

**Bracket No. 1.**  
Dried Fried together.

- 1/2 Teaspoon Rice.
- 12 Dried Chillies.
- 1 Stem Curry Leaf.
- 1/2 inch Cinnamon.
- 4 Cloves.
- 4 Cardoman.

**Bracket No. 2.**  
Pounded together.

- 1/4 oz. Ginger.
- 1/4 oz. Garlic.
- 2 Cloves.
- 1/2 inch Cinnamon.
- 3 Cardoman.

**Bracket No. 3.**

- 30 Halba.
- 1/8 oz. Dried Saffron.
- 2 Teaspoons Kas Kas.
- 4 Green Chillies seeded and sliced lengthways.
- 2 ozs. Onions sliced.
- 1 Stem Curry Leaf.
- 4 Teaspoons Salt.
- 1 Coconut = 4-5 ozs. Pati, 20 ozs. 2nd Milk.
- Juice of 4 limes. (6-8 teaspoons juice).
- 12 Dessertspoons Ghee or Coconut Oil.
- 6 Potatoes peeled and cut into halves.

Dry fry all items in Bracket 1 until the grains of rice are golden brown, then add the dried saffron and kas kas. After a second remove all ingredients from pan and pound together. Put the ghee or oil into a pan and fry the onions and second curry leaf, fry till the onions are light brown, add ingredients of Bracket 3, now add the pounded mixture of Bracket 1, mix in. Add the jointed chicken and salt and a little only of the pati, cook for about 4 minutes more. Add pounded garlic and ginger (Bracket 2), and 2nd Coconut Milk. When the chicken is half cooked, add the potatoes, cook until both chicken and potatoes are quite tender. Add the green chillies, pati and finally the juice of the limes. Continue cooking a little longer, stirring frequently and serve.

No: 9.

### INDIAN PRAWN CURRY

- 1 Kati Large Prawns. (Remove heads and legs).
  - 12 ozs. Green Brinjal. (Cut into quarters).
  - 5 Heaped Teaspoons Ketumbar.
  - 10 Dried Chillies.
  - $\frac{1}{2}$  oz. Saffron.
  - 18 Black Peppers.
  - $\frac{3}{4}$  Teaspoon Jintan Itam.
  - 1 Teaspoon Jintan Manis.
- } Pounded together.
- 2 ozs. Onions sliced.
  - $\frac{1}{4}$  oz. Garlic sliced.
  - $\frac{1}{2}$  oz. Ginger (cut into thin strips).
  - 1 Sere crushed a little.
  - 40 — 50 Biji Halba.
  - 6 Green Chillies. (Washed and dried and split do not remove seeds).
  - 2 Stems Curry Leaf.
  - 2 $\frac{1}{2}$  Teaspoons Salt.
  - 1 Teaspoon Sugar.
  - 12 Dessertspoons Coconut Oil.
  - $\frac{3}{4}$  Coconut = 4 ozs. Pati, 8 ozs. 2nd Milk.

Put the oil into a pan and when hot, fry the onions, garlic, ginger, sere, halba and curry leaf till the onions are golden brown. And the pounded ingredients and fry for 3 minutes more. Add 2nd milk of coconut, salt and sugar. Now the brinjal cook for a further 2 minutes. Add the prawns, chillies and pati. Continue cooking till the prawns and brinjal are ready.

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**Crisco**

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No: 10.

### INDIAN FISH CURRY

(6 persons).

- 1 Kati Fish. Ikan Kurau cut into fairly large pieces.
  - $\frac{1}{2}$  Kati Brinjal (Purple) cut into four pieces.
  - $\frac{3}{4}$  Coconut = 4 ozs. Pati. 20 ozs. 2nd Milk.
  - 3 Dessertspoons Ketumbar.
  - $\frac{1}{2}$  Teaspoon Lada Itam.
  - 1 Teaspoon Jintan Itam.
  - 1 Teaspoon Jintan Manis.
  - $\frac{1}{2}$  oz. Dried Kunyut.
  - 10 to 12 Dried Chillies seeded.
  - 2 Stems Curry Leaf.
  - 1 $\frac{1}{2}$  ozs. Onions sliced.
  - $\frac{1}{2}$  oz. Garlic sliced.
  - 6 Green Chillies seeded and sliced lengthways.
  - 1 oz. Asam mixed with 2 ozs. water.
  - 12 Bidji Halba.
  - 1 $\frac{1}{2}$  Teaspoons Salt.
  - 10 Dessertspoons Coconut Oil for frying.
- } Grind fine.

Put oil into pan and fry the onions and the curry leaf till onions are golden brown. Add pounded ingredients and cook further (about 6 minutes). Add garlic, green chillies, halba and salt; continue cooking for a further 3 minutes, add the second coconut milk and the brinjal and cook till the brinjal is tender. Add the fish, asam and finally the pati. Cook till the fish is done. Serve.

No: 11.

### CHICKEN PIE

(4 persons)

#### PASTRY FOR PIE.

- 6 ozs. Flour.
  - $\frac{3}{4}$  oz. Melted Butter.
  - 3 - 3 $\frac{1}{2}$  ozs. Cold Water.
  - 1 $\frac{1}{2}$  Teaspoons Salt.
  - 2 ozs. Mutton Suet.
  - $\frac{1}{2}$  oz. Butter.
- } Well mixed together.

Put flour into bowl with the salt, add the melted butter and mix well by hand. Now add the water and make into a dough. Onto a well floured board press out the suet and butter mixture to form an oval shape. Next roll the dough to the same shape but slightly larger. Onto this place the mutton suet and butter shape, fold over once and roll out. Now roll up as you would a swiss roll, turn end towards you and roll out once more. Again fold over in half and roll out for the third time. Fold in half and allow to stand. It is a good idea to make the pastry a day before it is required and keep in refrigerator.

### FILLING FOR PIE.

- ½ Chicken cleaned and cut into pieces.
- 3 ozs. Big Onions cut into fairly large pieces.
- 4 ozs. Potatoes peeled and cut into quarters.
- 4 ozs. Carrots boiled and cut into pieces about 1½".
- 1 Clove.
- Small piece of Cinnamon.
- 4 ozs. Bacon Rashers with rind removed.
- ¼ oz. Flour.
- 1 Teaspoon Salt.
- 1 Teaspoon Chinese Black Sauce.
- ½ Teaspoon Pepper.
- 1 oz. Butter.
- 10 ozs. Water.
- 2 Eggs hardboiled.

Fry the bacon rashers and stand aside. In the butter fry the onions with the clove and cinnamon, when about half cooked add the flour and chicken, the salt, pepper and Chinese Sauce. Now place in a saucepan with the potatoes and water. Cook gently until the chicken is tender, when almost ready add the carrots. Now put into a pie dish laying on top the bacon rashers and the hardboiled eggs cut in quarters. Roll out your pastry once only and trim round edges with a knife. Cover pie, flute the edges and brush over with a little beaten egg. Make a small hole in pastry to allow steam to escape. Bake in a preheated oven 450 degrees for about 25—30 minutes.

No: 12.

### KROKET KENTANG (POTATO CROQUETTES)

#### INGREDIENTS FOR FILLING

- ½ Kati Lean Pork chopped fine.
- 2 ozs. Red Onions sliced.
- 1 oz. French Beans cooked and diced small.
- 2 ozs. Carrots cooked and diced small.
- 1½ ozs. Butter.
- 4 Stems Daon Bawang. (Spring Onion) cut small.
- 1 Teaspoon Pepper.
- 4 Teaspoons White Chinese Sauce.
- 2 Teaspoons Black Chinese Sauce.
- 2 Teaspoons Sugar.
- 2 Teaspoons Flour.

- 1 Teaspoon Vetsin.
- 1 Teaspoon Salt.

Melt butter in pan and fry the onion, white part of spring onion, flour. When flour is cooked add carrots, beans, seasonings, pork and sauces, lastly the green part of spring onion. Cook a little more. Remove from fire and divide into 24 portions.

#### INGREDIENTS FOR OUTSIDE OF CROQUETTES.

- 1½ Kati Potatoes boiled and mashed.
- ½ oz. Butter.
- 3 Egg Yolks — (retain whites in separate bowl).
- 3 Teaspoons Salt.
- 1 Teaspoon Pepper.

Into the mashed and cooked potatoes put egg yolks, seasonings and butter. Work well in by hand and divide into 24 portions. Carefully smooth and shape each portion into an oblong. Flatten to take a portion of meat mixture. Gradually work the potato over the mince until well covered and good croquette shape. Dip into the egg white, then into breadcrumbs, finally once more into egg white and into breadcrumbs, fry in oil.

No: 13.

#### DUTCH RISsoles

Filling as for Kroket Tjanker Recipe No: 109.

#### Ingredients for Paste.

- 12 ozs. Flour.
- 20 — 24 ozs. Stock.
- 3 Teaspoons Salt.
- 2 Eggs.
- 4 Hardboiled Eggs cut into eight lengthways. Breadcrumbs.

Break eggs into flour and salt, add stock and make into a smooth paste. Use a very small pan, either the European or Chinese type, suitable for making pancakes. Heat the pan and rub over with a little butter. Put in a little of the mixture turning pan to keep pancake even and thin. When cooked lightly on both sides, remove and fill with mixture, placing on top of each a strip of the sliced hard boiled egg. Roll neatly turning in at both ends. Dip in egg and breadcrumbs and deep fry.

No: 14.

**HOKKIEN MEE**

6 persons.

- ½ Kati Prawns.
- 2 Pigs Tails = 12 Tahils.
- 2½ pints Stock.
- 2 Teaspoons Sugar.
- 2½ Teaspoons Vetsin.
- 1 Teaspoon Pepper.
- 4 Dessertspoons White Chinese Sauce.
- 2 Teaspoons Black Chinese Sauce.
- 1 Kati Mee (Pour boiling water over this and cook for 6 minutes).
- ½ Kati Towgay. (Cleaned and picked).
- 4 - 6 Green Chillies. (seeded and sliced lengthways).
- ½ Kati Kankoeng. (cooked separately).
- ½ oz. Onions sliced.
- 2 Dessertspoons Lard.
- 3 ozs. Onions sliced.
- 2 ozs. Diced Pork Fat.
- 1 Dessertspoon White Chinese Sauce.
- 4 Dessertspoons Lard for frying.

} For serving  
separately.

Cut pigs tail into pieces and cook with half the water (1½ pints) till tender. Remove heads and legs from prawns and keep heads to make stock. Fry the diced pork fat until brown and crisp. Remove from pan onto a small dish. Now put the four dessertspoons lard into pan and fry the 3 ozs. sliced onions till golden brown. Now return the diced pork fat to this and add the 1 dessertspoon white Chinese sauce, remove onto a small dish and keep aside.

Next put the 2 dessertspoons lard into pan and fry the ½ oz. of sliced onions till golden brown. Remove from pan and fry the prawns heads in balance of lard for about 1½ minutes. Remove and put the prawns heads into balance of water (1½ pints). Cook for 10 minutes and strain. In the same stock cook the prawns, when cooked remove from stock and take off skins and slice in half lengthwise.

Into prawn stock add the ½ oz of fried onions, vetsin sugar and pepper, add pork and stock and the 4 dessertspoons of white Chinese sauce and 2 teaspoons black Chinese sauce. Into a larger rather deep dish arrange the uncooked towgay, cover with the previously cooked mee and Kangkoeng. Pour over this the very hot stock and garnish with the halved prawns. Serve on separate plates the fried diced pork fat and onions. Also the sliced green chillies.

No: 15.

**K-IAN**

- 12 ozs. Lean Pork chopped.
- 8 ozs.. Pork Fat chopped.
- 12 ozs. Prawns cleaned, shelled and chopped.
- 2 Teaspoons Salt.
- 2 Teaspoons Pepper.
- 1 oz. Garlic.
- 1 oz. Flour.
- 3 Eggs (4 if small).
- 1 Teaspoon Sugar.
- 1 Teaspoon Vetsin.
- ½ Kati Pork Membrane (carefully cleaned).

Pound the garlic coarsely and fry till golden brown. Remove from fire and put with the chopped pork and prawns. Add the seasoning and flour and sugar. Now add the eggs and mix thoroughly. Spread out the pork membrane and cut to desired size, fill with mixture, roll into firm meat rolls. Steam for 20 minutes if small, 30 minutes if large. When required slice and fry light golden brown. Serve with sliced cucumber and tomatoes. For variety it may also be served fried with cauliflower, diced ham and bamboo shoot with daon bawang and wanswei.

See Chillie Sauce as for Twapia Recipe No. 111.

No: 16.

**KUAY KIAM**

- 3½ ozs. Large Onions diced very small.
- 12 ozs. Pork.
- 8 ozs. Pork Fat. } Chopped finely together.
- 10 ozs. Prawns skin etc., removed, coarsely chopped.
- 10 ozs. Chinchang. (Water Chestnut) diced very small.
- ½ oz. Garlic pounded and mixed with pork.
- 4 Eggs.
- 1 oz. Flour.
- 3 Teaspoons Salt.
- 1 Teaspoon Sugar.
- 2 Teaspoons Vetsin.
- 1 Teaspoon Ngo Heong.
- 2½ Teaspoons Pepper.
- 1 Kati Bangseuyew—Pork Membrane (Clean carefully).

To meat add prawns, onions, flour, seasonings and eggs. Stir well and add ngo heong and water chestnut, mix well.

Spread out membrane onto a board and cut into pieces suitable for making a firm roll. Place mixture into membrane and roll well so they will not break when cooked. Deep fry in oil.

Serve sliced on dish with cut unpeeled cucumber and garnish with parsley and Chillie Sauce.

No: 17.

### RIJST TAFEL

Rijst Tafel is composed of the following dishes served with hot white rice.

#### TEMPE GORENG ASAM

4 packets Tempe.  
 $\frac{1}{16}$  oz. Asam.  
1 Teaspoon Salt.  
4 Dessertspoons Water.

Cut each tempe into six triangular pieces and score lines in the top. Mix together the asam, salt and water. Mix well into the tempe and fry in a little coconut oil.

#### TOWKWA GORENG

4—6 pieces Towkwa.

Cut each towkwa into four triangular pieces and fry lightly in a little lard.

Salt Fish cut into two and fried.  
Timun (Cucumber) sliced.  
Kroepok fried.  
Pickles various to taste.  
Tempe Sambal Goreng - - - - - Recipe No. 19  
Opor Ayam - - - - - " " 21  
Sambal Goreng - - - - - " " 22  
Empel Kelem - - - - - " " 24  
Fergedel Goreng - - - - - " " 20  
Sayoer Toemis - - - - - " " 18  
Sroendeng - - - - - " " 23

No: 18.

### SAYOER TOEMIS

(RIJST TAFEL)

10 ozs. White Cabbage. (cut in pieces).  
5 ozs. Kachang Panjang. (cut in 2 inch pieces).  
5 ozs. French Beans. (cut in diamond shaped pieces).  
2 Teaspoons Salt.  
8 Buah Keras. (pounded separately).  
 $1\frac{1}{2}$  ozs. Onions sliced.  
1 oz. Garlic sliced.  
4 Fresh Chillies seeded and cut in strips lengthways.  
8 Dried Chillies pounded.  
 $\frac{1}{16}$  oz. Lungkwás (whole).  
1 Daon Salam.  
 $\frac{1}{8}$  oz. Asam mixed in 2 Dessertspoons water.  
 $\frac{1}{8}$  oz. Blachan mixed in 1 Dessertspoon water.

$\frac{1}{2}$  oz. Gula Malacca. (broken up).  
2 Teaspoons Castor Sugar.  
 $\frac{1}{4}$  Kati Prawns. (Remove skins etc., keep to make Stock).  
4 ozs. Prawn Stock.  
 $\frac{1}{2}$  Coconut = 3 ozs. Pati.  
4 Dessertspoons Coconut Oil.

First cook the cabbage in boiling water, drain and stand aside. Do the same with kachang panjang, and the French beans.

Put the coconut oil in pan and fry the pounded dry chillies. Add onions, garlic, fresh chillies, lungkwás and daon salam, continue frying for  $1\frac{1}{2}$  minutes. Now add buah keras, blachan, prawn stock, Gula Malacca, sugar and salt. Continue cooking a little more (1 minute). Add pati and asam and cook for about a further 5 minutes. Now add the prawns and when prawns are cooked add the drained cooked vegetables.

No: 19.

### TEMPE SAMBAL GORENG

4 packets Tempe sliced.  
1 oz. Onions sliced thinly.  
 $\frac{1}{8}$  oz. Garlic sliced thinly.  
 $\frac{1}{8}$  oz. Blachan dissolved in a little water.  
 $\frac{1}{8}$  oz. Lungkwás (whole).  
4 Red Chillies seeded and sliced lengthwise.  
3 Green Chillies seeded and sliced lengthwise.  
1 Daon Salam.  
 $1\frac{1}{2}$  oz. Gula Malacca.  
5 Teaspoons Sugar.  
3 ozs. Prawns (small.) Remove heads and legs but not skins.  
 $1\frac{1}{2}$  Teaspoons Salt.  
 $\frac{3}{16}$  oz. Asam dissolved in 2 Dessertspoons Water.  
6 Dessertspoons Coconut Oil for frying.

Put coconut oil into pan and when hot fry separately the following:— Tempe, onions, garlic, chillies and prawns until very crisp. After frying they may all be put together on one dish. Now into the remaining oil put sugar, salt, blachan, asam, gula Malacca, lungkwás and daon salam boil until a thick rich gravy is obtained. Into this put all the previously fried ingredients and mix well. Remove from fire and cool. Store in an air-tight bottle. Can be kept successfully for 7—10 days if thoroughly air-tight.

No: 20.

**FERGEDEL GORENG. (FRIKADEL GORENG)**  
(MEAT BALLS)

- 1 Kati Potatoes boiled and mashed.
- 5 ozs. Meat, Pork, Beef or Chicken minced.
- 2½ ozs. Big Onions sliced.
- 2½ Level Teaspoons Salt.
- ¾ Teaspoon Pepper.
- ¾ Teaspoon Nutmeg grated.
- 3 or 4 Eggs depending on size.
- 2 ozs. Butter.

Boil and mash potatoes and add the salt. Melt butter and fry the onions, add pepper, nutmeg and meat continue frying for about 5 minutes. Add this to mashed potato, now add eggs, if three do not make it sufficiently moist add the fourth. The best way is to test frying one meat ball first — fry in oil. This mixture may be spread on triangles of bread which have been toasted on one side. In this case fry face downwards.

No: 21.

**OPOR AYAM**  
(JAVA STYLE)

- 1 Chicken cleaned and jointed or it may be cooked whole if preferred.

- 1 Dessertspoons Ketumbar.
- 10 Jintan Itam.
- 12 Buah keras.
- 1½ ozs. Red Onions.
- ¾ oz. Garlic.
- 1/16 oz. Blachan about as big as a nut.
- 1 Dessertspoon Salt.
- 1 Sere crushed.
- 1 Daon Salam.
- ½ oz. Lungkwaw whole.
- 6 Blimbing cut in halves lengthwise. If Blimbing is unobtainable a little Asam may be used instead 1/4 oz. in 2 ozs. Water.
- 1 Coconut = 6 ozs. Pati, 2nd Milk 15—20 ozs.

} Pounded.

Pound Ketumbar, jintan itam and salt till fine, then add blachan and buah keras and pound further, now add garlic and onions, do not pound the latter two ingredients too fine. Put pounded mixture in saucepan with the second milk of the coconut stirring carefully. Put in chicken, sere, lungkwaw and daon salam. Allow to cook for about 30 minutes. Continue to simmer on a lower heat. After about 45 minutes test to see if Chicken is tender. If so, then add blimbing and pati, continue to simmer gently for about 20 minutes.

