

El Pollo Loco (Marinate)

1/4 cup corn oil
1/4 cup melted butter
1/4 cup onion, minced
2 tablespoons garlic, finely minced
2-3 drops yellow food coloring
1/4 teaspoon ground cumin
1 teaspoon dried oregano
4 tablespoons fresh lemon juice
4 tablespoons fresh orange juice
1 chicken, 2-1/2 to 3 pounds, halved

Combine oil, butter, onion, garlic, food coloring, cumin, lemon and orange juices in a large shallow pan. Add chicken halves, turning to coat well. Cover and marinate several hours, or overnight. Remove chicken from marinade, then cook over medium coals on barbecue grill, or in a broiler 4 inches under source of heat, until browned on both sides and meat is done, turning and basting frequently, about 25 minutes.

Cut chicken halves into pieces. Serve with beans and rice, corn or flour tortillas, and fresh salsa.



Brown Bean and Meat Sauce Noodles

1/4 cup brown bean sauce
1/4 cup sweet bean sauce or hoisin sauce
1/4 cup water
1/4 cup corn oil
1/4 cup chopped scallions, white part
1 pound ground pork with some fat
1/4 cup chopped scallions, green part
1 pound Chinese Noodles (eggless)

Garnish: 1 cup finely shredded cucumber or lettuce or blanched bean sprouts

Combine the brown bean sauce and sweet bean sauce in a small bowl, add the water, and mix well.

Heat a wok for 30 seconds, add the oil and swirl, then toss in the white part of the scallions and stir while they sizzle for a few seconds; then add the pork. Stir fry over medium heat until the pork pieces are separated. Add the water-sauce mixture and stir and toss gently over medium-low heat for about 5 minutes, or until the liquid begins to smell fragrant and the water has cooked away (when this happens, the oil will start floating up the sides). Then add the green part of the scallions. Stir only once to mix. Remove from the heat and dish out immediately into a bowl.

Boil the noodles in 4 quarts of boiling water for about 2 minutes. Drain and shake off the water.

To serve, scoop about 1 cup of cooked noodles into each of six large soup bowls and spoon 2 heaping tablespoons of sauce on top. Sprinkle the shredded garnish over the sauce and serve at once.



Char Kuew Teow

Steps to frying like a Hawker (Thanks to Yuyi CoffeeShop)

2 Tablespoons of Oil (if you're fat, use LARD!!)

1 Tablespoon Garlic

1 Tablespoon Chilli Paste (if you want it spicy)

A bunch of Shrimp or Fish Cakes or Chinese Sausage

2 Tablespoon Soya Sauce

Fry, Mix it well

Stir in Kuew Teow (or whatever noodles you are using)

Variation – You can add in Oyster sauce now and some Black sauce

Add in 2 eggs (1, if you are a health nut)

Add in some oil (Not needed if you're healthy, but you only live once)

Add in Veggie/Greens

Add in Bean Sprouts



Kong Fu Sauce (over rice or noodles)

Fry Garlic

Add some sliced chicken

1 ½ cup of chicken broth

2 Tablespoon Oyster Sauce

½ Teaspoon Soya Sauce

1/8 Teaspoon Fish Sauce

½ Teaspoon Sugar

A small bunch of cabbage

A Dash of White Pepper

Salt to taste

Egg

Cornstarch to Thicken sauce



Beef or Vegetarian Stew

3 Carrots
5 medium Sized Tomatoes
3 Ribs of Celery
3 Large Potatoes
2 Large White Onions
3 Cloves of garlic
1 Bay Leaf

¾ Teaspoon dried Thyme Leaves
¾ Teaspoon dried Basil Leaves

2 Pounds Lean Beef Stew Meat (remove if planning meatless)

1 can Beef Broth
(Added Kidney beans for heartiness, great when I have no rice diet)
2 Cups of water

Bring to boil, then simmer till tender or desired texture. Mix in some cornstarch if you want slightly thicker consistency.



Mince Meat and Potatoes

Heat up a Tablespoon of Oil (I use Olive Oil)
2 Onions (diced)
3 Potatoes (diced)
1 Carrot (diced) if desired
1 Tablespoon Worchester sauce
1 Tablespoon Soya Sauce
A pinch of Rosemary
1 stick of Cinnamon
A pinch of Basil and Thyme
1 Tablespoon of Sugar
2 Cans of Beef Stock (or 2 cups of water and 2Xcube beef broth)
Spring Onions for garnish (if desired)

I add a can of green peas towards the end, I love the taste!
Other variations I've tried – Chickpeas, kidney beans!





Coleslaw Dressing

- 1/2 Teaspoon Salt
- 1/8 Tablespoon Pepper
- 1/2 Cup Milk
- 1/2 Cup Mayonnaise
- 2 Tablespoon White Vinegar
- 2 1/2 Tablespoon Lemon Juice



Tartar Sauce

- 1/2 cup Kraft Real Mayonnaise
- 1/4 cup sweet pickle relish
- 2 tablespoons Miracle Whip Salad Dressing
- 1 tablespoon sugar
- 1/2 teaspoon dry parsley flakes
- 1/4 teaspoon onion powder



Thousand Island Dressing

- 1/3 Cup Mayonnaise
- 2 Tablespoon Ketchup (or chilli sauce)
- 1 Tablespoon White Vinegar
- 2 Tablespoon Sugar
- 2 Tablespoon Pickled Relish (not required)
- 1 Tablespoon Finely minced onion
- 1/8 Teaspoon Salt
- Dash of Black Pepper



