



Food Fest 2020 Cooking Show Recipes

Braised Prawns by China Club



The Ingredients

12-15 Lrg. Unpeeled Shrimp
Vegetable Cooking Oil
5g. Ginger finely chopped
1 Clove of Garlic finely chopped
10g of Spring Onions finely chopped
Pinch of Salt
1/2 tsp brown sugar
2 Tbsp Soy sauce.

The Instructions

Heat oil in a large deep frying pan. Place ginger and garlic into the pan. Carefully place the shrimp into the pan of oil. Cook the shrimp in it until they are all red on both sides. Mix the salt, brown sugar, soyu sauce and ketchup together and slowly pour over the shrimp. Let it simmer for 2min. Once it is all cooked, remove onions over it to give it color and more flavor. Enjoy with rice.



Buttermilk Chicken by the Singapore Malaysia Club



The Ingredients

2-3lbs Boneless skinless	1 tsp Salt
fresh cubed chicken pieces.	1 cup Condensed Milk
3 cups Vegetable cooking	2 Cloves of Garlic finely
oil.	chopped
2 Eggs	½ cup Scallion finely
½ cup Corn Starch	chopped
1 cup Salted Butter	

The Instructions

Crack 2 eggs into a bowl and add salt and corn starch. Mix until yellow in color. Add the chicken into the bowl and make sure all chicken cubes are coated in the mixture. Place the butter in a deep frying pan to melt. Sauté garlic for 1min in the butter. Carefully place the cubed chicken pieces into the hot pan. Stir chicken in butter and garlic until a light gold brown. Add the condensed milk and continue to stir until it starts to boil. Remove from heat and serve on fried rice.



Red Sauce Fried Fish by the Singapore Malaysia Club



The Ingredients

1/2kg Tilapia fish cleaned, gutted, and scaled.

5 cups Vegetable cooking oil.

2 cups Thai chili sauce

2 tsp Salt

½ cup Clove of Garlic finely chopped

½ cup Scallion finely chopped

The Instructions

A Preheat oven on 350. Heat a large deep frying pan with the 5 cups of oil. Dry and lightly salt the cleaned fish. When the oil is hot turn the heat down and carefully submerge the fish into the hot oil. Turn the heat up so the fish will cook crisply. Once the fish is cooked, carefully remove from the hot pan and place on a flat platter. Pour the Thai chili sauce over the fish soaking it on both sides. Place the platter in the preheated oven on warm for 10min. Remove and garnish with ½ cup of finely chopped scallions.



Traditional Noodles by Taiwan Club



The Ingredients

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| 1 pkt. Noodles | 1/2 cup sugar |
| 6 Large shrimps | 1 tbsp. five spiced powder |
| 1 cup dried shrimps | 1/2 cup sesame oil |
| 1 cup dried mushroom | 1 tsp. salt |
| 1 lb. ground pork | 3 garlic cloves smashed |
| 1cup cooking alcohol | 1/2 cup onion crisp |
| 1 cup water | 1/2 cup bean sprout |
| 1/2 cup soy sauce | 1/2 cup veggies |
| 1/2 cup oyster sauce | 3 eggs boiled and soaked in soy sauce overnight |

The Instructions

Use a deep frying pan to sauté garlic and onion in sesame oil for 1 minute. Add shrimp carefully and stir for 2min. Add cooking alcohol, water, soy sauce, oyster sauce, and all other ingredients except for the noodles, bean sprouts, and vegetables. Stir slowly on low heat for 3min. Add noodles, bean sprouts, vegetables and prepped boiled eggs. Simmer for 5min stirring regularly. Serve hot in a bowl. Enjoy

Bubble Drink by theTaiwan Club



The Ingredients

1 cup Brown sugar
1 cup Pearl black tapioca
2 cups Water
1 cup Whole milk

The Instructions

Boil water in a small pot on the stove, medium heat. Place brown sugar and pearl black tapioca in the pot and bring it to a boil while stirring consistently. Pour excess water. Pour melted sugar and pearl black tapioca into a tall glass. Add milk to the glass and stir. Enjoy!





Laulau by the Hawaiian Club



The Ingredients

2 Medium Sized Laulau Leaves

3 Ounces of Pork butt. Chopped into nice medium cubes with fat on each piece of port.

A Pinch of Hawaiian Salt

1 cup Garlic Salt

24 Ti leaves



The Instructions

Open a taro laulau leaf and place another on top of it (2). Place 4-5 pieces of pork in the middle of the taro leaf. Sprinkle a teaspoon of Hawaiian salt and a teaspoon of Garlic salt all over the pieces of pork on the taro leaves. Wrap the taro leaves around the pork. Prepare the ti-leaves by thinning out the stem so it can bend (Do not split the ti-leaf). Wrap the taro leaf bundle in the two ti-leaves making sure that it is secure and tie the ti leaf. Repeat this process until all laulau bundles have been wrapped securely. Place all laulau bundles into a pressure cooker for 1hr. Open after and bring out a hot cooked bundle. Open and remove the ti-leaves. Enjoy the pork laulau.

Banana Lumpia by the Philippine Club



The Ingredients

4 large Ripe Bananas	1 large canned Jackfruit
16 Rice Wrapper	1 cup Vegetable cooking Oil
1 cup Brown Sugar	1/2 cup water

The Instructions

Heat oil in a deep frying pan. Place the brown sugar into a shallow bowl. Peel and cut bananas into 4 pieces. Open can of jackfruit. Take a quarter banana with a piece of jackfruit and roll these in the brown sugar. Place the quarter banana with a piece of jackfruit in the rice wrapper. Roll it in the rice wrapper. Wet your fingers in the water and wet the ends of your rolled banana lumpia and fold it up onto itself to seal in the banana and jackfruit. Place each rolled lumpia carefully into the hot pan of oil. Turn the lumpia with tongs to ensure all sides are a light golden brown. Remove the lumpia rolls from the pan once it is all golden brown. Enjoy on its own or with ice-cream.