No: 22.

**SAMBAL GORENG**  
(CURRIED PRAWNS)

- 1 Kati medium sized Prawns cleaned and shelled, heads and tails made into Stock.
- 3 ozs. Red Onions sliced.
- 2 ozs. Garlic.
- 20 Red Chillies seeded and sliced.
- 8 Green Chillies seeded and sliced.
- 20 Red Chillies seeded and pounded
- ½ oz. Blachan.
- ¼ oz. Lungkwaw (whole).
- 2 Daon Salam.
- ½ Teaspoons Salt.
- 8 Dessertspoons Coconut Oil.
- 8 ozs. Prawn Gravy.
- 1 Coconut = 6-7 ozs. Pati from first milk, 12 ozs. 2nd Milk.
- 8 Hardboiled Eggs.

} Wash in a little hot water.

Fry in the coconut oil, the garlic, onions, daon salam also lungkwaw, when light golden brown add chillies, blachan and the pounded dry chillies. Now add prawn stock, salt and second coconut milk cook for a few minutes more. Remove mixture to a saucepan, when mixture is hot put in prawns. Now put in 1st coconut milk and continue cooking until the prawns are cooked (about 8—10 minutes). Lastly add the hard boiled eggs and serve.

No: 23.

**SROENDENG**

- ½ Coconut grated and fried dry on a slow fire till golden brown.
- 1½ Teaspoons Ketumbar.
- 8 Jintan Itam.
- 1 Buah keras.
- 1/16 oz. Blachan.
- ¼ oz. Red Onions.
- ¾ oz. Garlic.
- ½ oz. Gula Malacca.
- 1/16 oz. Lungkwaw (whole).
- 1 Daon Salam.
- 1½ Teaspoons Salt.

} Pounded.

Put 2 dessertspoonsful coconut oil into frying pan, when heated add pounded spices and onions also lungkwaw, daon salam and salt. Then add gula Malacca and lastly the asam. If not sweet enough two teaspoons castor sugar may be added. Now add coconut to this and cook until nicely mixed and liquid is absorbed.



No: 24.

**EMPAL KELEM**  
**(DRY SPICED BEEF)**

- 1 Kati Beef. (Cooked and cut into pieces. Retain Stock = 8 Ozs.).
- 15 Jintan Itam.  
1 Dessertspoon Ketumbar.  
 $\frac{1}{2}$  oz. Garlic.  
 $\frac{1}{8}$  oz. Blachan.  
8 Buah Keras.  
 $1\frac{1}{4}$  ozs. Red Onions.  
 $\frac{1}{4}$  oz. Lungkwaw whole.  
1 Sere crushed.  
3 Teaspoons Salt.  
1 Daon Salam.  
 $\frac{1}{8}$  oz. Asam dissolved in a Dessertspoon of Water.  
 $1\frac{1}{2}$  — 2 Coconuts = 10 ozs. Pati.  
3 Tempe. Cut in fairly large pieces. (optional).

} Pounded together.

Put asam, stock, lungkwaw, daon salam, sere and pounded spices into a pan over heat. Next add beef and coconut milk. Cook until all liquid is absorbed into the beef and it is well browned. When nearly ready put in the tempe.

No: 25.

**NASI RANGIE**

Nasi Rangie is white boiled rice served with the following dishes:—

- SROENDENG — Recipe No. 23.  
SAMBAL GORENG — Recipe No. 22.  
KEMANGI — washed, drained and served.  
TIMUN — sliced.  
OEDANG GORENG —  $1\frac{1}{2}$  Kati Prawns washed in salt with heads and legs removed but not skinned, fried in a little oil.  
TEMPE GORENG — Cut into pieces and fry in a little oil till golden brown.  
TELOR DADAR — 3 Eggs beaten and fried into a thin omelette and cut into strips.  
FERGEDEL GORENG — See Recipe No. 20.

No: 26.

**JAVA NASI GORENG**

(6 persons)

- 30 ozs. Cooked Rice.  
3 Eggs for omelette.  
3 ozs. Onions.  
 $\frac{3}{8}$  oz. Garlic.  
 $\frac{1}{8}$  oz. Blachan.  
6 Red Chillies seeded and pounded.  
6 Green Chillies seeded and pounded.  
6 ozs. Raw Ham diced.  
6 ozs. Tayu Bak (Pork fried in Chinese Sauce) sliced.  
2 Dessertspoons Tayu Bak gravy.  
1 Dessertspoon Water.

} Pounded coarsely together.

Put a little lard into pan and fry the ham, remove on to cooked rice. Fry the pounded ingredients, add the water and the gravy. Add the rice, the ham, and the sliced pork. Cook for about 6 minutes more. Remove and serve on a large dish garnished with sliced thin omelette made with the eggs.

No: 27.

**FRIED RICE**  
**(CANTONESE STYLE)**

(9 — 10 persons)

- 30 ozs. (after cooking) of Boiled Rice.  
6 ozs. Charsiew cut small.  
6 ozs. Prawns. (shelled and headed, cut small).  
6 Spring Onions. (cut small).  
3 Chinese Sausages. (Lupchong). cut small).  
 $\frac{3}{8}$  oz. Dried Mushrooms (soaked and cut small).  
7 ozs. Crab Meat. (broken up for garnishing).  
6 Eggs slightly beaten.  
12 Dessertspoons Pork Lard for frying.  
3 Teaspoons Salt.  
 $1\frac{1}{2}$  Teaspoons Pepper.  
6 Teaspoons White Chinese Sauce.  
 $1\frac{1}{2}$  Teaspoons Vetsin.  
Wanswei. (Chinese Parsley).

Heat lard in pan and fry the charsiew, mushrooms, spring onions, sausage, now add salt, pepper, vetsin and Chinese sauce, add the prawns. When these have cooked a little add the rice and the slightly beaten eggs. Cook for about 4 minutes. Remove and serve on a dish garnished with the crab meat and Chinese parsley.

Side dish to serve with Fried Rice. (Optional).

**PICKLED GREEN CHILLIE**

- 1 oz. Green Chillies sliced finely in rounds.  
1 oz. Water.  
1 oz. Vinegar.  
1 Teaspoon Salt.  
1 Teaspoon Sugar.

Boil together the salt, vinegar, sugar and water. When boiling remove from fire and strain. When cool add the sliced chillies. Serve on a small dish.

No: 28.

**MEESIAM (with Coconut Milk)** (12 persons)

- 1 Kati Bee hoon washed in cold water and drained.
- 1 Kati Towgay cleaned, washed and drained.
- 1½ Katis Prawns peeled, skinned and heads removed and kept to make Stock. Keep half quantity of Prawns cooked separately for garnishing.
- ½ oz. Dried Chillies pounded separately.
- ½ oz. Garlic pounded separately.
- 3 ozs. Red Onions pounded separately.
- 1½ ozs. Towcho pounded separately.
- 4 Towkwa sliced and fried separately.
- 5 ozs. Kuchi cut 1 inch long for garnishing.
- 15 Limau Kesturi for garnishing.
- 8 Eggs made into omelette and sliced thinly.
- 10 Teaspoons Salt.
- 4 Teaspoons Sugar.
- 1 Coconut = 6-7 ozs. Pati.

**GRAVY.**

- 1 oz. Dried Chillies seeded and pounded separately.
- 4 ozs. Towcho pounded separately.
- 4 Teaspoons Salt.
- 10 Teaspoons Sugar.
- 8 Dessertspoons Vinegar.
- 2 pints Prawn Stock.
- ½ oz. Garlic pounded.
- 8 Dessertspoons Coconut Oil.

First cook half of prawns in about 8 ozs. water. When cooked remove and keep for decoration. Cook heads and skins of prawns in same water to make stock. Now into pan put the pati and cook in this the onions, garlic, chilly, towcho, sugar, salt and half of prawns. When cooked add the bee hoon, towgay and the fried sliced towkwa. When cooked remove from heat arrange on dish and garnish with the halved prawns, kuchi, sliced omelette and halved limes. Serve separately the gravy made in the following way:-

**GRAVY.**

Into pan put the coconut oil, fry the chilly, garlic, sugar, salt and towcho till cooked, add prawn stock and vinegar.

No: 29.

**MEESIAM. (Without Coconut Milk)**

- 1 Kati Beehoon washed and dried.
- 1½ Katis Prawns skinned and headed, keeping heads and skins for stock.
- ½ oz. Dried Chillies remove seeds and pound.
- 10 Eggs hardboiled.

- 5 ozs. Kuchi cut 1 inch long.
- 8 Teaspoons Sugar.
- 16 Dessertspoons Coconut Oil.
- 1 Kati Towgay cleaned and drained.
- 4 pieces Towkwa sliced and fried.
- 4 ozs. Towcho pounded.
- 6 ozs. Onions pounded.
- 15 Limau Koestri.
- 8 Teaspoons Salt.

Put coconut oil into pan and fry pounded chilly and onions. Continue cooking adding the pounded towcho, salt, sugar and half of prawns. Now add beehoon, the previously fried towkwa and lastly the towgay. Arrange on a dish and decorate with the sliced hard boiled eggs, the balance of prawns which have been previously cooked in the stock and sliced in half lengthwise, kuchi and limes cut in halves. Serve with gravy made as for Meesiam with Coconut Milk Recipe No. 28.

No: 30.

**OTAK SIAM**

**OTAK OTAK**

- 1½ Katis fish, Kurau wash and cut into fairly large pieces = 20 in all.
- 3 Dessertspoons Ketumbar.
- 36 Pepper seeds.
- 4 Sere sliced.
- ¼ oz. Lungkwas sliced.
- ½ oz. Koenyet — (Saffron)
- ¼ oz. Blachan.
- 6 Buah Keras.
- 10 Dried Chillies.
- ¼ oz. Garlic.
- 2 ozs. Red Onions.
- 6 Eggs.
- 5 — 6 Teaspoons Sugar.
- 4 Teaspoons Salt.
- 16 Daon Limau Peroet sliced very fine.
- 1½ Coconuts = 10 ozs. Pati.
- 20 Daon Kadeok (optional).

} Pounded fine and ground.

Into pounded mixture put eggs, sugar, limau peroet and salt and mix well. Add pati and stand aside. Into prepared pieces of banana leaf (Pesang Batu) put one daon kadoek and a piece of fish. Over this put three dessertspoons of sauce and fold. Continue until all ingredients are used. Steam for 20 minutes.

No: 31.

**MASAK PEDAS**

(4 persons)

- $\frac{1}{2}$  Kati Prawns. Washed and trimmed only.
- $\frac{1}{4}$  oz. Lungkuas.
- $\frac{1}{16}$  oz. Kunyet.
- $\frac{1}{8}$  oz. Blachan.
- 1 oz. Onions.
- 4 Fresh Chillies.
- 2 Buah Keras.
- 1 Sere crushed.
- 1 Asam gloego.
- 4 ozs. pineapple cut into pieces.
- 2 teaspoons salt.
- 2 teaspoons sugar.
- 2 teaspoons Lard.
- 15 ozs. Water.
- Daon Kemangi.

} Pounded together.

Put water into saucepan, add pounded ingredients, asam gloego, and crushed sere. Bring to the boil and simmer for three minutes. Add pineapple, salt, sugar and prawns continue cooking till prawns are cooked. Add the two teaspoons lard. After about one minute more remove and serve garnished with Kemangi leaves.

No: 32.

**AYAM BUAH KLUAH**

(8 — 10 persons)

- 1 Chicken — cut into serving pieces.
- $\frac{1}{2}$  oz. Lungkwass (sliced).
- 3 ozs. Onions.
- 6 Buah Keras.
- 2 Serai.
- $\frac{1}{8}$  oz. Koenyet (Saffron).
- $\frac{1}{4}$  oz. Blachan.
- 1 Teaspoon Sugar.
- 2 Teaspoons Salt.
- 16 Dried Chillies.
- 8 Fresh Chillies (seeded).
- $\frac{3}{4}$  oz. Asam mixed with 30 ozs. Water.
- 24 Buah Kluah (soak in water overnight).
- 8 Dessertspoons Pork Lard.

} Pounded together.

Clean chicken and cut into pieces. Brush the buah kluah well — wash and crack the heads at the top, remove kernel discarding any bad ones — for every five ounces of kernels add 2 teaspoons sugar, 2 teaspoons salt and pound together — fill back into the shells.

Pound the lungkwass and saffron — then add the chillies, buah keras, salt, blachan and onions and pound further. Put the oil into saucepan (if possible Blangah). Add the pounded ingredients and fry till it has a fragrant savoury smell. Add in the chicken, buah kluah and asam water. Allow to simmer till chicken is tender and serve.

No: 33.

**BOEBOE AYAM**

(10 persons)

- 10 ozs. Rice.
- $\frac{1}{2}$  Chicken. Boil keep liquid as Stock
- $\frac{1}{2}$  Kati Pork Bones. Boil keep liquid as Stock.
- $\frac{1}{2}$  5 pints Stock.
- 2 teaspoons Vetsin.
- 1 teaspoon Pepper.
- 4 teaspoons Salt.
- 2 ozs. onions sliced fine.
- 6 stalks Kinchye (Chinese celery).
- 5 dessertspoons pork lard to fry the rice.

Boil the Chicken, keep stock and remove flesh from chicken cut into cubes. Fry the onions in the 4 dessertspoons of oil till a golden brown. Remove and keep aside.

In one dessertspoon oil fry the rice for about 5 minutes.

Bring to the boil the 5 pints of Chicken and pork stock, add in the fluid rice, vetsin, pepper and salt. Continue boiling till the rice is cooked — now add in the cubed chicken. Serve garnished with the crisp fried onions and Chinese celery.

No: 34.

**SINGAPORE LAKSA**

(6 persons)

- $1\frac{1}{2}$  Dessertspoons Ketumbar (fried dry first).
- 4 Buah Keras.
- $\frac{1}{2}$  oz. Lungkwass.
- $\frac{5}{8}$  oz. Kunyet (Saffron).
- $\frac{3}{4}$  oz. Blachan.
- $2\frac{1}{4}$  ozs. Onions.
- 12 Dried Chillies.
- 6 Fresh Chillies.
- 1 Serai.
- 3 Teaspoons Salt.
- $\frac{3}{4}$  Coconut = 4  $\frac{1}{2}$  ozs. Pati. 10  $\frac{1}{2}$  ozs. 2nd Milk.
- 12 Dessertspoons Coconut Oil.
- $\frac{1}{2}$  Kati Prawns. (shelled retain heads and shells to make stock).
- 5 ozs. Fish (Ikan Parang).
- 1 Cucumber peeled cut into fine strips not using centre.
- Daon Kesoem chopped fine.
- 5 ozs. Coarse Beehoon. (soaked in water and cooked in boiling water for 6 minutes. Drain)
- 1 oz. Tanghoon. (soaked well in cold water and then cooked in hot water till soft. Drain).
- 5 ozs. Towgay. (washed, picked and drained).
- 15 ozs. Prawn and Fish Stock.
- 1 Serai. (not pounded, crush head only)

} Pounded together.

Fry ketumbar first. Pound together with all other bracketed ingredients till fine. Scrape fish off bone and chop very fine with 5 dessertspoons of water to which 1 teaspoon of salt has been added. Continue chopping until you have a fine fish paste. Remove into a bowl and with wetted hands knead for a few minutes. Now shape into balls and drop into boiling water and cook. When fish balls rise to the top of water they are cooked. Remove and keep the water for stock.

Put the oil into pan and fry pounded ingredients and crushed serai for about 3-4 minutes. Add 2nd coconut milk, prawn and fish stock, prawns and fish balls. Lastly add the pati, bring to the boil. Into a deep bowl place the cooked beehoon then, the cooked tanghoon and the uncooked towgay at the top. Cover with the above mixture and serve. On separate dishes serve the chopped kesoen and some pounded fresh red chillies. Also the slivers of cucumber.

No: 35.

**MEE LOH**

- 5 ozs. Samchan (Lean and Fat Pork). } Cut in strips.
- 2½ ozs. Lean Pork. }
- ½ Kati Prawns. Remove skins and heads and fry in 2 Dessertspoons lard. Add 1 pint water to make stock.
- 1 Kati Crab Meat.
- ¼ Kati Pork Fat cut into cubes and fried crisp retain oil for cooking.
- 2 Teaspoons Black Chinese Sauce.
- 4 Teaspoons White Chinese Sauce.
- 1 Teaspoon Vetsin.
- 1 Teaspoon Pepper.
- 2 Teaspoons Salt.
- ½ oz. Garlic. } Pounded together.
- ½ oz. Small Onions. }
- 4 Dessertspoons Starch for thickening — make into a smooth paste with 4 Dessertspoons water.
- 4 Eggs make into a thin omelette and sliced thinly for decoration.
- 3 Bundles Wanswee.
- 4 Stems Daon Bawang.
- 6 Stems Kinchye.

Put 2 dessertspoons oil into pan and fry the heads and skins of prawns until dry. Remove to a saucepan and cover with 1 pint of water and boil to make stock. Fry the cubes of fat until crisp and brown, remove and keep aside. Now fry the pounded onion and garlic after about 4 minutes frying add the prawns, pork, black and white Chinese sauces, also the seasonings. Fry for a further 5 minutes and

add the strained prawn stock. Remove to a saucepan and bring to the boil, and thicken with the starch. Add the crab meat. Keep hot.

1 Kati Mee.

½ Kati Towgay washed and picked.

Bring some water to the boil in a saucepan and plunge the mee into it, cook for about 1 1/2 to 2 minutes—Drain. Put mee onto a large dish cover with the uncooked towgay and pour over this the very hot pork and prawn mixture—Garnish with the sliced omelette and crisp pork fat cubes and serve with the sambal.

**SAMBAL TO SERVE WITH MEE LOH**

- 2 Thick Slices of Pineapple diced.
  - 2 Large Cucumber peeled and diced.
  - 2 Fresh Red Chillies.
  - ½ oz. Blachan toasted.
  - 2 ozs. Dried Prawns.
  - 2 Teaspoons Salt.
  - 2 Teaspoons Sugar.
- } Pounded together.

Mix pounded ingredients well into the diced pineapple and cucumber and serve on a separate dish.

No: 36.

**PASTEL TOETOEP.**

(JAVA SHEPHERDS PIE)

**FILLING.**

- 1 Chicken cooked remove flesh and dice.
- 1 Chicken liver diced.
- 6 ozs. Big Onions diced.
- 1 oz. Tanghoon soak in water.
- ½ oz. Bokji soak first and cut in small pieces.
- 3 ozs. Butter.
- 3 Dessertspoons Flour.
- 1½ Teaspoons Pepper.
- 1 Teaspoon Sugar.
- 4 Teaspoons Salt.
- 6 ozs. Carrots cooked and diced.
- 8 ozs. Bear Brand Milk.
- 4 Hardboiled Eggs cut into quarters.
- 1 Small Tin Green Peas.
- 1 Pint Stock (kept from cooking Chicken).

**TOP FOR PIE.**

- 1½ Katis Potatoes cooked and mashed.
- 3 Teaspoons Salt.
- 1½ Teaspoons Nutmeg grated.
- 1 oz. Butter.
- 1 Egg.

**PIE FILLING.**

Melt butter in pan and fry onions a little, add flour when flour is cooked add chicken, carrots and seasonings. Continue cooking

a little, now add tanghoon, bokji and the stock cook further till mixture boils and allow to simmer till completely cooked. Now add the peas, milk and the chicken liver (diced). Divide into two deep pie dishes, lay on top of each the quartered eggs.

