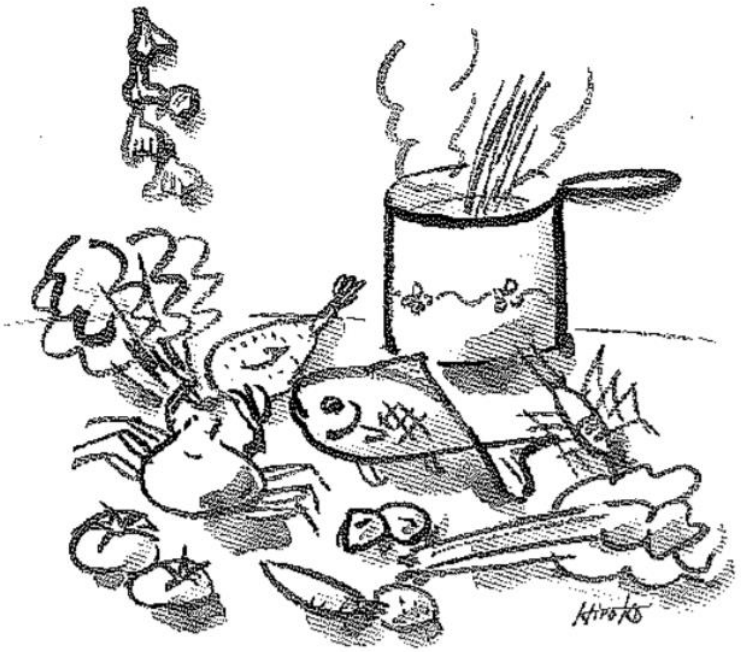
sata CommHealth

RECIPE BOOK

A collection of nourishments made for the community



2022

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INTRODUCTION

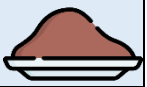
The recipes were taken from the cooking demo that SATA CommHealth has been running since 2020. The food was chosen with careful consideration to what the community wants.

With that, we hope you enjoy!

1. Almond Cake

The almond cake is a classical cake that incorporates the almond nuts. It's soft supple texture and that crunch has been loved by many.

INGREDIENTS

1	Eggs	4 (55 grams) without shell	
2	Caster Sugar	140 grams	
3	Plain Flour	170 grams	
4	Baking Powder	1 Teaspoon	
5	Salt	½ Teaspoon [If using *salted butter*, you do not need to add salt]	
6	Butter	200 grams	
7	Almond Powder	100 grams	
8	Almond Flakes/Slices	some	

METHODS

1.Grease 8” round baking pan with butter and dust with some plain flour on all sides of pan
2.Place butter into a pot with hot water, stir until butter melt
3.Preheat oven at 180 °C
4.Make cake batter, place sugar and eggs in bowl and beat at medium speed
5.Beat till light and fluffy
6.Turn to low speed and beat for 1 min
7.Place plain flour and baking powder in another bowl and prepare a sieve
8.Sieve through half of the flour onto the egg mixture and use spatula stir upwards
9.Add balance flour and stir upwards
10.Add 100 gm ground almond
11.Scoop some batter and add on butter, mix well

12.Pour butter mixture onto the batter and mix everything with a spatula until well combined.
13.Gently pour batter onto baking pan and sprinkle almond slices on top.
14.Bake in a preheated oven at 180Deg C at 35 to 40 mins
15.Let cake cool before slice.

Healthy Tips:

Almonds contain lots of health fats, fiber, protein, magnesium, and vitamin E.

2.Hakka Abacus Seeds

Created by Mdm Ng

The Hakka Abacus seeds is a traditional Hakka dish made with yam that is usually eaten during festival as it signifies wealth. It's labour intensive and patience could be a reason why.

INGREDIENTS

1	Yam	300 grams (Peel skin and cut into ¼ inch thick slices)
2	Tapioca Flour	300 grams
3	Dried Black Mushroom	50 grams (Soaked and Diced)
4	Black Fungus	50 grams (Soaked and cut into thin strips)
5	Garlic	3 to 4 cloves of Garlic, (Peeled and Chopped)
6	Cooking Oil	2 Tablespoon
7	Spring Onion & Chinese Parsley	Garnishing
8	Light Soya Sauce and Pepper	For taste
9	Dry Prawns	50 grams (soaked and dried)

METHODS

1.Add boiling water to cover yam in a pot. Steam for 25 to 30 mins till yam is soft.
2.Drain the water and add both flours to cooked yam while it is still hot. Mash and
Combine thoroughly till dough is formed.
3.Transfer the dough to a bowl and knead until dough is smooth and of a nice soft constituency.
4.Roll dough into long strip of about 1 inch thick and cut into ½ inch cubes. Roll the cubes into balls then flatten to a thick disc.
5.Press the centre on both sides of the disc with thumb and another finger to make a depression on both sides.
6.Cook the abacus seeds in boiling water. Once the seeds float, they are cooked.

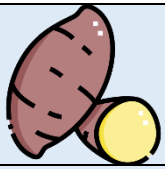
7.Scoop all the seeds into a pot of tap water. This will prevent the seeds from sticking to each other. Set aside.
8.Sauté garlic in a heated wok.
9.Add mushrooms, black fungus and dry prawns.
10.Add the abacus seeds and mix well
11.Fry for about 5 mins before adding some water and seasoning.
12.Add chopped spring onions.
13.Garnish with parsley and red chillies.
14.Serve hot

3.Ondeh-Ondeh

Created by Mdm Teo

The Ondeh-Ondeh is a classical snack well known by many locals. This Javanese originated snack is well known for its sweet filling and its softness in every bite.

