



okra and cod dumpling gf

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INGREDIENTS

Pastry

90g wheat starch
90g potato starch
190ml hot water
65ml cold water
1 tbsp of vegetable oil

Filling

80g raw prawn, minced
220g cod fish, chunks 2-3cm
2 tbsp potato starch
1 tsp salt
20ml water
2 tsp sugar
10g garlic, minced
10g onion, minced
5g green chilli, minced
20g ginger, minced
3 tbsp light soy sauce
1 tbsp white vinegar
2 tbsp chinkiang vinegar
1 tbsp vegetable oil
30g carrot, diced 5mm
25g winter bamboo shoot, diced 5mm, blanch before use
25g fresh shitake mushroom, diced 5mm
10g goji berry, soaked

Garnish

approx. 20-30g okra, sliced 2mm

METHOD

To prepare the filling, mix minced prawn and cod fish chunks with potato starch and salt in an electric food mixer with a paddle attachment. Mix at high speed for 5 minutes, add water gradually during mixing. Add sugar and continue to mix on a medium speed until sugar is dissolved. Then add garlic, ginger, green chilli, onion with soy sauce and vinegar continue to mix for another 4-5 minutes on a medium speed.

At the end, mix in all vegetables, goji berry and oil, on low speed, mix for 1-2 minutes.

Decant the mixture into a bowl and store in the fridge for at least an hour before use.

To prepare the pastry dough, put the wheat starch, 1/3 of potato starch and hot water in an electric mixer with a hook attachment, mix at high speed for about 3-5 minutes, add in the cold water gradually while at high speed. Add salt, rest of the potato starch, and oil into the mixer, and continue to mix at slow to medium speed for another 5-8 minutes. Remove from mixer and knead the dough by hand a few times. Use the dough while it is still warm. Dust the table with potato starch and roll out the dough by a rolling pin into about 2mm in thickness, and cut out the pastry using a 9mm diameter round pastry cutter.

To wrap the dumpling, firstly, place the sliced okra in the middle of the pastry, then put approximately 16g of cod filling on top, carefully pleat and pinch one small fold after another and go around the edge.

To cook the dumpling, put them in a bamboo steamer basket, lined with perforated steamer paper (or greaseproof paper with a few holes). Over boiling water, steam it for 7-8 minutes or until cook. Ensure to check the dumpling if it is cooked thoroughly before serving.



miso aubergine dumpling gf vg

miso aubergine dumpling gf vg

INGREDIENTS

Pastry

90g wheat starch
90g potato starch
190ml hot water
65ml cold water
5g turmeric powder
1 tbsp of vegetable oil

Filling

1tbsp vegetable oil
10g garlic, minced
80g aubergine, diced 6mm
60g chickpeas, cooked, roughly chopped
100g quinoa, cooked
½ tbsp smoked paprika powder
small pinch chilli powder
1 tsp sugar
40ml lemon juice
1 tbsp light soy sauce
40g white miso paste
35ml water
2 tsp potato starch
10ml water
25g mangetout, sliced 4mm
3g coriander, roughly chopped

METHOD

To prepare the filling, heat up vegetable oil and garlic in wok on high heat, keep stirring for about one minute, then add in aubergine and chickpeas into wok, stir well and cook for 5-6 minutes or until aubergine is full cooked, then mix in quinoa.

Mix miso paste with water, ensure miso paste is completely dissolved, then add into the wok with all the seasonings and keep cooking for another 2-3 minutes on a medium heat.

In a separate bowl, mix potato starch and water, on low to medium heat, stir in potato starch mixture thoroughly to thicken the filling. After cooked, put filling aside to let it cool down completely. Store in the fridge before mix in mangetout and coriander.

To prepare the pastry dough, put the wheat starch, 1/3 of potato starch and hot water in an electric mixer with a hook attachment, mix at high speed for about 3-5 minutes, add in the cold water gradually while at high speed. Add salt, rest of the potato starch, turmeric powder and oil into the mixer, and continue to mix at slow to medium speed for another 5-8 minutes. Remove from mixer and knead the dough by hand a few times to ensure turmeric powder is evenly mixed. Use the dough while it is still warm. Dust the table with potato starch and roll out the dough by a rolling pin into about 2mm in thickness, and cut out the pastry using a 9mm diameter round pastry cutter.

To wrap the dumpling, put approximately 16g of filling in the middle of the pastry, fold pastry in half into half-moon shape, then pleat about 4-6 folds, pinch pastry to close securely.

To cook the dumpling, put them in a bamboo steamer basket, lined with perforated steamer paper (or greaseproof paper with holes). Over boiling water, steam it for 7-8 minutes or until cook. Ensure to check the dumpling if it is cooked thoroughly before serving.

re-fresh superfood miso
and ginger salad gf vg



re-fresh superfood miso and ginger salad **gf vg**

INGREDIENTS

- 1 carrot, finely grated
- 1/4 cucumber, finely grated
- 1 spring onion, finely sliced
- 1/2 small red chilli, seeds removed, finely chopped
- 40-50g quinoa, cooked
- 4 stalks of tender stem broccoli
- 2 large spoons adzuki beans
- 1 tsp pomegranate seeds
- 1/4 chicken fillet, steamed, shredded

Miso and ginger dressing

- 20g white miso paste
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tbsp vegetable oil
- 2 tsp ginger, purée
- 2 tsp lemon juice

Garnish

- 3-4 red amaranth

METHOD

Mix all salad dressing ingredients together thoroughly. Leave it aside for later.

In a large bowl, add in all salad ingredients together, then add salad dressing into the bowl and mix together thoroughly.

Decant into a serving plate and topped with red amaranth.