**POTATOE COVERING FOR PIE.**

Into the mashed potatoes mix salt, nutmeg, butter and egg. When well mixed take half of mixture and put on to a piece of buttered paper, pat into shape to fit top of pie and put on top of filled dish. Brush over top with egg, and pattern the edges with a fork or spoon. Put into a fairly hot oven 425 degrees for about 40 to 45 minutes.

No: 37.

**STUFFED CHICKEN  
&  
CHICKEN ROLL.**

1 Chicken (about 1½ Kattis) cleaned and carefully skinned, keep whole skin for stuffing. Meanwhile, soaking it in a little Black Chinese Sauce. Remove Chicken flesh from bones and chop finely with pork.

¼ Katti Pork Fat. }  
½ Katti Lean Pork. } Chopped fine.

6 ozs. Large Onions thinly sliced.

1 Chicken Liver chopped in with Pork.

3 Eggs.

2 ozs. Bear Brand Milk or fresh Milk.

2 ozs. Butter.

8 ozs. Uncooked Ham (Pineapple) diced small,

¾ oz. Black Dried Mushrooms, soaked and sliced thinly.

1½ Teaspoons Pepper.

1½ Teaspoons Nutmeg grated.

1 Teaspoon Salt.

1 Teaspoon Sugar.

2 Teaspoons Black Chinese Sauce.

3 or 4 Hardboiled Eggs.

Melt butter in pan and fry the onion, remove from pan. Fry the ham until cooked, next fry the mushrooms. Add all these into the pork and chicken mixture, also seasonings and sauce and milk. Now add the eggs and mix well together. Into chicken skin stuff this mixture, pricking skin well all over until chicken is nicely filled. Keep balance of mixture for meat loaf. Now place the chicken into a baking dish with the gravy and cook in a fairly hot oven 400 degrees for 45—50 minutes.

**GRAVY.**

4 ozs. Water.

2 Teaspoons Black Chinese Sauce.

Keep Chicken basted with this gravy.

**MEAT LOAF.**

Place in a loaf pan a layer of mixture then place the 3 hard-boiled eggs lengthwise. Now put the rest of the mixture into pan and cook in the same oven with the stuffed chicken for about 45—50 minutes.

No: 38.

**SEMARANG PETJIL AYAM.**

(GRILLED JAVA CHICKEN).

**INGREDIENTS FOR CHICKEN.**

1 Chicken cleaned and cut into four, rubbed in salt.

12 Red Chillies washed and seeded.

8 Buah Keras toasted.

¼ oz. Blachan. toasted.

⅓ oz. Kenchoer.

⅓ oz. Garlic.

2 Daon Limau Peroet (Lemon Leaf).

1 ½—2 Teaspoons Salt.

1 Coconut = 6 ozs. Pati, 6 ozs. Second Milk.

Daon Kemangie.

4 Pieces Tempe.

Over open fire or grill cook chicken and tempe. Cut tempe into pieces and remove chicken flesh from the bones and separate into smallish pieces. Mix together tempe and chicken flesh. Pound together daon limau, kenchoer first. Then add buah keras, chillies, salt and blachan. To this add second milk of coconut and cook stirring all the time, now add pati continue cooking until thickened. When ready to serve pour this sauce over the chicken.

**VEGETABLES. INGREDIENTS.**

1 Kati Bayam using leaves and top of stems only.

½ Kati Ketola (Loofah) cut into pieces.

½ Kati Prawns.

3 Buah keras.

1½ ozs. Red Onions.

⅓ oz. Blachan.

} Pounded together.

½ oz. Koenchee in long pieces, crushed.

2 Teaspoons Salt.

35 ozs. Prawn Stock.

Into prawn stock put the pounded ingredients and heat. Now put Koenchee, and add bayam, ketola, salt and prawns. Serve on a separate dish.

No: 39.

**RENDANG PADANG.** (6 — 8 persons).

1 Kati Beef. Boil till tender, cut into fairly large pieces. (Keep Stock).

- |  |   |                   |
|--|---|-------------------|
| 3 Dessertspoons Ketumbar.                                | } | Pounded together. |
| $\frac{1}{16}$ oz. Blachan.                              |   |                   |
| 1 oz. Onions.  |   |                   |
| $\frac{1}{8}$ oz. Garlic.                                |   |                   |
| $\frac{1}{16}$ oz. Ginger.                               |   |                   |
| $\frac{1}{16}$ oz. Kunyut.                               |   |                   |
| $\frac{1}{16}$ oz. Lungkwass.                            |   |                   |
| 4 Buah Keras.  |   |                   |
| 10 Dried Chillies.                                       |   |                   |
| 4 Fresh Chillies.  |   |                   |
| 1 Serai (sliced).  |   |                   |
| $\frac{1}{8}$ oz. Asam mixed with 2 Dessertspoons Water. |   |                   |
| 1 Serai crushed.   |   |                   |
| 6 ozs. Beef Stock.                                       |   |                   |
| 1 Coconut — 6 ozs. Pati.                                 |   |                   |
| $1\frac{1}{2}$ Teaspoons Salt.                           |   |                   |

Put stock and pounded ingredients in pan with the crushed serai and asam water, cook for about 5 to 6 minutes. Add salt and pati stirring all the time bring to the boil, add beef and continue cooking stirring all the time till all liquid is absorbed and a little oil begins to show. Serve.

No: 40.

**SATE BAKSO.** (24 pieces).

- |  |   |                        |
|--|---|------------------------|
| 1 Kati Lean Pork.  | } | Chopped fine together. |
| $\frac{1}{2}$ Kati Pork Fat.                             |   |                        |
| 2 Teaspoons Ketumbar.                                    | } | Pounded together.      |
| 8 Cloves.  |   |                        |
| 60 Whole Pepper Seeds.                                   |   |                        |
| $\frac{3}{4}$ oz. Onions.                                |   |                        |
| $\frac{1}{32}$ oz. Nutmeg.                               |   |                        |
| $\frac{1}{8}$ oz. Garlic.                                |   |                        |
| $\frac{1}{2}$ Kati Pork Membrane.                        |   |                        |
| 2 ozs. Gula Malacca.                                     |   |                        |
| 1 Teaspoon Black Chinese Sauce.                          |   |                        |
| 2 Teaspoons Salt.  |   |                        |
| 4 Dessertspoons Pork Lard for frying.                    |   |                        |
| $\frac{1}{16}$ oz. Asam mixed with 1 Dessertspoon Water. |   |                        |

Heat lard in pan and fry pounded ingredients for about 3 minutes, add the Chinese Sauce, salt gula Malacca and asam and cook for about 1 minute more. Take out one teaspoonful of mixture and pour over the pork membrane, rub in a little by hand. Now to

balance add in the chopped pork fat. Fry for about 2 minutes and remove from pan. Spread out pork membrane onto a board and put a portion of fried mixture sufficient to make a round shape about the size of a large plum — wrap well round in the membrane and then put each ball onto a skewer (4 to a skewer) until all of mixture is used. Prepare a charcoal fire. Over the top of the fire put a shallow enamel plate. (An enamel saucepan lid turned upside down is very suitable). Grill the skewered meat till crisp and brown. Serve hot with the pickled vegetable on a separate plate.

**N.B.** Liver may be substituted for pork if preferred.

**VEGETABLE PICKLE TO SERVE WITH SATE BAKSO.**

- 12 ozs. Kuah Choy. (Chinese green vegetable).
- 2 ozs. Ginger. (Young cut fine into strips).
- 2 Teaspoons Salt.
- 1 Clove of Garlic.
- 4 Teaspoons Dry Mustard.
- 4—6 Teaspoons Sugar.
- 2 ozs. Vinegar.

Wash and drain vegetables. Remove stems and cut the stems into fine strips, leaving the leaf in rather large pieces — spread out on a tray to dry in the sun (1 1/2-2 hrs). Cut the ginger into fine strips and dry in the same way, whilst this is drying grate the garlic and to it add the sugar, mustard and vinegar, mix well together — stand aside. When vegetable and ginger are dry, sprinkle with the salt and thoroughly work it into the vegetable by hand, then tightly squeeze out all liquid and mix into the vinegar mixture.

No: 41.

**GADOE GADOE.**

(JAVA SALAD)

**INGREDIENTS FOR SAUCE**

- 1 Kati Peanuts dry fried and pounded.
- 1 oz. Blachan toasted.
- 3 ozs. Asam toasted.
- 8-9 Teaspoons Salt.
- 20-22 ozs. Boiled Water.
- 8 ozs. Brown Sugar or Gula Malacca.
- 32 Fresh Red Chillies half to be seeded.
- 16 Chilly Padi (small Chilly rather hot).

Work the asam into about 20 ozs. of the boiled water. Pound together chillies, salt and blachan. Now add the gula malacca and continue pounding together. Add the asam water and pounded nuts alternately. Stir well.

**VEGETABLES**

- 1 Kati Towgay. Cleaned and cooked by pouring water over them.

1 Kati Kangkoeng.	Cut and cooked in water to which a little oil has been added.
10 ozs. Kachang Panjang.	Cut into pieces about one inch and boiled.
2 Cucumbers.	Unpeeled and unseeded cut into pieces.
$\frac{1}{2}$ Kati White Cabbage.	Sliced and cooked in water.
4 Towkwa.	Fried and cut into slices.
8 ozs. Potatoes.	Boiled and cut into pieces.
Red Onions.	Sliced and fried crisp.
6 Hardboiled Eggs.	Sliced.
Kroepok and Empeng.	

Arrange cooked vegetables attractively on a large dish—garnish with the sliced hard boiled eggs, fried onions, empeng and kroepok broken up over the top. Serve sauce separately.

No: 42

#### DJANGAN LONTJOM

(MIXED VEGETABLE DISH WITH PRAWNS)

- $\frac{3}{4}$  Kati Kangkoeng. Use leaves only, washed and drained.
- $\frac{1}{2}$  Kati Kledeh. Peeled and cut into pieces about the size of large nuts.
- $\frac{1}{4}$  Kati medium sized Prawns. Shelled—keep heads and shells to make prawn stock.
- 2 Buah Keras.
- $\frac{1}{8}$  oz. Blachan.
- $\frac{1}{16}$  oz. Kenchor. Peeled and washed.
- $1\frac{1}{2}$  Teaspoons Salt.
- 1 Daon Limau Peroet.
- 12 ozs. Prawn Stock.
- $\frac{1}{2}$  Coconut = 2 ozs. Pati, 8 ozs. 2nd Milk.
- $\frac{3}{4}$  oz. Red Onions.
- $\frac{1}{8}$  oz. Garlic.
- 1 Daon Salam.
- $\frac{1}{4}$  oz. Lungkwas (whole).
- 1 Teaspoon Ketumbar.

Pound together the following, ketumbar, buah keras, onions, garlic, blachan and salt. It is advisable to pound the ketumbar a little first before adding the other ingredients for pounding.

Into a saucepan put daon limau peroet, daon salam, lungkwas and prawn stock and the pounded ingredients. Also add the second milk of coconut, bring to boil and add the kledeh when this is cooked, add the kangkoeng. Lastly add the prawns and the pati. When prawns are cooked remove from fire and serve.

No: 43.

#### LODEAH

- $\frac{1}{2}$  Kati Prawns—keep heads and skins to make Stock.
- $\frac{1}{2}$  Kati Terong. (Green Brinjal). Cut into pieces, about the size of a large nut and soak in salt water.
- $\frac{1}{2}$  Kati Kachang Panjang. cut into 1 inch pieces.
- $\frac{1}{4}$  Kati White Cabbage broken into pieces.
- 4 ozs. Bamboo Shoot cooked and sliced thinly.
- 2 pieces Tempe cut into oblong pieces 1 1/2 inches x 1 inch.
- 2 Teaspoons Ketumbar.
- 3 Buah keras.
- 1 oz. Red Onion.
- $\frac{1}{4}$  oz. Garlic.
- $\frac{1}{8}$  oz. Blachan.
- 6 Red Chillies seeded and sliced.
- 6 Green Chillies seeded and sliced.
- $\frac{1}{4}$  oz. Lungkwas whole.
- 2 Daon Salam.
- 12 ozs. Prawn Stock.
- 1 Coconut = 5 ozs. Pati. 30 ozs. 2nd Milk.
- 4 Teaspoons Salt.

Pound Ketumbar first then add the rest and pound to a paste.

Put pounded ingredients into saucepan with prawn stock, daon salam, 2nd coconut milk, lungkwas and red chillies. Bring to boil and put in cabbage, beans, bamboo shoot. After a little while when the beans are fairly soft add brinjal and tempe. Keep brinjal well below top of liquid to avoid discoloration. After a further six minutes add prawns and green chillies. Now add pati continue cooking till prawns are cooked.

No: 44.

#### DJANGANAN BOEMBOE

(SPICED MALAYAN SALAD).

- 10 ozs. Towgay cleaned and boiled.
- 5 ozs. Kankong cut and boiled.
- 6 ozs. White Cabbage shredded and boiled.
- 8 ozs. Kachang Panjang cut in small pieces and boiled.
- $\frac{1}{2}$  oz. Kenchoer pounded.
- $\frac{1}{2}$  oz. Garlic. pounded.
- $\frac{1}{2}$  oz. Blachan toasted.
- $2\frac{1}{4}$  ozs. Udang Kring pounded fine.
- 4 Daon Limau Peroet pounded fine.

- 1 oz. Red Onion pounded fine.
- 10 Red Chillies pounded fine.
- 3 Teaspoons Salt.
- 1 oz. Kroepok Babi.
- $\frac{1}{2}$  Coconut grated = 6 ozs.

Pound Udang kring until fine, put aside. Pound together limau peroet, blachan, chillies, kenchoer, onion, garlic and salt. Grate coconut. Mix together spices, Udang kring and coconut. Put in a bowl and steam for about 15 to 20 minutes. Mix the vegetables and kroepok babi, over this pour streamed mixture and serve.

NOTE: Kroepok babi must first be fried in oil, put the kroepok in before the oil heats—as the oil gets hot the kroepok will blister and swell—fry a few at a time when golden brown remove. Then put kroepok into a bowl and pour boiling water over it—put a plate on top with something heavy on it. When cooled drain off water and rinse in clean water to which a little starch has been added. Now rinse again in clean water and squeeze out water by hand and cut into pieces.

No: 45.

### KROKET RAGOE (20)

#### JAVA RISSOLES

- 1 Kati Beef boiled overnight retaining stock.
- 7 to 8 ozs. Stock.
- 4 ozs. Butter.
- 2 ozs. Big Onions sliced fine.
- 4 ozs. Bear Brand Milk.
- 2 Teaspoons Sugar.
- $2\frac{1}{2}$  Teaspoons Salt.
- $2\frac{1}{2}$  Teaspoons Nutmeg grated.
- 1 Teaspoon Pepper.
- 2 Stalks Chinese Celery sliced fine.
- 1 Daon Bawang (Spring Onion) sliced fine.
- 8 Dessertspoons Flour.
- 2 Eggs.

Drain the beef very dry and chop very fine. Heat butter in pan and fry the onion, daon bawang and celery for a little. Now add the flour and continue frying till the flour is cooked. Add the nutmeg, sugar, salt and pepper. Now add the meat, stock and milk. Cook for about a further eight minutes. Remove to a plate and allow to cool. When cool roll into very firm croquettes by hand. Dip into beaten eggs and roll in fine breadcrumbs. Deep fry and serve.

No: 46.

### GLEVO SAPIE (BEEF STEW JAVA STYLE)

- 1 Kati Beef boiled and kept over-night—sliced.
- 2 ozs. Onions sliced.
- 1 oz. Garlic sliced.
- 6 Fresh Red Chillies seeded and cut into strips lengthwise.
- 5 Fresh Green Chillies seeded and cut into strips lengthwise.
- $\frac{1}{2}$  oz. Blachan mixed with 1 Dessertspoon Water.
- $\frac{1}{2}$  oz. Asam mixed with a little water.
- 1 Daon Salam.
- $\frac{1}{2}$  oz. Lungkwaw whole.
- 2 packets Tempe cut each piece into 4 triangles.
- 3 Towkwa cut into quarters and fried in the oil.
- $1\frac{1}{2}$  Dessertspoons Coconut Oil.
- 1 Coconut = 6 ozs. Pati, 1 pint 2nd Milk.
- 10 ozs. Beef Stock.
- 3 Teaspoons Salt.
- 8 Dried Chillies pounded and fried in a little oil.

Into a saucepan put all ingredients except towkwa, tempe and coconut milk, bring to boil. Now add towkwa, tempe and second coconut milk, continue cooking for about 8 minutes. Now add pati, bring to the boil. Serve.

No: 47.

### HUTSPOD (HOTPOT)

- 1 Kati Beef (boiled and cut into pieces. Keep Stock).
- 12 ozs. Carrots. (boiled and cut into strips).
- 6 ozs. French Beans. (boiled and cut into strips).
- 1 Kati Potatoes (boiled separately, strained).
- 6 ozs. Red Onions Sliced.
- 8 ozs. Cabbage (shredded and boiled).
- 3 ozs. Butter.
- 6 ozs. Bear Brand Milk.
- 2 Teaspoons Pepper.
- 2 Teaspoons Sugar.
- 3 Teaspoons Salt.
- 10 ozs. Beef Stock.

Melt butter and fry onions in it. Now pour in stock and heat using half of the salt only, add beef and continue simmering. Boil potatoes separately and when cooked strain, add balance of salt and shake well. Add vegetables to beef mixture. Add milk and lastly the potatoes. Continue simmering for a short while.

NOTE: Shaking the potatoes in the salt should break them sufficiently.



No: 48.

**DENDENG MANIS**

(DRIED SAVOURY MEAT)

1 Kati Meat. Pork, Mutton or Filet Steak, washed sliced thinly and wiped dry.

- $\frac{1}{4}$  oz. Garlic.
- $\frac{1}{4}$  oz. Lungkwass. sliced.
- $\frac{1}{4}$  oz. Asam. no water.
- 16 Teaspoons Sugar.
- 2 oz. Gula Malaka.
- 2 oz. Onions.
- 4 Teaspoons Salt.
- 8 Teaspoons Ketumbar toasted dry in frying pan.
- 32 Jintan Itam.

Pounded.

Pound first the ketumbar and jintan itam, now add gula malaka, lungkwass, garlic, asam, salt and sugar and pound together. Mix the sliced dried meat into the pounded ingredients until all is absorbed. It is better to leave it standing in the pounded ingredients overnight. Then the following morning spread onto a suitable base (straw from wine bottles which has been previously washed and dried, or alternatively a basket that has good ventilation). Now put in the sun to dry. When one side is well dried turn over and dry the other side. When dried keep in an air-tight bottle in Frigidaire. When required heat each piece a little to make tender. Fry in Coconut oil until cooked and well browned.

NOTE: From time to time remove from bottle and sun it.

No: 49.

**SATE MANIS**

(29 sticks)

$\frac{1}{2}$  Kati Lean and fat Pork cut into small thin slices.

- 1 Teaspoon Ketumbar.
- 10 Jintan Itam.
- 2 Buah Keras.

- $\frac{1}{16}$  oz. Lungkwass.
- $\frac{1}{16}$  oz. Saffron.
- $\frac{1}{2}$  oz. Onions.
- $\frac{1}{8}$  oz. Garlic.

Pounded together.