Honey Mustard Dressing

- 3/4 Cup Mayonnaise
- 3 Tablespoon Honey
- 3 Tablespoon Mustard
- 1 Tablespoon Lemon Juice
- Salt and Pepper to taste



Teriyaki Sauce

- 3 Tablespoon Soy Sauce
- 2 Tablespoon Dark Brown Sugar
- 1 Tablespoon Corn Oil
- 1/2 Teaspoon ground ginger
- 1/8 Teaspoon Ground Black Pepper
- 1/2 Teaspoon Garlic Powder

BBQ Chicken Wings

Ingredients:

- 10-12 chicken wings

For Marinate:

- 5 shallots (peeled and chopped into small pieces)
- 5 garlic (peeled and chopped into small pieces)
- 2 inches of ginger (peeled and chopped into small pieces)
- 1 teaspoon of dark soy sauce
- 5 teaspoon of soy sauce
- 3 dashes of white pepper powder
- 3 dashes of sesame oil
- Sugar to taste
- Salt to taste

Method:

Marinate the chicken wings for 12 hours. Grill over fire and constantly turning them so they are evenly grilled. Serve hot.



Chicken Kebab Recipe

Skinless and boneless chicken
Green bell pepper (cut into big cubes)
Red/Yellow bell pepper (cut into big cubes)
Pineapple (cubes)
Red Onions (or White) Cubes

Spicy Marinade:

1 1/2 tablespoons olive oil
1 1/2 tablespoons lemon juice
1/2 – 1 teaspoon paprika (if you like spicy, use 1 teaspoon)
1/2 teaspoon chili flakes
1/2 teaspoon ground cumin seeds
1/4 of one small onion
2 cloves garlic
1/4 teaspoon salt
1 tablespoon chopped fresh parsley leaves (or dried parsley)

Sweet Marinade:

1/2 Can Pineapple Juice (or Orange Juice)
1/2 Cup Teriyaki Sauce
2 tablespoon Light Soy Sauce
2 tablespoon Honey
2 cloves garlic
1/4 teaspoon salt



Nasi Lemak Sambal

500 grams Chilli Paste
250 grams Shallots
2 Big Onions
1/2 Cup Cooking Oil
3 Tablespoon Sugar
2 Tablespoon Gula Melaka
1/2 Teaspoon Salt
1/4 Piece of Belacan
1/2 Tablespoon Assam Juice (Tamarind)

Slice Shallots and Onions Thinly
Heat Oil, Fry Onions and Shallots till fragrant
Add in Belacan and Chilli Paste
Fry till thicken slightly

Add in Sugar, Gula Melaka, Assam Juice and Salt (to taste)



Chilli Sauce For Chicken Rice

200g fresh red chillies
4 cloves garlic
1 small piece of ginger (thumb size), peeled
4 tbsp white vinegar
1 tbsp light soy sauce (may be substituted with fish sauce)
Salt & sugar to taste

Step-by-Step

Put chillies, garlic & ginger into grinder to grind till rather fine.
Add in the rest of the ingredients & grind till smooth.
Taste for saltiness.
Store chili sauce in air-tight container in the fridge.
May store up to 2 months.



Pickled Preserved Green Chillies

200g green chillies
Boiling water
1/2 cup white vinegar
3 to 4 tbsp light soy sauce

Step-by-Step

Slice green chillies.
Pour boiling water over to scald the chillies.
Drain away the water.
Add in vinegar & light soy sauce into the chillies, making sure the liquid mixture cover over them.
Store chili sauce in air-tight container in the fridge.
May store up to 2 months.



Mee Siam



Grind Together

10 dried chillies
10 shallots
1 knob belacan

1/2 packet beehoon, soaked in cold water till soft
1 handful beansprouts
150 g prawns, shelled & cleaned (do not discard heads & shells)
1 tbsp preserved soy beans (taucheo), pounded
1/2 cup thick coconut milk
1 cup thin coconut milk
Tamarind juice to taste
Salt & sugar to taste

Garnishings

Seasoned prawns
1 hardboiled egg, sliced
1/2 firm beancurd, diced & fried
2 stalks chives (koo chye), cut
2 limes, halved

Step-by-Step

Grind chillies, shallots & belacan together till fine & set aside.
Put prawn heads & shells in a pot & boil with 2 cups water.
Add in 1/2 teaspoon of salt into the stock.
When stock boils, discard prawn shells & scald the soaked beehoon. Drain well.

Heat up some oil in a large saucepan.
Fry the ground ingredients for a minute.
Add in half portion of preserved soy beans.
Fry well & season with sugar & salt.
Divide mixture into 3 portions & set aside.
To 1st portion of ground ingredients, toss in beansprouts to mix well.
Scoop up & set aside.
Heat up some more oil.
Fry beehoon in the saucepan.
Add in about 2 to 3 tablespoons of thick coconut milk, 2 tablespoons of tamarind juice & a bit of salt to taste.
Stir quickly & mix in the beansprouts mixture.
Remove beehoon on a serving plate.
To 2nd portion of ground ingredients, fry prawns.
Do not overfry, add a bit of salt & 1 tablespoon of thick coconut milk to season.
Remove onto a serving plate.
To 3rd portion of ground ingredients, add in the remaining half of the preserved soy beans to fry in a pot.
Add in all the coconut milk, tamarind juice, salt & sugar to taste.
Allow to simmer for about 15 minutes.
Garnish beehoon with seasoned prawns, sliced eggs, firm beancurd, chives & limes.
Serve hot with gravy.