Homemade Yogurt by the Mongolian Club




The Ingredients

1 cup Whole milk (Mongolia processes milk from dairy cattle).	1 cup	Granola
1 cup Yogurt	½ cup	Honey
1 cup Ripe banana chopped	½ cup	Raspberries
	½ cup	Blueberries
	2sml	Mint leaves

The Instructions

Heat milk in a pot on medium heat. Place yogurt in a bowl. Pour cup of milk on top of yogurt. Cover the bowl with cellophane and place in a warm area.

Leave it there for 6hrs. The yogurt should be a thick creamy texture. For morning breakfast, place some yogurt in the bottom of a glass cup. Add granola and layer on top of it some banana slices, raspberries, and blueberries. Add another layer of yogurt on top with another layer of banana slices, raspberries, blueberries and honey. Add a couple of mint leaves to garnish. Enjoy.



Mongolian BBQ by the Mongolian Club



The Ingredients

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| 3lbs Lamb meat
chopped up into
medium pieces | 1 Yellow whole Onion into
quarters |
| 4 Potatoes chopped
into large pieces | 1 Whole garlic |
| 2 Carrots into 4 pieces | 1 Head of lettuce |
| | 1 Head of cabbage |
| | 4 Round dark smooth rocks |

The Instructions

Heat the rocks on a grill or in the fire. Add all the ingredients into a large pot on an open fire or use a pressure pot in your kitchen. The stones will add flavor and heat to the ingredients. Do not eat the stones. Enjoy this dish.



Koko Rice by the Maka'ala Human Rights Club



The Ingredients

2 cups of rice
7 cups of water
1 cup of sugar lemon leaf (laumoli)
koko samoa or chocolate powder
1 cup of coconut milk or evaporated milk

The Instructions

Clean the rice by washing it in a bowl of water until the water is clear. Place the 7 cups of water and 2 cups of rice in a pot of water and heat to boil. Stir the ingredients in the pot with a wooden spoon to ensure it does not stick together. When the rice is breaking apart, add the cup of grated koko samoa or cup of powdered chocolate to the pot and continue to stir until it starts to boil and turn down the heat. Add the coconut milk, sugar, and lemon/limes leaves. Continue to stir the ingredients for another 5min. until it is all mixed well. Serve using a ladle spoon and enjoy.





Butter Chicken by the India Club

The Ingredients

1lb Boneless chicken breast cut into bite size pieces.

1tbsp Lemon juice

1tbsp Ginger garlic paste

1tsp Salt

2tbsp Unsalted butter

2oz Chopped red onions

4 Garlic cloves

12 Cashew nuts

1 Black cardamom

4 Cloves

1 Bay leaf

1tbsp Red curry

1stk Cinnamon

1lb Tomatoes chopped.

2cups Water

1cup Yogurt

1tbsp Lemon juice

4tbsp Vegetable cooking oil

1.5tbsp Red chili powder

1tsp Salt

2tbsp Butter

2tbsp Vegetable cooking oil

The Instructions

First marinate chicken. Place chicken into a large bowl. Mix in the lemon juice, ginger garlic paste, and salt into the chicken. Let this sit for 20min. For the curry sauce, use a large deep pot. Add the butter, onions, garlic, cashew nuts, cardamom, cloves, bay leaf, red curry, tomatoes, and water. Mix it altogether and let simmer for 20min. stirring occasionally. Pour the cooled off curry sauce into a large bowl and blend it to a smooth soupy liquid. Second chicken marination. Add oil and red chili powder into a large bowl. Add the chicken that has been marinated for 20min. Mix it all together. Add the yogurt, lemon juice, and less than a tsp. of salt. Mix it altogether and let sit for another 20min. Use a large wok or large deep frying pan for the final combination. Add 2 tbsp. butter into the pan on medium heat. Add a ½ tsp chopped ginger. Add 1 red chili pepper into the pan. Mix everything together to melt the butter. Now add the blended mixture into the pan. Add ½ tsp. sugar and less than a tsp. of salt. Mix and wait until the mixture boils. Now add the cooked chicken. Let it simmer for 2-3min. Pour into a bowl and add 2 tbsp. of yogurt. Enjoy with rice.

Palau by the Melanesian Club



The Ingredients

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| 4 cups White rice cooked | 3 Onions (Whole and yellow chopped) |
| 2 pkt. Garam (Hot) Masala | 8 Red tomatoes (chopped) |
| 3 lbs. Chicken (chopped) | 5 Curry leaves |
| 2 cups Butter | 3 Coriander |
| 2 Ginger Cloves finely chopped | 6 Cardimon |
| 2 Garlic Cloves finely chopped | 3 Red small chili chopped |
| 1 tbsp. Salt | 2 Cinnamon sticks. |
| | 1 cup Oil |

The Instructions

Add oil to a deep pot being heated on the stove. When oil is hot, add salt, onions, ginger and garlic. Mix for 1min. Add curry leaves, coriander, chili, cinnamon sticks, cardimon, and Garam. Mix all ingredients together. Add chopped clean chicken, tomatoes, and butter into the pot. Cook chicken on low heat for 10min. consistently stirring. Add cooked rice and mix all the ingredients together in the pot for 5min. Pour everything from the pot into a pressure cooker. Set pressure cooker for 30min. to cook. Once pressure cooker time is done. Open and serve hot.