- $1\frac{1}{2}$  Dessertspoons Lard for frying pounded ingredients.
- $\frac{1}{2}$  oz. Asam mixed with a little water.
- $\frac{3}{4}$  oz. Gula Malacca.
- 1 Teaspoon Sugar.
- $1\frac{1}{2}$  Teaspoons Salt.

First pound the ketumbar, then add the jintan Itam and pound till fine. Now add one by one the buah keras, lungkwass, saffron, onions and garlic till all are pounded finely together. Fry this pounded mixture in the lard when fairly cooked, add the salt, sugar, gula malacca and asam and fry a little more. Remove from pan.

Into this put the sliced meat and mix in well, till the meat is well covered in the mixture. Allow to stand for a while. Now arrange meat on the sticks. Grill over a charcoal or other open fire, fanning at the top to avoid fat dropping and causing flames to rise and burn the sate. Serve with the following sauce.

**SAUCE:**

- 4 Fresh Red Chillies.
- 1 Teaspoon Salt.
- 2 Teaspoons Sugar.
- 2 ozs Water.
- $\frac{1}{8}$  oz. Asam.
- $\frac{1}{8}$  oz. Blachan (toasted).
- 10 Buah Keras (toasted).

Mixed together well.

Pound the buah keras first, now add chillies, blachan salt and sugar till all are pounded. Lastly add the asam water and serve in a separate bowl.

No: 50.

**SOSIS SEMARANG**

(JAVA SAUSAGE)

- $1\frac{1}{2}$  Kati Lean Pork minced fine.
- $\frac{1}{2}$  Kati Pork Fat diced very small.
- $1\frac{1}{2}$  Teaspoons Salt.
- 3—4 Teaspoons Black Chinese Sauce.
- 1 Teaspoon Nutmeg.
- 2 Teaspoons Pepper.
- 1 Teaspoon Pek-kah (powder).
- 1 Teaspoon Vetsin.
- 1 Teaspoon Sugar.
- $\frac{1}{2}$  oz. Garlic.
- $\frac{3}{4}$  oz. Red Onions.
- 4 Dessertspoons lard to fry onions and garlic.
- $\frac{1}{2}$  Kati small pork intestine (thoroughly cleaned).
- Gravy. (2 Dessertspoons Black Chinese Sauce. 1 Teaspoon Salt).
- 16 ozs. Water.

roughly pounded together.

Fry the onion and garlic in the lard until golden brown. Remove from pan and mix with the pork and fat mixture. Add in the sauce, spices and seasonings, blend by hand until well mixed. Using a funnel inserted into the cleaned intestine, force mixture through into intestine, tie between each sausage of the desired size—usually about  $1\frac{3}{4}$ —2 inches. It is important to keep handy a needle and constantly keep pricking the intestine during the filling process to eliminate air and to prevent bursting. Cook in the gravy in an open pan for about 40 minutes on a medium heat. Take care to keep them well turned over, so that all sausages get well cooked.

**NOTE:** Particular care must be taken to clean the intestine well. First squeeze out all waste matter. Wash in salted water. Now turn intestine inside out, lay on a board and scrape along with a knife. Again wash in salted water.

No: 51.

**SAMBAL GORENG MINYAK**

- ½ Kati medium sized Prawns cleaned and shelled.  
Keep heads and shells to make Prawn Stock.
- 2 ozs. Onions sliced.
- ½ ozs. Garlic sliced.
- 15 Fresh Red Chillies, washed seeded and cut into thin strips lengthwise.
- 3 Green Chillies cut into strips lengthwise.
- 5 Dried Chillies pounded.
- 12 Dessertspoons Coconut Oil.
- ⅛ oz. Blachan mixed into 1 Dessertspoon Water.
- ⅛ oz. Lungkwass whole.
- 1 Daon Salam.
- ¼ oz. Asam mixed into 2 Dessertspoons Water.
- 2 ozs. Prawn Stock.
- 2 Teaspoons Salt.
- 2 Teaspoons Sugar.

Put the oil into pan and when it is hot fry the dried pounded chillies, add onions and garlic and fry till golden brown. Add red chillies, daon salam and lungkwass, continue frying till all are crisp. Add prawn stock, blachan, asam and green chillies. Now add sugar and salt and finally the prawns. When prawns are cooked remove and serve.

No: 52.

**TOMATO RICE**

(12 persons)

- 1 Chicken.
- 4 Cups Rice = 2 Katties.
- 30 ozs. Canned Tomato Soup.
- 1½—2 pints Water. (Young Chicken takes less water).
- 1 lb. Big Onions. (sliced and fried in butter).
- 1½ Teaspoons Pepper.
- 4 Teaspoons Salt.
- 4 Strips Daon Bawang. (Spring onions).
- 6 Stems Kinchye (Chinese Celery).
- 4 ozs. Butter to fry Rice.
- 4 ozs. Butter to fry Onions.

Clean chicken and cut into four pieces place in large saucepan with head, feet, gizzard, keeping aside heart and liver. Put cooked onions on the top, also the uncut daon bawang and kinchye. Add the tomato soup and water. Add the pepper and half the salt, boil until the chicken is tender. Remove flesh from chicken. Cut into squares about 1 inch. Strain tomato gravy off through a sieve. Measure and make up to 70 liquid ounces by adding hot water. Keep the onion etc. aside. Wash rice and strain till dry. Fry in the melted hot butter, with the other half of salt. Cook for about 5 minutes, turn off heat and allow to stand until all liquid is absorbed. Put into large saucepan and pour over it the tomato stock. Place on fire and stir until it thickens. Now place in a steamer with the chicken, onion and stir well. Steam for an hour.

No: 53.

**ASPIC MOULD**

- 1 oz. Gelatine. (Dissolved in 4 Dessertspoons hot water).
- 20 ozs. Stock. (From Prawns or Chicken or both. May be flavoured with mint if liked).
- Cooked cold Breast of Chicken in slivers.
- Prawns. (Cooked and sliced in half lengthwise).
- 2 Hard Boiled Eggs, sliced.
- 2 Tomatoes sliced.
- Asparagus Tips.
- Peas if liked.
- 1 Teaspoon Salt.
- 4 Teaspoons Sugar.

Cook the dissolved gelatine and stock together, with the sugar and salt. Set aside to cool. In a mould arrange other ingredients artistically and press quite firmly. Now over this pour the aspic which should be just beginning to set. Allow to stand in the refrigerator till frozen. Serve on a bed of lettuce.

No: 54.

**CHOCOLATE CRUMB PUDDING** (8—10 persons)

- 4 ozs. Toasted fine Bread Crumbs.
- 1½ ozs. Butter.
- 1 oz. Cocoa mixed with 2 ozs. hot water.
- 2 ozs. Sugar.
- ½ Teaspoon Salt.
- Vanilla to taste.
- 2 Egg yolks (beaten).
- ½ tin Condensed Milk diluted with 16 ozs. water.

Put the Bread Crumbs and salt into a bowl, add the mixed cocoa and milk and stir well. Mix in the butter and sugar, now add the beaten egg yolks. Stir well and steam for about 30 minutes till firm. Spread into a well buttered 9 inch pie plate and cover with a meringue made with the following:-

- 4 Egg whites.
- 4 ozs. fine white Sugar.

Bake in a preheated oven 400 degrees for about 10 minutes or till light golden brown. Serve with a sauce made as follows or plain cream.

**SAUCE.**

- ½ tin Condensed Milk.
- 20 ozs. Water.
- 1 oz. Flour.
- 2 Egg yolks (beaten).
- Vanilla to taste.
- 1 Dessertspoon Brandy.

Mix together the milk and water and with a little of this mix the flour to a smooth paste. Add balance of milk and cook till mixture is thick and the flour is well cooked. Put a little of the custard into the beaten egg yolks to prevent curdling, mix well and return to balance of custard, add vanilla and brandy and serve in a separate sauce bowl.

No: 55.

**QUEENS PUDDING**

(8—10 persons)

- 4 ozs. Stale Bread with Crust:
- 2 ozs. Sugar.
- 10 ozs. Boiling Water.
- 10 ozs. Evaporated Milk.
- 1 oz. Butter.
- 4 ozs. Raisins (seedless).
- 3 Egg yolks (lightly beaten).
- Orange Marmalade.
- 3 Egg whites. } Meringue.
- 3 ozs. Castor Sugar. }
- Pinch of Salt.

Put the bread and pinch of salt into a bowl. Four over this the boiling water add the butter and break the bread up in the water till water is absorbed. Now add in, sugar, milk and lightly beaten egg yolks. Lastly add in the raisins. Mix well and pour mixture in a deep baking dish. Bake in a preheated oven 400 degrees for about 30 minutes. Remove and if pudding is firm spread over the top a layer of marmalade. Beat up the egg whites till firm add sugar and continue beating till stiff. Now put over the pudding and return to oven 400 degrees for 10 minutes. Serve hot.

No: 56.

**GOEDARE SEMARANG**

**AGAR AGAR WITH COCONUT**

- $\frac{3}{4}$  oz. Chayan (Agar Agar).
- 21 ozs. Gula Malacca.
- 2 Coconuts. (16 ozs. Pati). } 84 ozs. in all.
- Water to make 68 ozs. }
- 6 Daon Pandan.
- 1 Teaspoon Salt in Pati.

Wash agar agar, and with the pandan cook with the measured water (68 ozs.). Cook until the agar agar is dissolved in the water. Next add the sugar and when dissolved strain through a muslin. After straining return to fire and when boiling add the pati to which the salt has been added—bring to boiling point and immediately remove and pour into wetted trays, smooth over with a spoon any bubbles which may appear on the surface. When cold carefully place in refrigerator.

No: 57.

**PASKAPIOR**

(Coconut Mould)

- 2 $\frac{1}{2}$  ozs. Tepong Beras (Rice flour).
- 1 oz. Tapioca flour.
- 1 Coconut = 4 ozs. Pati — 28 ozs. 2nd Milk.
- 1 Teaspoon Salt.
- $\frac{1}{8}$  Teaspoon Kapor.
- 2 Pandan.

With a little of the 2nd milk mix the flour and starch into a smooth paste, add the kapor and add the balance of the 2nd milk and the pati to which the salt has already been added. Cook till mixture boils and thickens, pour into wetted jelly moulds, retaining a small portion of mixture. To this add some pink colouring. Stir very slightly a little of the coloured mixture into each mould to produce a marble effect. When thoroughly cold serve with the following syrup.

**SYRUP.**

- 10 ozs. Gula Malacca.
- 2 ozs. Sugar (granulated).
- 3 ozs. Water.
- 1 Teaspoon Lime Juice.
- 2 Pandan Leaves.

Heat the sugar, gula malacca, pandan leaves and water in a saucepan till melted. Add lemon juice and strain and keep aside till required for serving.

No: 58.

**COCONUT SOUFFLE**

(8—10 persons)

- 6 Eggs. (Separated).
- 3 Teaspoons Gelatine dissolved in 3 Tablespoons of water.
- Pinch of Salt.
- 1 $\frac{1}{2}$  ozs. Cornflour.
- 1 Large Coconut grated and squeezed with 10 ozs. Water = 20 ozs.
- 4 $\frac{1}{2}$  ozs. Sugar.

Scrape the coconut and squeeze with 10 ozs. of water to equal 20 ozs. Strain through muslin.

Put Santan and pinch of salt into top of double saucepan add the cornflour and 3 ozs. of sugar stirring with a pair of chopsticks till quite smooth. Add 4 egg yolks and mix in well. Now cook in double saucepan till mixture thickens, add melted gelatine. It is important not to allow eggs to curdle.

Beat egg whites with the balance of sugar (1 1/2 ozs.) till stiff. Fold in custard mixture and put in a previously frozen glass bowl to set in refrigerator. Decorate with a little fried grated coconut before serving with either a custard sauce made with balance of egg yolks or with Gula Malacca and coconut milk.

No: 59.

### COCONUT ICE CREAM

- 1 Large Coconut.
- 1 Teaspoon Salt.
- 1½ ozs. Cornflour.
- 20 ozs. Water.
- 8 ozs. Sugar.
- Vanilla to taste.
- 6 ozs. Pati.
- 2nd. Milk — 14 ozs. (Using boiled cooled water to get this).

Using five ounces of the water make the cornflour into a smooth paste. Bring to the boil the balance of the water (15 ozs.) Add the cornflour, allow to thicken and bubble. Add sugar and vanilla. Remove from the fire add the 2nd coconut milk and pati. Freeze and serve.

No: 60.

### CARAMEL BREAD PUDDING (6—8 persons)

- 4 ozs. Stale Bread. (Stale and with crust left on, broken into large pieces).
- ½ tin Condensed Milk.
- 1 pint Hot Water.
- 2 Eggs (beaten).
- Vanilla to taste.
- ½ Teaspoon Salt.
- CARAMEL.
- 6 ozs. Sugar.

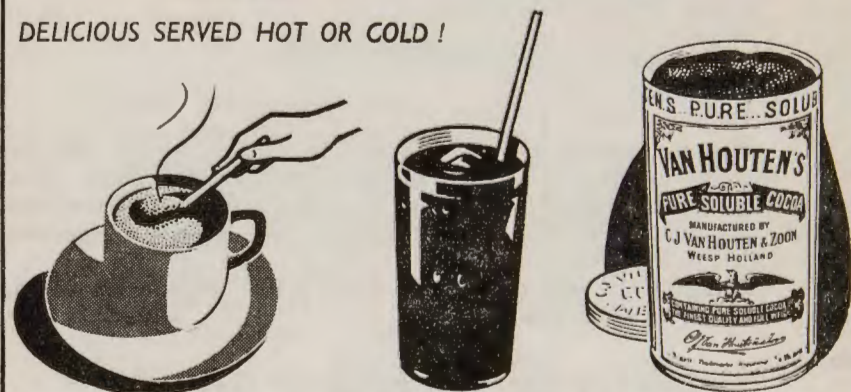
Prepare caramel by cooking sugar on a low fire until caramalized and golden brown. Turn caramel well around sides of bowl in which it is intended to cook the pudding. This can be best done by standing the bowl in a bowl of very cold water occasionally turning the bowl around. Put the bread into a large bowl and pour over it the hot water—when the bread is well soaked and the water absorbed, break up the bread well with a wooden spoon. Now pour into this the condensed milk, also the beaten eggs, vanilla and salt. Pour this mixture into the prepared bowl with the caramel. Steam covered over for 2 hours. Serve.

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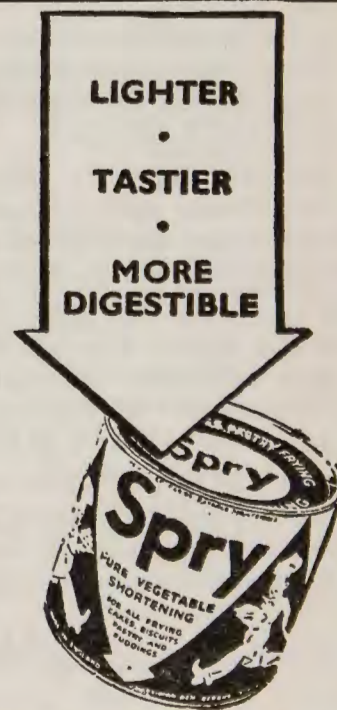
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No: 61.

**COCONUT CARAMEL CREME** (12 moulds)

12 ozs. Gula Malacca }  
4 ozs. White Sugar. } boil together with a pandan leaf  
20 ozs. Water. } till melted — strain.  
4 ozs. Tepong Hongkwei.  
2 Egg Whites (3 if small)  
20 ozs. Water.  
2 Coconuts = 12 ozs. Pati.  
1 Teaspoon Salt.  
Pandan leaves.

Mix the tepong hongkwei with the 20 ozs. water, add the warm strained syrup. Cook until mixture thickens and boils. Beat egg whites till stiff. Gradually add to these the caramel mixture beating all the time. Put into wetted moulds and set in refrigerator. Serve with the following:-

Bring to the boil the 12 ozs. pati, a few pandan leaves add salt. Serve in a sauce bowl.

No: 62.

**CHAYAN CUSTARD PUDDING (JAVA)**

**PINK JELLY MOULD WITH CHOCOLATE SAUCE**  
**JELLY MOULD**

½ oz. Agar Agar.  
76 ozs. Water.  
1 Tin Condensed Milk.  
4 Egg Yolks (beaten).  
8 ozs. Sugar.  
Vanilla.  
Cochineal.

Wash the agar agar. Boil in a saucepan with the water until the agar agar is dissolved. Add sugar and condensed milk and cochineal to make an attractive pink colour. Bring to the boil and strain through muslin. To this add the beaten egg yolks to which the vanilla has been added, stirring well all the time. Cool by standing in a bowl of very cold water stirring occasionally until mixture is cool. Pour into wetted jelly moulds and when set serve with the following Chocolate Sauce.

**CHOCOLATE SAUCE**

2 pints of Water.  
2 ozs. Flour.  
1 Tin Condensed Milk.  
3 Eggs (beaten).  
Vanilla.  
4 ozs. Sugar.  
1 oz. Cocoa mixed to a smooth paste with 2 ozs. of very hot water.  
Pinch of Salt.

With a little of the water mix the flour into a smooth paste, add balance of water, condensed milk, sugar, pinch of salt and vanilla. Cook until mixture thickens. Remove from fire and into the beaten eggs put some of the sauce mixture and mix very well, then add balance of sauce and cool. Serve the jelly mould with the sauce, both very cold.

No: 63.

**BOEBOE CHA CHA** (Approx: 20 bowls).

10 ozs. Sago (small type).  
3 ozs. Twacheechoon (Starch flour).  
1 Kati. Sweet Potatoes (Yellow type).  
1 Kati Yam.  
1½ lbs Sugar.  
4 ozs. Boiling Water.  
12 Daon Pandan.  
2 Teaspoons Salt.  
3 Large Coconuts. Pati and 2nd Milk = 120 ozs.  
Colourings—as desired. Blue, Pink, Green.

Peel the yam and the sweet potatoes. Cut both into diamond shaped pieces and boil each separately until cooked. Wash the sago well and soak in water for about 10 minutes till it begins to swell a little, drain and put into a large bowl. To this add the starch flour mix in by hand. Now add the boiling water and continue mixing by hand till pliable about 1 1/2—2 minutes. Divide into 3 or 4 parts according to the number of colours required. Add the colourings to each part, leaving one of them white. Now onto a board well sprinkled with starch flour roll gently out by hand into long sausage shaped pieces. Take a knife and cut each roll into triangular shaped pieces thus  $\triangle \quad \triangle$  As they are cut put onto a large dish also well sprinkled with starch flour (to prevent pieces sticking). When all the colours have been cut in the same way drop first the white pieces into a pan of boiling water and cook until pieces all rise to top of water. Remove and drop straight into a dish of cold water. Cook other colours in the same way and also drop into the cold water. Strain off the cold water. Now into a large saucepan put the 2nd milk, pati (120 ozs. in all), sugar, salt and pandan. When hot put in the other ingredients and bring to the boil. Remove and serve hot or very cold.

**NOTE:** Remove pandan leaves shortly after completion of recipe.

No: 64.

### CHENDOLE

- 1 packet Tepong Hong Kweh (Java Green Pea Flour).
- 30 Daon Pandan Batavia.
- 15 Pandan.
- A pinch of Kapor (optional).
- 40 ozs. Water.

Pound the daon pandan and pandan Batavia together and squeeze through a muslin to extract juice of leaves. A little of the water may be used to do this. Mix with the balance of the water. Mix the flour into a smooth paste with a little of the green water when smooth add kapor and add balance of water, strain through muslin. Put into saucepan and bring to the boil, stirring all the time until mixture thickens. Remove from fire and stand sauce-pan in a bowl of cold water, stirring briskly all the time. This will help to produce a nice long shaped chendole. When cooked rub through a sieve into iced water.

#### SANTAN

- 2 Coconuts add water to make 2 pints Milk.
- 1 Teaspoon Salt.
- $\frac{3}{4}$  Kati Gula Malacca. (melted).
- $\frac{1}{2}$  lb. Sugar.
- 10 ozs. Water.

} Melted together  
in saucepan.

Mix sugar and coconut milk together and serve poured over Chendole.

**N.B.** If less sweetness is required the sugar may be omitted, or less than the stated quantity.

No: 65.

### JAVA SOURSOP SOUFFLE

(10 persons)

- $\frac{1}{4}$  oz. Agar Agar.
- 15 ozs. Soursop Juice.
- 15 ozs. Water.
- 6 ozs. Sugar.
- Pinch of Salt.
- 3 Egg Whites.

Squeeze all juice from soursop, using a piece of muslin. Wash the agar agar and put with the water into a saucepan cook until the agar agar has dissolved thoroughly. Strain this through a muslin into the soursop juice. Add a pinch of salt and sugar. Stand in a bowl of water to cool.

When quite cold beat the egg whites stiff, gradually add in the cooled soursop mixture beating all the time. Put into ice cold mould and put in the refrigerator to set. Turn onto a glass dish and serve.

No: 66.

### CREME CARAMEL

#### CARAMEL INGREDIENTS

- 10 ozs. Sugar.
- 2 ozs. Water. Juice of one small lime.
- 3 Teaspoons Nescafe dissolved in 2 teaspoons hot water.

Put sugar, water and lime juice into saucepan in which pudding is to be made. Over a slow fire caramelize the above, then add the nescafe. Remove from heat and put into a bowl of cold water to help set caramel. Turning pan around so as to spread caramel round side of pan as well as the bottom.

#### CUSTARD INGREDIENTS

- 10 Eggs.
- 1 Tin Condensed Milk.
- 30 ozs. Water.
- Vanilla to taste.
- Pinch of Salt.

Break eggs into a bowl with vanilla, beat well. Add milk, water and pinch of salt. Pour into bowl prepared with caramel. Steam in a saucepan containing a little boiling water for about 35 minutes.

No: 67.

### LEMON SPONGE

- $\frac{1}{2}$  oz. Powdered Gelatine.
- Rind and juice of 1 large or 2 small lemons.
- 4 ozs. Sugar.
- Whites of 2 Eggs.
- 12 ozs. Cold Water.

Put gelatine, sugar, water and thinly peeled rind of the lemons in a pan. Stir till the gelatine is melted, bring to boiling point, add juice, strain and cool and put in Refrigerator when the lemon mixture is cool, but not setting, whisk the whites of eggs stiffly, and gradually add the lemon mixture whisking all the time. Beat the whole till it is thick and almost setting, then pour into a mould which has been rinsed out with cold water. When firm, unmould and serve with custard sauce made with the yolks of 2 eggs,  $\frac{1}{2}$  pint of milk and sugar to sweeten.

No: 68.

### COLD CHOCOLATE SOUFFLE

- 3 Eggs.
- 2 ozs. Castor Sugar.
- 2 ozs. Chocolate (plain).
- $\frac{1}{2}$  ozs. Gelatine (a heaped dessertspoonful).
- Vanilla Essence.
- $\frac{1}{2}$  pint of Evaporated Milk (whip it till creamy after keeping in the refrigerator to thicken for about half a day).

Whipped Cream.

Chopped Almonds and Cherries.

2 Tablespoons Water.

Prepare a souffle case. Whisk the egg yolks and sugar over a pan of boiling water until thick and creamy, then remove from heat. Melt the chocolate in the water over a gentle heat, add the gelatine and continue heating until dissolved. Then stir in the whisked mixture, adding vanilla essence. Fold in the whipped evaporated milk. Whip up the whites of eggs very stiffly and fold. Leave to set. Before serving decorate with whipped cream, chopped and shredded almonds and cherries.

No: 69

### BAVARIAN STRAWBERRY CREAM.

- 1 Tin Strawberries (Smedleys large size)
- $\frac{1}{2}$  pint Juice from Strawberries.
- $\frac{1}{2}$  oz. Gelatine dissolved over slow fire with 2 ozs. of water.
- $\frac{1}{2}$  pint of Cream whipped and kept in refrigerator.

Add melted gelatine to juice of strawberries then add strawberries. Keep in refrigerator till almost set, when jelly is lumpy and setting add cream — return to refrigerator. When almost set remove and stir well, put into mould and set.

No: 70.

### RASPBERRY AMBROSIA. (8 persons).

- $\frac{1}{2}$  lb. Marshmallows.
- 4 Dessertspoons Lemon Juice.
- 3 Breakfast cups Raspberries — Quick Frozen or Tinned.
- Dessicated Coconut.
- 2 Breakfast cups whipped Cream.

Cut marshmallows into four with a pair of scissors and mix them with the lemon juice, add the well drained raspberries. Keep in a cool place — just before serving fold in the whipped cream. Scatter a little Coconut on top of each helping. This delicious sweet is best served in individual glasses.

### MARSHMALLOW ICE CREAM. (12 persons)

- 1 Tin Sweetened Condensed Milk diluted with 10 ozs. water.
- 15 ozs. Water.
- 1 Small Tin Cream whipped.
- $\frac{3}{4}$  oz. Cornflour.
- 1 small tin Fruit Cocktail cut small.
- 2 Eggs separated.
- 6 Marshmallows.
- Pinch of Salt.
- Vanilla to taste.

Mix the condensed milk with the 10 ozs. of water. Put marshmallows into top of double saucepan and place over a heat until they are melted. Using a little of the 15 ozs. water mix the cornflour into a smooth paste. Heat balance of water, when boiling add cornflour stirring all the time, cook till mixture thickens and the cornflour is cooked (2 minutes), remove from heat and stir in the diluted condensed milk. Into the lightly beaten egg yolks add some of the sauce and beat lightly to cook egg a little and avoid curdling. Now add eggs to balance of mixture cool then add pinch of salt and vanilla also melted marshmallows and stiffly beaten whites of eggs and the cream. Place in refrigerator trays and freeze, when almost set remove and beat well. Add fruit cocktail return to refrigerator and freeze till firm. Shortly before serving return refrigerator control to normal setting.

**NOTE.** If you possess an ice-cream freezer it is of course better to use this. Freeze in the ordinary way adding the fruit at the beginning of the freezing process. A much finer texture of ice-cream is naturally obtained with this method.

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No: 72.

**CONTINENTAL FRUIT SALAD.**

**COMPOTE BURTT** by courtesy of Mrs. W. Burtt.

- 1 Tin Pineapple Slices drained.
- 1 Tin Apricot halves.
- 1 Papaya cut into cubes or balls.
- Few pieces of preserved ginger sliced thinly.
- 4-6 Buah Susu.
- 2 ozs. Raisins seedless.
- 1 Large Banana (2).
- Few Maraschino Cherries for decoration.
- 1 Dessertspoon Cherry Brandy.
- 8 Dessertspoons Green Chartreuse.
- A little of the syrup from Preserved Ginger.
- Lemon Juice.

Mix all together, serve very cold with the following non-fattening cream.

**CREAM.**

- 1 Tin of Evaporated Milk freeze for one day in refrigerator.
- 1 Level Teaspoon Gelatine dissolved in a little water.
- 1 Tablespoon Sherry.

Beat evaporated milk till thick, add gelatine and beat till very stiff, add the sherry and beat a little more. Serve very cold with salad.

No: 73

**KWEI LAPIS.**

(MALAYAN LAYER CAKE).

- 9 ozs. Tapico Flour. } Mixed together.
- 4½ ozs. Rice Flour. }
- 18 ozs. Sugar. } Boiled together to make a syrup.
- 8 ozs. Water. }
- 2 Pandan Leaves. }
- 2 Large Coconuts = 12 ozs. Pati, quantity of 2nd Milk.
- 1 Teaspoon Salt.

Make the syrup first and put into a large measure. Now bring to the boil the pati to which the salt has been added. Add this to the syrup. Now bring to the boil sufficient 2nd milk of coconut to give a total of 56 ozs. of liquid. Put the mixed flours into a bowl, with a wooden spoon gradually add the liquid whilst still hot making into a smooth cream. Strain through a flour sieve and divide and colour as follows:-

- White. 17 ozs. Approx:
- Green. 18 ozs. ,,
- Pink. 17 ozs. ,,
- DarkPink. 4 ozs. ,,

Into a square sandwich tin rubbed with a little coconut oil, put alternate layers of each colour except the dark pink which is used as the last and top layer. Steam each layer for 5 minutes before putting the next colour. After the top layer steam for 10 minutes. Do not put in the refrigerator.

No: 74.

**ROTI SOBEH**

(2 large loaves)

- 1 lb. Flour.
- 2 ozs. Warm Water.
- ½ oz. Yeast.
- 1 Teaspoon Sugar.
- ½ Teaspoon Salt.

Mix the yeast with the sugar, salt and warm water. Put flour in bowl and make a well in the centre and put the yeast into it. Leave to stand for 1 hour. Now add:-

- 4 ozs. Evaporated Milk. } Mix together.
- 4 ozs. Warm Water. }

put into flour and yeast drawing a little more flour from sides into yeast. Stand for another 1 hour. Now add in the following way these ingredients:-

- 5 Egg Yolks.
- 5 ozs. Sugar.
- Vanilla.
- 4 ozs. Butter.

Add yolks by dropping into centre, add sugar in the same way. Mix with the hand. Knead thoroughly for at least 20-25 minutes. Now add butter and vanilla and knead further. Stand for 3 hours. Now divide into 36 equal portions. With well buttered hands knead and shape each piece and arrange piece by piece and side by side in well buttered loaf pan (14 inches). So it will look like a sectioned loaf. Stand for a further 2 hours. Brush over with egg and sprinkle with sugar (latter is optional). Bake in a fairly hot oven 375 degrees for 20-25 minutes.

No: 75.

**SEMARANG BAFEL**

(JAVA WAFFLE)

- ½ oz. Yeast. } Mixed together first.
- 2 ozs. Warm Water. }
- 1 Teaspoon Sugar. }
- ½ Kati Flour. }

Put flour into bowl, making a hole in the centre into which put the yeast mixture. Stir in a little flour from the sides only. Stand covered for 1 hour. When almost ready prepare the following:-



- 6 ozs. Sugar granulated.
- 3 Eggs separated.
- Vanilla Essence.
- 2 Coconuts = 10 ozs. Pati.

Put  $\frac{1}{2}$  teaspoon salt into the pati, bring to the boil remove and allow to cool. Beat egg whites till firm add sugar and continue beating till whites hold a point and the sugar is dissolved. Now add yolks and continue beating for a little. (4 minutes). Now to the yeast mixture add the pati and knead thoroughly. Now add the egg mixture and knead until a smooth pliable dough is obtained. Leave to stand for 3 hours, when mixture will have risen well. Cook in a hot waffle iron for about 3 minutes. Serve hot or cold.

No: 76.

#### KWEI TALAM

- 2 $\frac{3}{4}$  ozs. Tepong beras (Rice Flour).
- 5 $\frac{1}{2}$  ozs. Twacheehoon (Starch Flour).
- 8 ozs. Gula Malacca.
- 4 ozs. Sugar.
- 30 ozs. Water.
- 3 Daon Pandan.
- 1 Teaspoon Khe.

Boil together the gula malacca, sugar, water and pandan leaves. When all the sugar is thoroughly melted strain through a fine muslin cloth. Put the two flours together in a bowl, using the strained sugar mixture make the flour into a smooth paste, add khe gradually add rest of syrup. Put a large and rather deep sandwich tin stand it on another shallow tin in a large bowl of water. Pour the mixture into the sandwich tin and steam, stirring all the time until mixture has all thickened. Now cover and continue steaming for a further 10 minutes. Dab top of mixture with a soft cloth to absorb any moisture. Cover this layer with layer of white mixture made as follows:-

- 2 $\frac{1}{4}$  ozs. Twacheehoon.
- 2 $\frac{1}{4}$  ozs. Rice Flour.
- 1 $\frac{1}{2}$  Teaspoons Salt.
- 1 $\frac{1}{2}$  Coconuts = 18 ozs. Santan.

Put salt into coconut milk. Mix flours together and mix into a smooth paste with the coconut milk. Cover first cooked layer of cake with this and steam for a further 10 minutes. Allow to cool and cut into shapes. Do not put in the refrigerator.

No: 77.

#### NAGA SARIE BANDOENG (JAVA BANANA CAKE)

- 1 packet Tepong Hongkwe (Tjap boengah).
- 1 Large Coconut = 58 ozs. milk.
- 18 ozs. Sugar.
- $\frac{1}{2}$  Teaspoon Salt.
- 12 Pisang rajah (fairly ripe).
- Red Colouring.

Steam the bananas in their skins for about 10 minutes, remove and allow to cool. Put the flour and sugar into a large saucepan. Using a little of the coconut milk make into a smooth paste. Now add the rest of the coconut milk and strain through muslin, add the salt. Cook until mixture thickens and boils. Into 2 square sandwich pans which have been rinsed out with cold water put a layer of the mixture (white) colour the balance of the mixture to an attractive pink. Over the white layers in the pans arrange a layer of bananas sliced in halves lengthwise. Now cover with a top layer of the pink mixture and allow to cool. Cut into shapes and serve.

No: 78.

#### PEANUT BUTTER MACAROONS

- 2 Egg Whites.
- $\frac{1}{4}$  Teaspoon Almond Flavouring.
- 2 Cups Crisp Rice Cereal.
- $\frac{1}{3}$  Cup Peanut Butter.
- Pinch of Salt.

Heat oven to 375 (Moderate hot) beat egg whites till they form moist peaks when beater is raised. Add sugar gradually beating after each addition. Add flavouring, fold in remaining ingredients. Drop by teaspoonfuls on to well greased cookie sheet. Bake for twenty minutes. About 18 macaroons.

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No: 79.

**TJARA BIKANG**

(Flower Cakes)

- 10 ozs. Rice Flour.
- 1 Teaspoon Salt.
- 8—9 ozs. Sugar.
- 10 ozs. Coconut water. } 1 Coconut.
- 6 ozs. Pati. }

To the flour add the water from coconut mixing by hand into a smooth paste. Now add pati to which salt has been added. Add sugar and continue mixing well till a thinnish smooth batter is obtained. Divide into three parts and colour one pink, one blue and one green. Over a moderate charcoal fire put the special cake pans to heat, then grease with a small piece of cloth dipped into a little coconut oil.  $\frac{2}{3}$  fill each division with mixture and when cake is cooked remove by using back of spoon handle and forcing it under the cake and pressing upwards. This will force the cake to open into an attractive flower effect. Continue cooking till mixture is used up.

No: 80.

**BIKAMBON**

(1 Cake).

- 2 ozs. Flour. } Paste.
- $\frac{3}{8}$  oz. Yeast. }
- 2 Teaspoons Sugar. }
- 4 ozs. Warm Water. }
- 1 $\frac{1}{2}$  Coconut = 8 ozs. Pati. } Boiled together and cooled
- 12 ozs. Sugar. }
- 1 Teaspoon Salt. }
- 6 ozs. Twacheehoon. }
- 6 Eggs. }
- Vanilla Essence. }

Mix yeast, sugar and warm water together in a small bowl, add the flour mixing into a smooth paste by hand. Cover and stand for 1 hour. Cook together the pati, sugar and salt. Leave to cool. After the one hour. To the twacheehoon add the eggs and vanilla mix to a smooth paste by hand. Now add in the boiled mixture (pati, sugar and salt). Finally adding the yeast mixture. Mix well and allow to stand (covered) for a further eight hours. The cake is now ready for part two. That is the cooking. Heat some charcoal in a fire bucket, also heat the deep pan in which the cake is to be cooked, when both are thoroughly hot, remove all but very little of the charcoal retaining only enough to give a slow gentle heat. Wipe inside heated pan with a little oil. Stir mixture and pour into pan. Cook slowly uncovered till all the top of the cake shows dry. About 30—40 minutes. Now cover with the lid containing a little hot charcoal and cook till the top of cake is a rich golden brown. Turn out on a cake rack to cool.

**NOTE:** It is possible to cook this cake on an electric hot plate if one is careful to maintain only a low gentle and even heat.

No: 81.

**SPEKKOEK**

(RIBBON CAKE)

- 12 ozs. Butter.
- 7 ozs. Sugar.
- 15 Egg Yolks.
- 5 Egg Whites.
- 2 ozs. Flour sieved.
- 1 Teaspoon Cinnamon Powder. }
- $\frac{1}{8}$  Teaspoon Nutmeg grated. } Mixed and sieved.
- $\frac{1}{8}$  Teaspoon Clove Powder. }
- 6 Cardamon (Kapu laga) pounded }

There is a special oven required to successfully cook this cake, and it can be made to order in Singapore. Alternatively if one has an electric oven with the elements place at top and bottom—example Baby Belling Cooker, then it can be cooked by electricity. As the cake requires the heat at the top once the oven is well heated an ordinary oven has not proved successful.

Prepare a hot fire and heat oven, line bottom of deep cake pan with a well buttered piece of grease proof paper cut to the exact fit of pan: and allow to get hot in the oven Just before commencing to cook cake.

Separate eggs retaining five whites in a separate bowl. Beat egg whites and add  $\frac{1}{8}$  of sugar continue beating till holding a point. Beat egg yolks with  $\frac{1}{8}$  of sugar till creamy. Beat butter till creamy with balance of sugar. To egg yolks add butter mixture, egg whites and flour. Divide mixture into two equal parts. To one part only add the previously mixed and sieved spices. Into prepared and heated cake tin spread one small ladle of mixture and spread evenly. Replace lid of oven which now has the fire in the lid at the top. Cook until golden brown and dry when tested. Cook alternate layers of mixture one top of the other until completed about 3 minutes for each layer. The top layers may be a little thicker than those at the bottom.

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No: 82.

### KONINGSKROON

(KING'S CROWN CAKE)

- 12 Egg yolks.
- 5 Egg Whites.
- 6 ozs. Sugar.
- 5¼ ozs. Self Raising Flour sifted.
- 9 ozs. Butter.
- Vanilla Essence.
- Raspberry Jam.

Prepare 5 shallow sandwich cake tins well buttered and dusted with flour. Beat the whites of eggs, till firm, add 1/2 of sugar and continue beating till whites hold a point and the sugar is dissolved. Beat egg yolks with vanilla and balance of sugar till creamy and smooth. Beat butter till creamy. Combine these three mixtures and fold in the flour. Now carefully divide equally into the five prepared pans. Particular care should be paid to this so as to obtain five layers of equal size. Bake in a preheated oven of 350 degrees for 30 minutes. Remove and cool on a cake rack. Spread between layers with the raspberry jam, placing one layer on top of each other.

No: 83.

### PINEAPPLE UPSIDE DOWN CAKE (2 cakes)

INGREDIENTS FOR TOP OF CAKE

- ½ lb. Butter.
- 4 ozs. Sugar Light Brown.
- 2 Small Tins of Sliced Pineapple.
- Bottled Cherries halved.

Into two cake pans about 3 inches deep melt half the butter into each, also the sugar. Now arrange pineapple slices and put half a cherry into centre of each pineapple ring. Stand aside.

BATTER FOR CAKE

- 6 Eggs separated.
- 5 ozs. Sugar white.
- 3 ozs. Pineapple Juice.
- 7 ozs. Flour.
- 2 Teaspoons Baking Powder.

Sift together at least twice the flour and baking powder. Beat egg whites when fairly stiff add half of sugar and continue beating until whites hold a point and the sugar is dissolved. Beat egg yolks with balance of sugar until creamy. Add pineapple juice. Now fold in flour until smooth. Lastly fold in the egg whites. Divide mixture into the two prepared tins, pouring over the pineapple. Bake in a moderate oven 350 degrees for 35 minutes.

No: 84.

### PINEAPPLE TARTS

(24)

FILLING

- 1 Fresh Pineapple grated = 18 ozs. or Tinned Crushed Pineapple may be used.
- 9 ozs. Sugar.
- 1 Teaspoon Salt.
- ½ a Nutmeg.
- 2 Cloves.
- 1 small piece Cinnamon.

Put pineapple, sugar, cinnamon, nutmeg and cloves into a pan over heat. Stir until it thickens, then add salt. Remove from heat and stand aside to cool.

PASTRY

- 4 ozs. Butter.
- 7 or 8 ozs. Flour.
- 1 or 2 Eggs.

To butter add flour and lightly mix by hand. Break the egg into this and mix further till a pliable dough is obtained. Roll out once and cut into round with a tumbler. Make thin strips for surrounding rims. Into each mould put filling and make a fancy edge to rim. Bake in a preheated oven 325 degrees or 350 degrees for about 25 minutes.

**NOTE:** In stead of the open tarts. If preferred each round of pastry, can be wrapped around the filling to give the appearance of small apples. Decorate the top centre of each with a clove.

No: 85.

### ROCK BUNS

- 9 ozs. Flour.
- 1 teaspoon Baking Powder.
- 3 ozs. Butter.
- 3 ozs. Sugar.
- 3 ozs. Raisins (seeded, cleaned and dried).
- 1½ ozs. Lemon Peel (dried).
- 3 ozs. Bear Brand Milk.
- 2 Egg yolks. } beaten together.
- 1 Egg white. }
- Lemon Essence.

Sieve flour and Baking Powder together. To beaten eggs add sugar, lemon essence and milk. To the flour add butter mix well then add to this candied peel and fruit. Mix lightly with the hand—now add the egg mixture to the dry ingredients. Drop in small spoonful onto a well greased tin. Cook in a fairly hot oven 325 degrees for 20 minutes

No: 86.

### DOUGHNUTS

- $\frac{1}{2}$  lb. S.R. Flour.
- 2 ozs. Sugar.
- 6 ozs. Evaporated Milk (diluted).
- 1 Egg.
- 1 Dessertspoon Lard.
- $\frac{1}{2}$  Teaspoon Salt.

Into a mixing bowl break egg, add salt, lard, sugar and milk, stir with hand. Now add flour and mix in lightly by hand—using a dessertspoon remove a small spoonful of mixture and lightly shape with floured hands and deep fry—when cool, roll in icing sugar to which nutmeg and cinnamon has been added if liked.

No: 87.

### SCONES

- $\frac{1}{2}$  lb. Self Raising Flour sieved with the salt.
- 2 ozs. Butter melted and cooled.
- 4 ozs. Bear Brand Milk.
- 1 Egg.
- $\frac{1}{2}$  Teaspoon Salt.

Beat egg white, to it add the yolk and beat a little more. To this add the melted butter and milk, lightly mix in the flour. Remove from bowl onto a board and pat into shape with well floured hands, until about 1 1/4 inches thick. Cut into eight triangular pieces and place on an unbuttered baking tin. Bake in a preheated oven 425 degrees for about 10 minutes

No: 88.

### CATS TONGUE BISCUITS

- $\frac{1}{2}$  lb. Icing Sugar sieved very fine.
- $\frac{1}{2}$  lb. Butter.
- 5 ozs. Arrowroot. } Sifted well together.
- 5 ozs. Flour. }
- 6 Egg Whites.
- Vanilla Essence.

Beat egg whites till firm, add half of sugar and beat till sugar is dissolved and whites hold a point. Beat butter with balance of sugar and vanilla. When creamy and smooth add egg whites mixture, fold in the flour and arrowroot. Using a biscuit press, put oblong shapes of the mixture onto a greased baking sheet leaving spaces between each, cook in a preheated oven 325 degrees until light golden brown 15-20 minutes. After taking from the oven remove from baking pan immediately.

**NOTE:** Attention is drawn to the recipe for Kwei Ketjiper in No: 89 to use the yolks of eggs.

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No: 89.

**KWEI KETJIPER**

(ARROWROOT BISCUIT)

- ½ lb. Butter.
- 10 ozs. Icing Sugar.
- 10 ozs. Arrowroot.
- 10 ozs. Tepong Sago. (Good quality starch) } sieved together.
- 6 Egg Yolks.
- Vanilla Essence.
- ¼ oz. Cocoa (optional).

Beat together butter, sugar and vanilla until fine and creamy. Add yolks and beat further. Now fold in arrowroot and starch. Use a biscuit press and put in shapes onto greased baking trays. It is advisable to test a little of the mixture first to see whether the mixture is dry enough. If not a little more arrowroot and starch in equal proportions may be added. Bake in a preheated oven 325 degrees for about 15 minutes. Remove from baking trays immediately. If liked the mixture may be divided into two and the cocoa added to half of it.

**NOTE:** See Cats Tongue Biscuit Recipe to utilize egg whites. No. 88.

No: 90.

**ALMOND SPRITZ.**

- 9 ozs. Flour.
- 6 ozs. Butter.
- 4 ozs. Icing Sugar.
- 2 Egg Yolks.
- 2 ozs. Ground Almonds.
- Almond Essence.
- Vanilla Essence.

Beat the butter and sugar till creamy, beat in the egg yolks and add the essences. Now mix in the ground almonds and the flour. Press on to well greased cookie sheets and bake in a preheated oven 325 degrees for 15—20 minutes. Remove at once from cookie sheets and cool.

No: 91.

**ALMOND BISCUITS.**

- 6 ozs. Butter.
- 8 ozs. Icing Sugar sifted fine.
- 4 Egg Yolks.
- 8 ozs. Flour.
- 4 ozs. Cornflour. } Sifted together.
- 3 ozs. Ground Almonds.
- Almond Essence.
- Vanilla Essence.

Beat the butter and sugar together till creamy, add the yolks and continue beating. Add the vanilla and almond essences. With a wooden spoon add the ground almonds and the flour and cornflour till you have a smooth dough. Push through a cookie press onto well buttered cookie sheets. Bake in a preheated oven 325 degrees for about 15—20 minutes. Remove immediately from cookie sheets and allow to cool. Store in an air-tight jar or tin.

No: 92.

**CHOCOLATE SPRITZ.**

- 8 ozs. Flour.
- 1 oz. Cocoa.
- 6 ozs. Butter.
- 4 ozs. Icing Sugar.
- 2 Egg Yolks.
- Vanilla Essence.

Beat butter and sugar together till creamy, now beat in the egg yolks and add vanilla essence. Mix in the cocoa and flour. Press through a cookie press onto well greased cookie sheets. Bake in a preheated oven 325 degrees for 15—20 minutes. Remove at once from cookie sheets and cool.

No: 93.

**QUEEN CAKES. (40)**

- 1 lb. Self Raising Flour sieved.
- 8 ozs. Sugar.
- 8 ozs. Butter.
- 4 ozs. Raisins seedless.
- 4 Eggs.
- 6 ozs. Evaporated Milk.
- Vanilla Essence.
- ¼ Teaspoon Salt.

Cream butter, sugar and salt together, add vanilla and beat till smooth and creamy. Add the eggs one by one beating all the time. Now add fruit, flour and milk. Mix well. Divide into paper cake cases and stand on a cookie tray. Bake in a preheated oven 350 degrees for 20—25 minutes.

No: 94.

**BUTTER CAKE.**

(2 cakes).

- 1/2 lb. Butter.
- 1/2 lb. Sugar.
- 1/2 lb. Self Raising Flour.
- 10 Egg Yolks.
- 2 Egg Whites.
- 4 Dessertspoons Tinned Cream.
- Vanilla Essence.
- 1 Dessertspoon Brandy.

Beat egg whites till firm, add 1/3 of sugar and beat till stiff and sugar is dissolved. Beat egg yolks with 1/3 of sugar and vanilla until smooth and cream and sugar is dissolved. Now beat the butter and balance of sugar and brandy till smooth and creamy, taking care the sugar is dissolved. Now add the egg yolks to the butter mixture, also the egg whites, cream fold in the flour. Divide into 2 deep cake tins lined with paper. Bake in a preheated oven 325 degrees for about 50 minutes. Test with a skewer before removing. Turn onto a cake rack and cool.

No: 95.

**GINGER CAKE.**

(2 Cakes).

- 1/2 lb. Butter.
  - 5 ozs. Brown Sugar (Dark).
  - 6 Eggs separated.
  - 3 ozs. Ginger syrup.
  - 3 ozs. Preserved Ginger cut into tiny pieces.
  - 1/2 lb. Self Raising Flour.
  - 1/4 oz. Ginger Powder
- } Mix together.

Beat the whites of eggs till firm add half the sugar and continue beating till the egg whites hold a point and the sugar is dissolved. Cream the butter and the other half of sugar till creamy and smooth, add the ginger syrup gradually, next add the egg yolks mix in and add the ginger. Now add alternately the flour and ginger powder mixture and whites of eggs. Divide into two lined cake tins. Bake in a preheated oven 356 degrees for 45 minutes.

No: 96.

**CHOCOLATE SWISS ROLL.**

- 3 Eggs.
  - 3 ozs. Sugar.
  - 2 1/2 oz. Flour.
  - 1/2 oz. Cocoa.
  - 1/4 Teaspoon Baking Powder.
  - 2 Dessertspoons Hot water.
  - Vanilla Essence.
- } Sieved together

Beat eggs, sugar and vanilla together till thick and creamy, add in the boiling water, and fold in flour etc. lightly. Have prepared a well buttered shallow tin and a piece of grease proof paper cut

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slightly larger than size of tin. Into the tin put the mixture and bake in a preheated oven 425 degrees for 7 minutes. Sprinkle paper with fine sugar and when roll is ready turn out on to the paper rolling up very quickly and leave to cool. When almost cool unfold and spread with the following filling and roll up again.

**FILLING.**

- 2 Dessertspoons Butter.
- 2 Dessertspoons Condensed Milk.
- 2 Dessertspoons fine Icing Sugar.

**NOTE:** A plain swiss roll may be made in the same way, omitting the cocoa but adding the same weight in extra flour. Or alternatively the mixture may be coloured pink. In both cases a jam filling is used.

**No: 97.**

**CREAM PUFFS.**

(54 approx).

**INGREDIENTS FOR PASTRY.**

- 5 ozs. Butter.
- 5 ozs. Water.
- 5 to 5½ ozs. Flour.
- 7—8 Eggs.

Add water to the butter and melt over fire. When mixture boils add flour and stir till a smooth paste which leaves the sides of the pan is obtained. Now add eggs separately and continue beating between each egg with a wooden spatula, until you have a smooth paste, suitable for dropping into spoonfuls on a baking tray. Onto greased baking trays put round shaped portions of mixture. Use two spoons to do this. Bake in a hot oven 450 degrees for 15—20 minutes.

**FILLING FOR CREAM PUFFS.**

- ¾ Tin Condensed Milk
- 24 ozs. Water.
- 6 ozs. Sugar.
- 2½ ozs. Flour.
- 1 Tin Cream whipped.
- 3 Egg Yolks.
- 1 Dessertspoon Brandy.
- Vanilla Essence.
- A pinch of salt.

Dissolve sugar in water. With a little of the water mix flour into a smooth paste. Beat egg yolks and add a pinch of salt to them. Add balance of water to flour, add condensed milk and egg yolks. In a double boiler heat mixture until it thickens, continue cooking for a few minutes more to make sure flour is cooked. Remove a little of custard and put into the whipped cream, mix well and return all to custard stirring well add brandy. When cooled fill puffs with custard filling and serve.

**No: 98.**

**CHERRY CAKE.**

(2 Cakes).

- ½ lb: Butter.
- 7 ozs. Sugar divide into 3 parts.
- 1 oz. Cherry Syrup.
- 7 Eggs.
- 1 Dessertspoon Brandy.
- 9 ozs. Self Raising Flour.
- 12 Cherries halved.
- Rose Essence.
- Cochineal.

Beat egg whites with 1/3 of sugar until sugar is dissolved and whites hold a point. Beat yolks with 1/3 of sugar till creamy. Beat butter with balance of sugar, rose essence and brandy. Add a little colouring to make a light pink. Combine the butter and yolk mixtures, add cherry syrup and flour. Lastly fold in whites. Into deep cake tins which have been lined with paper divide the cake mixture and bake in a moderate oven 350 degrees for 40—50 minutes. After about 15 minutes open oven and place cherries on top of cake.

**No: 99**

**BANANA CAKE.**

- 4 Eggs.
  - 1 lb. Sugar.
  - ½ lb. Butter.
  - 13 ozs. Flour.
  - ½ oz. Soda Bicarbonate
  - 4 ozs. Evaporated Milk.
  - 2 Dessertspoons Lemon Juice.
  - 6 Ripe Bananas (Pisang hijau) mashed.
  - Vanilla Essence.
- } Sifted together very finely at least three times.

About 1 1/2 —2 hours before starting cake mix together the milk and lemon juice and allow to stand. Cream butter and sugar together and add the vanilla essence. When thoroughly creamed add eggs, one at a time and beating well between each. Now add the mashed bananas and then the flour mixture. Lastly fold in the sour milk. Put mixture into well buttered sandwich tins which have been dusted with flour. Bake in moderate oven 350 degrees for 35 minutes. When cooked remove and cool then put two tops to inside of sandwich.

No: 100.

**CHOCOLATE CAKE** (2 Cakes)

- 10 ozs. Butter.
- 12 ozs. Sugar. (divide into 3 parts).
- 11 ozs. Flour sifted.
- 8 Eggs separated.
- 5 ozs. Evaporated Milk.
- 1 1/2 ozs. Cocoa mixed with 3 ozs. hot water to a smooth paste.
- 1 Dessertspoon Brandy.
- Vanilla.

Beat white of eggs till firm, add 1/3 of the sugar and continue beating till whites hold a point and the sugar is dissolved. Beat yolks with 1/3 of sugar and vanilla till creamy and smooth. Beat the butter with balance of sugar and the brandy till smooth. Add yolk mixture to the butter mixture. Mix evaporated milk with the chocolate and add to mixture, finally fold in the egg whites and flour. Bake in two lined deep cake tins in a preheated oven 350 degrees for about 1 hour. Test with a dry skewer before removing.

No: 101.

**MARBLE CAKE**

- 1/2 lb. Butter.
- 1/2 lb. Sugar.
- 9 ozs. Self raising Flour.
- 1/2 oz. Cocoa.
- 6 Eggs.
- 1 Dessertspoon Brandy.
- Vanilla.
- 2 Dessertspoons Evaporated Milk for White Mixture.
- 2 " " " " Pink "
- 3 " " " " Chocolate Mixture.

Beat white of eggs till firm, add 1/3 of sugar. Continue beating till sugar is dissolved and the whites hold a point. Beat the yolks with 1/2 of sugar and vanilla till creamy. Beat the butter with balance of sugar and the brandy till smooth and creamy. Combine the butter and yolk mixture. Now fold in whites and flour divide into 3 parts in approximately the following proportion (white 50% pink 25% chocolate 25%) now add colourings and evaporated milk to each. Now into lined cake tins put alternate layers of each colour (2 layers of each colour). Now put a spoon through cake using a circular movement to slightly mix colours and produce the marble effect. Bake in a preheated oven 350 degrees for about 45 minutes.

No: 102.

**POUND CAKE** (4 Cakes)

- 1 lb. Flour.
- 1 oz. Baking Powder (1 Dessertspoon). } Sieve together.
- 1 lb. Butter.
- 8 ozs. Evaporated Milk (undiluted).
- 1 lb. Sugar.
- 1 lb. Eggs separated. (Approximately 8-10 according to size).
- 8 Drops Almond Essence.
- Vanilla Essence.
- 2 Dessertspoons Brandy.

Weigh eggs to weight of 1 lb. or as near as possible, using equal weight of flour, sugar and butter. Beat the whites of eggs till firm, add half of sugar and beat till stiff and sugar is dissolved. Beat the butter with the balance of sugar and almond and vanilla essences till smooth and creamy. Add the egg yolks and brandy and beat a little more. To this mixture add the milk, egg whites and flour, fold in. Divide into 4 well buttered cake pans and bake in a preheated oven, 350 degrees for 45 minutes.

No: 103.

**SUGGEE CAKE** (2)

- 10 ozs. Butter. } Mixed together and left to soak
- 1/2 lb. Semolina. } overnight.
- 10 ozs. Sugar.
- 4 ozs. Almonds blanched and chopped fine.
- 2 ozs. Flour sieved.
- 15 Egg yolks.
- 5 Egg Whites.
- 1 oz. Brandy.
- Vanilla Essence.
- Almond Essence.

To egg yolks add 1/3 of sugar and the flavourings. Beat till smooth and creamy. Beat together with the butter and semolina 1/3 of the sugar till fine and creamy, then add the brandy.

Next beat egg whites till fairly stiff, add balance of sugar and continue beating until sugar is dissolved and egg whites hold a point. To butter mixture add the chopped almonds, and egg yolk mixture, fold in flour, finally adding the egg whites. Divide into two deep cake tins previously lined with paper. Bake in oven 350 degrees for 1 hour.



No: 104

### SPONGE SANDWICH

This is a very useful basic recipe as the fillings can be varied to taste. Also it is a good mixture for an iced cake that is not too rich. Suitable for children's parties.

- 5 Eggs separated.
- 4 ozs. Sugar divided into 2 equal parts.
- 3 ½ ozs. Self Raising Flour sifted. If Plain Flour is used, add 1 heaped Teaspoon Baking Powder.
- 1 ½ ozs. Melted Butter cooled.
- Vanilla Essence.

Beat whites until slightly stiff then add 1/2 sugar and continue beating until sugar is dissolved and whites hold a point. To yolks, add balance of sugar, vanilla essence. Beat until creamy. Combine the two mixtures, add the sifted flour and the melted butter and fold in carefully. Into two sandwich tins which have been buttered and dusted with flour pour the sandwich mixture. Bake in a moderate oven 325 degrees for 25 minutes.

### FILLING FOR SPONGE SANDWICH

- 2 ½ ozs. Evaporated Milk.
- 2 ½ ozs. Water.
- A pinch of Salt.
- Vanilla to taste.
- 2 ozs. Sugar.
- ½ oz. Cornflour.
- 1 Egg Yolk.
- 2 or 3 Teaspoons Nescafe. } Dissolve coffee in the
- 2 or 3 Teaspoons Hot Water. } Hot Water.

Into a double saucepan put the milk, water, sugar and pinch of salt. Remove a little of this sufficient to make the cornflour into a smooth paste. Heat balance of mixture and when almost at boiling point thicken with the cornflour and add the Nescafe, finally the very slightly beaten egg yolk to which vanilla essence has been added. Spread over sandwich whilst the mixture is still hot. Sprinkle top of sandwich with fine dusting of sugar.

No: 105.

### MAGIC CAKE

- ½ lb. Butter.
- ½ lb. Sugar.
- 10 ozs. Self Raising Flour.
- 8 Eggs.
- 1 Dessertspoon Brandy.
- ½ oz. Cocoa.
- 3—4 ozs. Evaporated Milk.
- Vanilla to taste.

Beat whites of eggs with 1/3 of sugar, till sugar is dissolved and whites are stiff. Beat yolks with 1/3 sugar and vanilla till creamy and smooth. Cream together butter and balance of sugar, add brandy. To this add the yolk mixture fold in lightly. Now add egg white mixture and flour fold in, adding a little at a time the evaporated milk. Remove into a separate bowl about 1/3 of mixture and to this add the cocoa. To the larger quantity add a little pink colouring. The special tins required for this cake must be well greased. Having the 3 tins exactly the same size.

2 tins filled thus: outside and centre divisions pink, middle division in chocolate.

1 tin filled thus: outside and centre divisions chocolate middle division pink.

When all mixture is used. Remove divisions and bake in 325 degrees oven for 35—40 minutes.

### FUDGE FOR FILLING AND OUTSIDE:-

- 12 ozs. Icing Sugar.
  - 2 ozs. Evaporated Milk.
  - 4 ozs. Unsweetened Chocolate grated.
  - 4 Teaspoons Lime Juice.
  - 1 oz. Butter.
- } Mix well together

Now place fudge mixture into a saucepan and make into a smooth sauce. Test by dropping a little into cold water and if it keeps in a small ball it is ready. Arrange the three cake layers:-

- First P. C. P.
- C. P. C.
- P. C. P.

with a spread of the fudge between each. Finally cover outside with the fudge until whole cake is covered.

No: 106.

**POPIA**

(10 persons)

- 1  $\frac{1}{2}$  Katis Bamboo Shoots cut into strips.
- 24 ozs. Bankwang. cut into strips.
- 3 Towkwa. cut into strips.
- 1 Kati Prawns (shelled and headed. Keep to make Stock) cut small.
- $\frac{3}{4}$  Kati Pork. Boil and cut into thin strips. Keep Stock.
- $\frac{3}{4}$  oz. Garlic. } Pounded together.
- $\frac{3}{4}$  oz. Onions. }
- $\frac{3}{4}$  oz. Towcho pounded separately.
- 3 Dessertspoons White Chinese Sauce. (Pak Yau).
- 3 Teaspoons Black Chinese Sauce.
- 2 Teaspoons Sugar.
- 2 Teaspoons Vetsin.
- 2 or 3 Teaspoons Pepper.
- 1  $\frac{1}{2}$  pints Prawn and Pork Stock.
- 3 Dessertspoons Lard for frying Towkwa.
- 3 Dessertspoons Lard for frying Bangkwang.
- 6 Dessertspoons Lard for frying Pounded Ingredients.

Fry the towkwa until half cooked remove and place into a large saucepan. Fry the bangkwang until half cooked remove and put with towkwa. Fry the onion and garlic till golden brown, add towcho and fry a little more, now add the seasonings and sauces, the pork and prawns and bamboo shoots and cook further for about 5 minutes. Put all into the saucepan with the prawn and pork stock, simmer on a low heat till all liquid is absorbed.

The popia skins maye be purchased ready for use from China Street or Beach Road Market.

$\frac{1}{2}$  Kati Popia Skin 9 1/2 inches size.

Serve on separate dishes one plate each of the following:—

- 1 Plate of Crab Meat (about 1 1/2 Katis cooked and picked).
- 1 Plate Cucumber, peeled centres removed and cut into thin strips.
- 1 Plate Bangkwang (small one) peeled and cut into thin strips.
- 1 Plate Towgay, washed and picked and cooked by just covering in boiling water for a few minutes and drained.
- 1 Plate Sliced Omelette made with 3 Eggs.
- 1 Plate Wanswee (4 bundles).
- 1 Plate pounded Garlic (1 oz).
- 1 Plate Fresh red Chillies pounded (2 ozs).
- 1 Plate Bee Chio (4 ozs).
- 1 Plate Made Mustard.
- 1 Plate washed Lettuce (drained).

No: 107.

**IPOH IPOH**

(35 pieces)

FILLING.

- 10 ozs. Bamboo Shoots cooked and cut into thin small strips.
- 2 Towkwa cut into thin small strips.
- 8 ozs. Bankwang cut into thin small strips.
- 5 ozs. Pork cooked and cut into thin small strips retaining Stock.
- 7  $\frac{1}{2}$  ozs. Prawns skinned, cooked and cut into small pieces retain Stock.
- 1 Teaspoon Black Chinese Sauce (See Yau).
- 1 Teaspoon Sugar.
- $\frac{1}{2}$  oz. Onions. } Pounded coarsely together.
- $\frac{1}{2}$  oz. Garlic. }
- $\frac{1}{2}$  oz. Towcho washed and pounded.
- 1 Teaspoon Salt.
- 1 Teaspoon Pepper.
- 2 Teaspoons White Soy Sauce.
- 1 Teaspoon Vetsin.
- 2 Dessertspoons lard for frying towkwa and bankwang.
- 2 Dessertspoons lard for frying Onions and Towcho.
- 10 ozs. Prawn and Pork Stock.

Fry the towkwa until half cooked, remove into a large saucepan. Fry the bangkwang until half cooked. Remove into saucepan with the towkwa. Fry onions and garlic till golden brown, add the towcho and fry for a further 7 minutes till nicely cooked and brown, now add pork, sauce, seasonings and prawns. Continue frying for a few minutes more. Add the bamboo shoot and towkwa and bankwang. Return to the large saucepan and add stock. Simmer on a low fire until liquid is absorbed. This mixture may be made the day before the IpoH IpoH is required and kept in the refrigerator.

**PASTRY**

- $\frac{1}{2}$  lb. Flour.
- 1 Egg.
- 1 Teaspoon Salt.
- 4 Dessertspoons Lard (melted).
- 2 ozs. Water.

Put the flour and salt into a bowl, add the lard, the eggs and the water and mix into a paste by hand. Turn onto a floured board and roll out once only, cut into rounds with a cutter or large tumbler. Into each put the filling and fold over and flute the edges. Deep fry till golden brown. Serve with Chilly Sauce.

**CHILLY SAUCE TO SERVE WITH IPOH IPOH**

- 2 ozs. Fresh Red Chillies.
- 1 oz. Vinegar.
- 1 oz. Water.
- 1  $\frac{1}{2}$  ozs. Sugar.
- 1  $\frac{1}{2}$  Teaspoons Salt.

Pound the chillies, salt and sugar together, mix well with the vinegar and water and serve on a separate dish.

**SEMARANG PANGSIT GORENG**

Small savoury fried turnover. Very suitable for Tea or Buffet Parties. Also Cocktail Parties

**INGREDIENTS FOR FILLING**

- 1 Kati Pork.  
 $\frac{3}{4}$  Kati Prawns cleaned, heads and skins removed. } Chopped finely together.  
 $\frac{1}{2}$  oz. Garlic. pounded  
 6—8 Strips Daon Bawang (Spring Onion) washed and chopped small.  
 1 Teaspoon Salt.  
 1 oz. Onion sliced.  
 2 Teaspoons Black Chinese Sauce.  
 1 Teaspoon Pepper.  
 2 Teaspoons White Chinese Sauce.  
 1 Teaspoon Vetsin.  
 1 Teaspoon Sugar.  
 4 Teaspoons Flour.  
 2 Egg Yolks.  
 6 Dessertspoons Lard.

**PASTE**

- 12 ozs. Flour.  
 1 Teaspoon Salt.  
 2 Egg Whites.  
 4—6 ozs. Warm Water, (according to texture of flour).

**CHILLY SAUCE FOR SERVING**



- 4 ozs. Chillies fresh.  
 2 ozs. Vinegar.  
 2 ozs. Water.  
 3 ozs. Sugar.  
 3 Teaspoons Salt.

Pound together chillies, salt and sugar until fine then mix with the vinegar and water.

Melt lard and cook garlic and onions, remove from pan and mix with the flour into the pork mixture. Return to pan and add first the white slices of the spring onion then, the seasonings and sauces, finally add the green part of spring onion and the egg yolks, continue frying for a little. Remove from pan and divide into 128 portions.

**PASTE**

Into mixing bowl put two egg whites and the salt, mix by hand, adding the flour and hot water alternately until you have a pliable dough. Knead thoroughly. Divide into two equal parts. Make each half into an evenly shaped roll by rolling on a board, now cut into pieces of about  $\frac{1}{2}$  inch thickness, pat a little starch flour on to each side of pieces and roll into thin squares. Fill with mixture. Slightly dampen two sides of square at the edges and fold

thus  $\Delta$  Turn two corners under thus   Deep fry until a golden brown and serve with the Chilly Sauce. Divide into 128 pieces.

No: 109.

**KROKET TJANKER  
(JAVA KWEI PATTI)****INGREDIENTS FOR FILLING**

- $\frac{1}{2}$  Kati Beef.  
 $\frac{1}{2}$  Kati Pork.

Boiled and Stock retained separately meat to be cut very small.

- 6 ozs. Big Onions diced.  
 6 ozs. Carrots boiled and diced.  
 6 ozs. Green Peas (tinned).  
 8 ozs. Potatoes boiled and diced.  
 4 Dessertspoons Flour.  
 3 ozs. Butter.  
 5 ozs. Milk Bear Brand or Fresh.  
 5 ozs. Stock from boiling of meat.  
 2 Teaspoons Pepper.  
 1 Teaspoon Nutmeg grated.  
 3 Teaspoons Salt.  
 2 Teaspoons Sugar.  
 6 Stems Kinchye.

Melt butter and fry onions, when cooked, add flour, kinchye and nutmeg. Add meat, seasonings, carrots, peas, potatoes, milk and stock. Cook for a few minutes and remove from fire.

**PATTI CASES**

- 3 ozs. Flour. 1 Teaspoon Salt.  
 $5\frac{1}{2}$  to 6 ozs. Water.  $\frac{1}{2}$  Egg Yolk.

To the flour add salt and egg yolk, mix to a smooth batter with the water. Have a deep pan of fat and allow patti irons to get hot in the fat as it heats. When irons and fat are hot, remove irons and dip in batter and then back into oil till cooked. These patti cases may be cooked before required and kept in an air-tight container.

Fill with mixture, garnish with Chinese Celery and serve with Lea and Perrins Sauce.

**NOTE:** Pork and Chicken may be substituted for the Pork and Beef mixture if preferred.

No: 110.

(40 pieces).

### KWAY POW

#### INGREDIENTS FOR FILLING

- 1 Kati Pork minced or chopped fine.
- 6 ozs. Pork Lard cut into very small dice.
- 2 Teaspoons White Chinese Sauce (Pak Yau).
- 2 Teaspoons Black Chinese Sauce (See Yau).
- 2 Teaspoons Pepper.
- 1 Teaspoon Salt.
- 1 Teaspoon Vetsin.
- 2 Teaspoons Sugar.
- 1  $\frac{1}{2}$  ozs. Red Onions sliced.
- $\frac{1}{2}$  oz. Garlic pounded.
- 4 Strips Daon Bawang (Spring Onion) sliced.

Fry diced pork lard for a short while. In a dessertspoon of oil fry onions until golden brown, remove from pan. Next fry garlic till golden brown also the white part of sliced spring onion. To this add seasonings, meat, sauces and the fried onions and fat to make a tasty mixture. Remove from fire and divide into portions (40).

#### KWAY POW DOUGH

- 1 Kati Flour.
- $\frac{1}{2}$  oz. Yeast.
- 1 Teaspoon Sugar.
- 4 ozs. Warm Water.

Mix yeast with water and sugar. Put flour into a bowl making a slight hole in centre of flour into which put the yeast and water. Allow to stand 1 hour to rise. Now add:-

- 2 Eggs.
- 4 Tablespoons Lard.
- 5 ozs. Castor Sugar.
- 5 ozs. (after cooking) Mashed Potatoes.

Knead into a dough for about 15—20 minutes, dry outside with a little flour and divide into 40 portions. Fill each portion with mixture and wrap carefully round to cover. After this place each portion on a round grease-proof paper. Allow to stand for 1  $\frac{1}{2}$  hours. Steam for 10 minutes.

No: 111.

(48 pieces)

### TWAPIA

#### INGREDIENTS FOR FILLING

- $\frac{1}{2}$  Kati Prawns cleaned, skinned and chopped.
- $\frac{1}{2}$  Kati Pork fairly lean, minced or chopped very fine.
- 1 Crab about 5 ozs. Cook and pick off the flesh.
- $\frac{1}{2}$  Kati Chinchang. (Water Chestnut) diced.
- 6 ozs. Young Bamboo shoot boiled and diced.
- 1 Big Onion = 6 ozs. diced small.
- 4 Dessertspoons flour.
- 6 Daon Bawang (Spring Onions) cut small.
- 8 Dessertspoons Lard for frying.
- 2 Teaspoons Vetsin.
- 2 Teaspoons Pepper.
- 4 Teaspoons Salt.

Heat oil in pan, fry onions and the white part of spring onion as well. Next add flour and continue stirring till the flour is cooked. Now add bamboo shoot and water chestnuts. Add seasonings and the pork and prawns (previously mixed together). Now add the crab flesh. Add the green part of spring onions. Cook for about a further 4—5 minutes. Remove from pan, when cooled, divide into 48 equal portions.

#### PASTRY INGREDIENTS

- |                              |                |
|------------------------------|----------------|
| 2 Teaspoons Salt.            | 1 oz. Sugar.   |
| 2 Dessertspoons Lard melted. | 12 ozs. Flour. |
| 6 ozs. Water.                |                |

Add sugar and salt to water. To the flour add the lard, now the water and sugar mixture. Knead thoroughly by hand. If too dry a little more water may be added. Divide into 48 equal portions.

#### PASTE INGREDIENTS

- 6 ozs. Flour.
- 7—8 Dessertspoons Lard melted.

Add lard to flour and make into a pliable dough with the hand. Divide into 48 equal portions.

Fold around each piece of paste one piece of the pastry, make into a round ball and roll flat once with rolling pin on a board. Now roll up, cut through centre and with the middle edges upwards roll each half flat. The two middle edges must be kept as the two outsides of patti cases. Finally fill each with the cooled mixture, close the edges by fluting them. Now deep fry and serve with the following chilli sauce.

#### CHILLI SAUCE

- |                        |                   |
|------------------------|-------------------|
| 4 ozs. Fresh Chillies. | 3 ozs. Sugar.     |
| 2 ozs. Vinegar.        | 3 Teaspoons Salt. |
| 2 ozs. Boiled Water.   |                   |

Pound chillies and salt together, then add sugar. When smooth mix with water and vinegar.

**CURRY PUFFS**

- $\frac{1}{2}$  Kati Mutton, Beef or Pork chopped coarsely.  
 4 ozs. Potatoes boiled and diced.  
 1 Teaspoon Jintam Itam.  
 1 Teaspoon Jintam Manis. }  
 $\frac{1}{2}$  Teaspoon Lada Itam. } Dry fry before pounding.  
 2 Dessertspoons Ketumbar. }  
 3 Cloves.  
 1 piece Cinnamon.  
 4 Dried Chillies.  
 $\frac{1}{8}$  oz. Dried Saffron.  
 3 Petals of Pehkah.  
 3 Cardoman Seeds.  
 2 Teaspoons Salt.  
 3—4 Green Chillies sliced thinly.  
 2 ozs. Big Onions diced small.  
 2 Teaspoons Lime Juice.  
 2 Teaspoons Sugar.  
 $\frac{1}{2}$  Coconut = 1  $\frac{1}{2}$  ozs. Pati, 3—4 ozs. 2nd Milk.  
 5 Dessertspoons Ghee or Lard for frying.

After dry frying items in bracket, add cloves, cinnamon, dried saffron, pehkah, cardoman seeds and pound all together.

Put lard or ghee into pan and fry the onions till golden brown. Add pounded ingredients and the ginger. Continue cooking adding in the 2nd coconut milk and the pati, salt, sugar, lime juice, green sliced chillies, coarsely chopped meat and potatoes. Continue cooking till mixture is dry. Divide into 16 portions.

**PASTRY**

- $\frac{1}{2}$  lb. Flour.  
 1 oz. Melted Butter.  
 4—5 ozs. Cold Water.  
 2 Teaspoons Salt.  
 1  $\frac{3}{4}$  ozs. Butter. }  
 5 ozs. Mutton Suet pounded. } mixed together.

Into flour mix salt and melted butter. Onto a well floured board and with well floured hands pat the dough into an even shape and roll out once. With well floured hands make the mutton suet and butter mixture into a small shape. Place in the centre of rolled out pastry, fold over the two ends and turn edges to the side roll out once more. Repeat this process twice more. On the last time of rolling out, do so until pastry is about  $\frac{1}{4}$  inch thick. Divide into sixteen pieces of equal size. Cut edges. Fill with curry mixture and fold over. Bake in a preheated oven 450 degrees for 20—25 minutes.

**NOTE:** If the time allows it is much better to let the pastry stand or even make it the day before and store in refrigerator.

**SAMBAL KACHANG**

- 1 Kati Kachang after skins removed and bad ones removed = 14  $\frac{1}{2}$  ozs.  
 3 Red Chillies washed and dried.  
 $\frac{1}{16}$  oz. Blachan toasted.  
 $\frac{1}{16}$  oz. Kenchor peeled, washed and dried.  
 $\frac{1}{16}$  oz. Garlic.  
 2 Daon Lemau Peroet washed and dried.  
 2 Teaspoons Salt.

Toast, peel and select kachang. Pound all other ingredients together. Now pound the kachang and mix well together. This sambal will keep for several days in an air-tight jar.

**SAMBAL GORENG HABIE.**

- $\frac{1}{4}$  Kati Fried Prawns wash and dry in the sun, pound fine.  
 $\frac{1}{2}$  oz. Onions }  
 $\frac{1}{8}$  oz. Garlic. } Pounded together not too fine.  
 4 Red Chillies. }  
 2 Green Chillies. }  
 oz. Lungkwat whole  
 1 Daon Salam.  
 $\frac{1}{2}$  Coconut = 3 ozs. Pati. 3 ozs. 2nd Milk.  
 3 Teaspoons Sugar.  
 3 Dessertspoons Coconut Oil.

Heat the coconut oil in pan and fry the pounded ingredients with the daon salam and lungkwat for about 1 minute. Add pati and 2nd milk of coconut, also the pounded dried prawns, continue cooking on a low fire stirring all the time till the mixture is thoroughly dried and a nice dark golden brown. When cold store in air-tight bottles.

**NOTE:** This is a very appetising filling for sandwiches.

**SIRAIKAY — SURAKAYA.**

(COCONUT EGG JAM).

- 10 Eggs.  
 16 ozs. Sugar.  
 4 Pandan Leaves.  
 1 Large Coconut = 7 ozs. Pati.

Beat the sugar and eggs and pandan leaves till sugar melts. Add coconut milk to which salt has been added strain through a fine muslin. Return to cooking pan and continue cooking over hot water and a high fire — stirring all the time till mixture thickens about 20—25 minutes. Cover well and steam for a further 4 hours.

No: 116.

**PENANG CHILLY SAUCE.**

- 1 Kati Chillies.
- 1 Kati Bawang merah.
- 1 Kati Tomatoes remove skins this ingredient is optional
- 3 Katis Sugar.
- 3 Bottles of good Vinegar.
- Salt to taste.

Grind and mix together chillie, onion and tomatoes. Put chillie into pan and heat until a little drier, then add vinegar and cook slowly until fairly thick. Add sugar and cook a little more stir all the time during cooking. These ingredients should produce three bottles.

No: 117.

**PENANG PICKLES.**

- 1½ Katis Cucumber not peeled but centres removed and cut into pieces.
- 2 ozs. French Beans cut into pieces.
- 3 ozs. Kachang Panjang cut into pieces.
- 2½ ozs. Carrots peeled and cut into thin strips.
- 2½ ozs. White Cabbage cut into pieces not too small.
- 2½ ozs. Cauliflower broken into pieces.
- 2½ ozs. Young Ginger sliced thinly.
- 5 ozs. Small Onions.
- 1½ ozs. Garlic sliced.
- 1 oz. Bijian (Sesame Seeds).
- 5 ozs. Kachang Goreng skinned pounded coarsely.
- 12 Green Chillies.
- 6 Red Chillies.
- ½ oz. Lungkwas.
- ¾ oz. Kunyet (Saffron).
- 10 Dried Chillies.
- 4 Fresh Chillies.
- 1½ oz. Onions.
- ¼ oz. Blachan.
- 8 Buah kras.
- 8 Dessertspoons Coconut Oil.
- 12 ozs. Water.
- 8 ozs. Vinegar.
- 7 Teaspoons Salt.
- 4 ozs. Sugar.

} Pounded together.

} Mixed together.

Rub the cut cucumber and ginger in salt place in a cloth in a bowl with a heavy weighted object on the top pressing down on the cloth to take the moisture. Leave over-night.

The next morning squeeze out all moisture from the cucumber and ginger and spread out to dry in the sun. Also spread out to dry the other vegetables.

Put coconut oil into a pan and fry the pounded ingredients for about 4 minutes. Now add vinegar and water, salt and sugar. Bring to the boil and add all the diced vegetables. Turn off the heat and mix well. Lastly add the coarsely pounded Kachang and bijian.

No: 118.

**MACARONI CHEESE.**

- 8 ozs. Macaroni boiled till cooked and rinse in cold water and drain.
- ½ Chicken boil retain stock and dice.
- 6 to 8 ozs. Grated Cheese
- 4 ozs. Bear Brand Milk or Fresh Milk.
- 4 ozs. Butter for frying.
- 1 to 1½ Teaspoons Salt.
- 1 Teaspoon Pepper.
- 2 Teaspoons Sugar.
- 1 Dessertspoon Flour.
- 4 ozs. Big Onions diced small.
- 8 ozs. Chicken Stock.
- 4 ozs. Raw Pineapple Ham cut very fine.

Put a little butter into pan and fry the ham when cooked remove and keep aside for garnishing when serving. Put balance of butter into pan and fry the onions for about 3 minutes adding salt and pepper. Continue cooking for about 5 minutes. Add the chicken and stock and bring to the boil again. Now add the milk, macaroni and the cheese, continue cooking till the cheese is cooked. Remove into a large double boiler and allow to simmer slowly for about ¾ to 1 hour. Keep hot and serve on a large dish garnished with the fried ham.

No: 119.

(20 glasses)

**BRIDES TEARS.**

- 1 packet Tepong Hong kwei. (Tjap Boengah).
- 36 ozs. Water.
- 4 ozs. Sugar.

Mix the flour into a smooth paste with the water, add sugar and cook till the mixture is clear and smooth. Into a separate bowl put 1/3 of mixture and colour it pink. Now rub all through a sieve such as is used for chendole into 4 pints of very cold water, serve with crushed ice and a syrup made of the following:—

- 1½ Katis Rock Sugar.
- 16 ozs. Water.
- 1 Teaspoon Lime Juice.
- 6 Daon Pandan.

Cook the above together till sugar is dissolved strain through muslim and pour over flour mixture.

No: 120

### HAWAIIAN PINEAPPLE CRUSH

20 ozs. Grated Fresh Pineapple and Juice.  
10 ozs. Water.  
4 Dessertspoons Lemon Juice.  
4 ozs. Sugar.  
Pinch of Salt.

To the pineapple add the lemon juice, salt, water and sugar. Stir well till sugar is dissolved. Serve very cold with a little crushed ice.

**NOTE:** If pineapple is very sweet less sugar or even none is required.

No: 121.

(Approx: 30)

### ROTI JALA

10 ozs. Flour (Sifted).  
 $\frac{1}{2}$  Coconut.  
 $2\frac{1}{2}$  Pati — 8 ozs. 2nd Milk.  
2 Teaspoons Salt.  
6 ozs. Water.  
4 Eggs.

Put flour into bowl with the salt. Break eggs into flour and mix in well, gradually add the 2nd Coconut milk. Next add water and pati, if not thin enough a little more water may be added making a smooth thin batter. Strain through a sieve to ensure there are no lumps. Into a heated pan lightly brushed with oil or lard or butter and using the specially perforated tin. Hold tin over pan and pour in 1 small laddle of batter all the time rotating the tin round the pan. Cook till nicely set but not brown. Remove and put on to a plate. Continue thus till all batter is used. Piling Roti Jala on top of each other. Serve with curries instead of rice.

No: 122

(3 bottles)

### SPICED SYRUP.

4 Katis Sugar.  
1 Kati Ginger.  
10 Serai slightly crushed.  
6—8 Pandan leaves cut into 3 inch lengths.  
1 Nutmeg.  
2 Dessertspoons Peppercorns.  
50 Cloves.  
3 Small Limes (Juice only).  
50 ozs. Water.

Wash and dry the nutmeg, peppercorns and cloves. Toast the ginger in the skin over an open fire, skin wash and slightly crush.

Put all ingredients and the water into a large saucepan, bring to the boil. Allow to simmer for one hour. Allow to stand till next day to gain full flavour of spices. Strain through muslin into bottle. Store in refrigerator and make into drinks as required.

No: 123

### AGAR AGAR DRINK.

10 ozs. Water.  
1 oz. Agar Agar.  
10 Pandan Leaves.

Cook the water, agar agar and pandan leaves till the agar agar is dissolved. Strain into a dish and set. When set firm grate into strips into a large dish and pour over this a syrup made from the following:—

2 lbs. White Rock Sugar.  
10 Pandan leaves.  
16 ozs. Water.  
Juice of 1 small lime.

Boil all together until melted, strain. Pour over the jelly mixture and serve very cold in long glasses and ice cubes.

No: 124

(About 1lb)

### CHEESELETS.

10 ozs. S.R. Flour.  
 $5\frac{1}{2}$  ozs. Grated Cheese.  
 $5\frac{1}{2}$  ozs. Butter  
1 Egg Yolk.  
1 Teaspoon Table Salt.

Beat egg yolk, salt and butter together. Add in the flour and grated cheese. Make into a dough. Roll out to  $\frac{1}{4}$  inch thickness and cut into thin strips. Put on to greased baking sheets and bake in a preheated oven — 325 degrees for 20—25 minutes.

For cakes and pies and tasty fries use



**Crisco**

**IT'S DIGESTIBLE!**

No: 125.

(Drink made with Soursop)

**SORBET**

Soursop.  
Sugar.  
Good Red Port Wine.

First cut the soursop and squeeze out all the juice through muslin. For every 8 ounces of soursop juice add the following — 2 dessertspoons sugar, 2 dessertspoons Port wine. Serve very cold in small wine glasses with tiny straws.

No: 126

(12 bowls)

**LIN CHEE KONG.**

(JAVA STYLE)

4 ozs. Tapioca Flour. } Paste to make simulated  
6 Dessertspoons Water. } pomegranate seeds.  
2 ozs. Pak Kor shelled, skinned, centre removed.  
Soak in water for 2 hours.  
2 ozs. Lin Chee skinned and soaked in water for 2 hours.  
1 oz. Barley soaked in water for 2 hours.  
1 oz. Dried Green peas soaked in water for 2 hours.  
 $\frac{1}{16}$  oz. Agar Agar cut into pieces and soaked in water  
for 2 hours.  
 $1\frac{1}{2}$  ozs. Preserved sugared melon cut into cubes.  
1 whole dried Kee Kway (Persimmon) cut into thin slices.  
 $1\frac{1}{2}$  ozs. Dried Mata Kuching, if not seeded when bought  
remove skins and seeds.  
6 Daon Pandan cut into pieces.  
8 ozs. Rock Sugar.  
50 ozs. Water.

Mix starch and water together to a smooth creamy paste. Spread onto a piece of white cloth to a thickness of about  $\frac{1}{4}$  inch. Colour the top with liquid red colouring mixed with a little water. Dry for about 1 hour till hard, then cut into small cubes. Put some water into a saucepan and when boiling, add the cubes and cook for about 20 minutes or till cubes are clear. Rinse in a strainer under a cold tap (keep under a thin trickle of water till ready to mix into the syrup to prevent sticking). Cook separately one by one the lin chee, pak kor, barley, green peas until tender, strain and keep aside. Now prepare the syrup. Into a saucepan put the daon pandan, rock sugar and 50 ozs. water. Cook till sugar is dissolved strain and return to saucepan. When it is still boiling put in all the other ingredients and mix well. Can be served either hot or very cold.

**RECIPE No.**

**DISHES.**

- 32. — Ayam Buah Kluah.
- 53. — Aspic Mould.
- 5. — Beef Curry Semarang.
- 33. — Boeboe Ayam (Chicken Broth).
- 11. — Chicken Pie.
- 13. — Dutch Rissoles.
- 42. — Djangan Lontjom.
- 44. — Djanganan Doemboe (Spiced Vegetable).
- 48. — Dendeng Manis. (Dried Savoury Meat).
- 24. — Empal Kelem. (Dry Spiced Beef).
- 20. — Fergedel Goreng
- 27. — Fried Rice. (Cantonese Style).
- 41. — Gadoe Gadoe. (Java Salad).
- 46. — Glevo Sapie (Beef Stew Java Style).
- 14. — Hokkien Mee.
- 47. — Hutspod. (Hotpot).
- 8. — Indian Chicken Curry.
- 9. — Indian Prawn Curry.
- 10. — Indian Fish Curry.
- 3. — Java Chicken Soup.
- 26. — Java Nasi Goreng.
- 7. — Kurmah.
- 12. — Krokot Kentang. (Potato Croquettes).
- 15. — K-ian.
- 16. — Kuay Kiam.
- 45. — Krokot Rago. (Java Rissoles).
- 43. — Lodeah.
- 28. — Meesiam with Coconut Milk .
- 29. — Meesiam without Coconut Milk.
- 31. — Masak Padas.
- 35. — Mee Loh. (Java Prepared Noodles).
- 4. — Nasi Soto Semarang.
- 25. — Nasi Rangie.
- 21. — Opor Ayam.
- 30. — Otak Otak Siam.
- 6. — Penang Curry.
- 36. — Pastel Toetoep. (Java Shepherds Pie).
- 1. — Rich Tomato Soup.



**RECIPE No.****DISHES.**

- 17. — Rijst Tafel.
- 39. — Rendang Padang.
- 18. — Sayoer Toemis.
- 22. — Sambal Goreng. (Curried Prawns).
- 23. — Sroendeng.
- 34. — Singapore Laksa.
- 37. — Stuffed Chicken and Chicken Roll.
- 38. — Semarang Petjil Ayam. (Grilled Java Chicken).
- 40. — State Bakso.
- 49. — Sate Manis.
- 50. — Sosis Semarang. (Java Sausage).
- 51. — Sambal Goreng Minyak.
- 2. — Tahoe Pong.
- 19. — Tempe Sambal Goreng.
- 52. — Tomato Rice.

**PUDDINGS & DESSERTS**

- 63. — Boeboe Cha Cha.
- 69. — Bavarian Strawberry Cream.
- 54. — Chocolate Crumb Pudding.
- 58. — Coconut Souffle.
- 59. — Coconut Ice Cream.
- 50. — Caramel Bread Pudding.
- 61. — Coconut Caramel Creme.
- 62. — Chayan Custard Pudding. (Pink Jelly Mould with  
Chocolate Sauce).
- 66. — Creme Caramel.
- 68. — Cold Chocolate Souffle.
- 72. — Continental Fruit Salad.
- 56. — Goedare Semarang. (Agar Agar with Coconut).
- 65. — Java Soursop Souffle.
- 67. — Lemon Sponge.
- 71. — Marshmallow Ice Cream.
- 57. — Paskapior. (Coconut Mould).
- 55. — Queens Pudding.
- 70. — Raspberry Ambrosia.

**CAKES & BISCUITS**

- 90. — Almond Spritz.
- 91. — Almond Biscuits.
- 80. — Bikambon.
- 94. — Butter Cake.
- 99. — Banana Cake.
- 88. — Cats Tongue Biscuits.
- 92. — Chocolate Spritz.
- 96. — Chocolate Swiss Roll.
- 97. — Cream Puffs.
- 98. — Cherry Cake.
- 100. — Chocolate Cake.
- 86. — Dough Nuts.
- 95. — Ginger Cake.
- 73. — Kwei Lapis. (Malayan Layer Cake).
- 76. — Kwei Talam.
- 82. — Koningskroon. (King's Crown Cake).
- 89. — Kwei Ketjiper. (Arrowroot Biscuits).
- 101. — Marble Cake.
- 105. — Magic Cake.
- 77. — Naga Sarie Bandoeng. (Java Banana Cake).
- 78. — Peanut Butter Macaroons.
- 83. — Pineapple Upside down Cake.
- 84. — Pineapple Tarts.
- 102. — Pound Cake.
- 93. — Queen Cakes.
- 74. — Roti Sobeh.
- 85. — Rock Buns.
- 75. — Semarang Bafel. (Java Waffle).
- 81. — Spekoek. (Ribbon Cake).
- 87. — Scones.
- 103. — Suggee Cake.
- 104. — Sponge Sandwich.
- 79. — Tjara Bikang. (Flower Cakes).

**RECIPE No. MISCELLANEOUS**

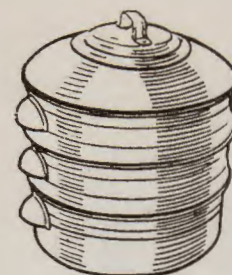
123. — Agar Agar Drink.  
119. — Brides Tears.  
64. — Chendole.  
112. — Curry Puffs.  
124. — Cheeselets.  
120. — Hawaiian Pineapple Crusk.  
107. — Ipoh Ipoh.  
109. — Krokot Tjanker. (Java Kwei Patti).  
110. — Kwei Pow.  
126. — Lin Chee Kong. (Java Style).  
118. — Macaroni Cheese.  
106. — Popia.  
116. — Penang Chilly Sauce.  
117. — Penang Pickle.  
121. — Roti Jala.  
108. — Semarang Pangsit Goreng.  
113. — Sambal Kachang.  
114. — Sambal Goreng Habie.  
115. — Siraikay (Sura Kaya — Coconut Egg Jam).  
122. — Spiced Syrup.  
125. — Sorbet. (Drink made with Soursop).  
111. — Twapia.

**GLOSSARY OF LOCAL NAMES USED**

- AGAR AGAR. — Gelatine made from Japanese seaweed.  
ASAM. — Tamarind.  
BANGSAYEW. — Pork membrane.  
BIDJI SAWI. — Mustard Seed.  
BIDJI HALBA. — Spice used in Indian Curries.  
BIJIAN SEEDS. — Sesame seeds.  
BLACHAN. — Shrimp Paste.  
BOKJI. — Kind of dried seaweed from China (may be bought from the market).  
BUAH PALA. — Nutmeg.  
BUAH PELAGA. — Cardoman.  
BUAH KERAS. — Candle nut.  
BUNGAH CHINKEH. — Cloves.  
CHILLIE PADI. — Kind of small chillie (very hot).  
CHINCHANG OR MATAI. — Water Chestnut.  
CURRY LEAF. — Leaf used in Indian Curries.  
DAON BATAVIA. — Used to obtain a good green colour.  
DAON BAWANG. — Spring Onion.  
DAON KEMANGI. — Kind of leaf (may be bought in the market).  
DAON KOESOEM. — Leaf used for Laksa.  
DAON LIMAU PEROET. — Species of Lime Leaf.  
DAON PANDAN. — Fragrant leaf.  
DAON SALAM. — Fresh Bay Leaf (Dry one may be substituted).  
DRIED MATA KUCHING. — Dried Longan fruits.  
GHEE. — Indian Cooking Fat.  
HALIA. — Root Ginger.  
JINTAN MANIS. — Anise.  
JINTAN ITAM. — Cumin.  
KACHANG PANJANG. — Long Beans.  
KAPOR. — Edible lime paste.  
KAS KAS. — Poppy seeds.  
KAYOE MANIS. — Cinnamon.  
KEE KWAY. — Dried persimmon.  
KENCHOER. — Small ginger like root.

**GLOSSARY OF LOCAL NAMES USED (Contd.)**

- KETUMBAR. — Coriander seeds.  
 KINCHYE. — Chinese Celery.  
 KELEDEK. — Sweet Potato.  
 KOENCHEE. — Small ginger-like root.  
 KUNYET. — Saffron or turmeric.  
 LADA. — Pepper.  
 LADA ITAM. — Black pepper.  
 LIMAU KESTORI. — Small green limes.  
 LIN CHEE. — Lotus seed.  
 LUNGKWAS. — Root used for curries.  
 NGO HEONG. — Powdered fragrant spice, bought from Chinese Medicine Shop.  
 PAK KOK. — Kind of nut from Chinese Market or Chinese Grocery Shop.  
 PAKYAU. — White Chinese Sauce.  
 PATI. — Milk squeezed from shredded coconut without any water.  
 PEH KAH. — Star Anise.  
 SEE YAU. — Black Chinese Sauce.  
 SERAI. — Lemon Grass.  
 TEMPE. — Malay Soya Bean Cake.  
 TOWGAY. — Soya Bean Sprouts.  
 TOWCHO. — Soya Beans.  
 TOWKWA. — Yellow bean cake.  
 VETSIN. — Chinese Gourmet powder.  
 WANSWEI. — Coriander leaves. (Chinese Parsley).



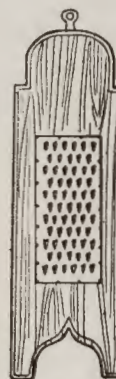
1. CHINESE STEAMER



2. CHINESE TUB



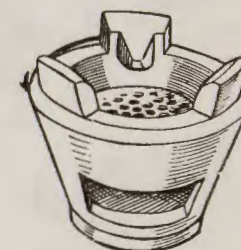
3. CAKE IRON  
for preparing Chinese Cakes



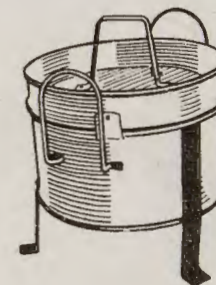
4. SCRAPER



5. SPECIAL CAKE TIN



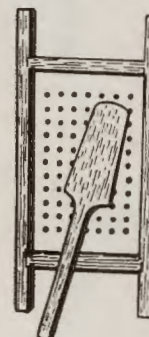
6. "HUNG LOH"  
(Used for Chinese cooking)



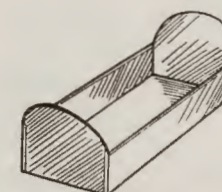
8. OVEN for cooking Cakes



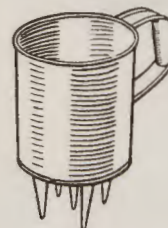
9. CHINESE STEAMER  
(with lid open)



7. SIEVE  
used in preparation of Chendol



10. SPECIAL CAKE TIN  
to prepare Java Roti



11. METAL SIEVE  
for preparing Roti Java



12. KWEI PATTI IRON



13. PASTEL & MORTAR  
used in most curry recipes.

M 34  
1180



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