INGREDIENTS

1	Sweet Potatoes	500 grams (Washed) 
2	Glutinous Rice Flour	3 – 4 Tablespoon (Depends on dough texture)
3	Tapioca Starch	3 Tablespoon
4	Desiccated Coconut	250 grams (80 grams with pinch of salt and balance of 170 grams to fry with gula melaka with oil)
5	Cooking Oil	1 tablespoon or lesser
6	Gula Melaka	150 grams

METHODS

1.Steam 80gms of desiccated coconut with a pinch of salt for 3 to 4min
2.In a pan, add a tablespoon of oil and fry 170g of desiccated coconut with shaved gula Melaka.
3.Set aside and let it cool.
4.Steam sweet potatoes until soft and mash the sweet potatoes.
5.Add glutinous rice flour to the mashed sweet potatoes and add tapioca starch. Mix well.
6.Knead until it forms a smooth dough.
7.Roll dough into roughly 20g balls and make cavity in the centre, add fry desiccated coconut and shape into a ball.
8.In a boiling water pot, place the balls in simmering water for about 3 minutes or until they float to the top.
9.Once cooked coat them with grated coconut and they are ready to serve

4. Osmanthus Jelly

Osmanthus petals have a unique flavour which is only slightly bitter and very mildly sweet, making it ideal for cooking, making teas and wines, or as an ingredient for fragrance.

INGREDIENTS

1	Agar-agar powder	1 tablespoon
2	Konnyaku jelly powder	1 teaspoon
3	Osmanthus flower	1.5 tablespoon
4	Wolfberries	1.5 tablespoon
5	Water	750ml
6	Sugar	100 grams

METHODS

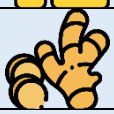
1.Mix together sugar, agar-agar powder and Konnyaku jelly powder
2.Bring water to boil, add in Konnyaku powder mixture
3.Stir and cook over low heat for 5 minutes

4.Add in Osmanthus flowers and stir well, then add in wolfberries, reduce to low heat
5.And simmer for another 5 minutes
6.Turn off the heat, pour the mixture into the mould
7.Leave to cool and chill in the fridge until set.

5.Pumpkin Soup

Pumpkin Soup is a soup that is popular in the US during Thanksgiving. It can be served both cold and hot. Pumpkin is well known for pack vitamins that may boost immunity and are also highly nutritious.

INGREDIENTS

1	Olive oil (or any vegetable oil)	1 Tablespoon
2	Minced Ginger	10 Grams 
3	Pumpkin Flesh (Remove skin and seeds) cut into cubes/pieces	400 Grams
4	Carrot (cut into cubes/pieces)	100 Grams
5	Baked or Roasted Cashew Nut	50 Grams
6	Salt	½ Teaspoon (plus extra to taste)
7	Ground White Pepper	1/8 Teaspoon
8	Water	750 ml

METHODS

1.Place oil and fresh ginger in frying pan or pot and sauté till fragrant.
2.Add pumpkin, carrot, cashew nuts, salt, white pepper and water. (You may transfer everything to a pot) and boil in low heat for 15 mins till soft.
3.Place everything in a blender and blend for 1 min.
4.Adjust seasoning to taste and serve hot.
5.You may garnish with croutons or toasted bread (cut in cubes) and toast in oven.
6.Can also go with lightly toast garlic bread

Tips

- For thinner soup consistency, add 100 ml of water and blend 20 seconds.
- You may replace potatoes instead of adding carrots

6.Savoury Oats Congee

Oats help lower blood sugar level and provide antioxidants to the body. Not only is it a healthy meal but in addition to that, are great replacements to carbohydrate.

INGREDIENTS

1	Rolled oats/instant oats	1.5 cups 100 grams	
2	Boneless skinless chicken thigh/legs	300 grams (cut into chunks)	
3	Dried/fresh shitake mushroom (Sliced)	100 grams	
4	Garlic	4 cloves (sliced or minced)	
5	Ginger	20 grams (sliced into strips)	
6	Spring onions for garnish	Optional	
7	Lemon or calamansi juice	1 Tablespoon	
8	Sesame Oil	1 Tablespoon	
9	Salt	¾ to 1 Teaspoon	
10	Ground Black Pepper	1 Teaspoon	
11	Water	3 and 4 cups of water	
12	Cooking oil	Some	

METHODS

1.Pour some cooking oil onto pot
2.Sauté ginger for a minute
3.Sauté garlic for a minute, do not overburn garlic
4.Add chicken and fry till cooked
5.Add salt and pepper, Add Oats
6.Add mushroom
7.Fry till oats turn slightly brown in colour
8.Pour 3.5 to 4 cups of water
9.When it boils add lemon juice & after stir, add sesame oil
10.Cook until oats plump & let the liquids thicken
11.Sprinkle some spring onion.

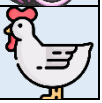
Tips

- Used Harvest Fields Brand – Whole Grain Rolled Oats, is a Transfat free and Healthier Choice

7.Shepherd's Pie

The Shepherd's pie is a pie well known in many households. This English pie is a pie that have many other variants, this food's limit is endless!

INGREDIENTS

1	Large Russet Potatoes	5 to 6
2	Butter	1 Tablespoon
3	Low Fat Milk	1 Tablespoon
4	Worcestershire sauce	1 Tablespoon
5	Oyster Sauce	1 Tablespoon
6	Light Soya Sauce	1 tablespoon
7	Salt and Pepper	Enough for taste
8	Carrot (diced)	Diced
9	Tin Button Mushrooms	1, sliced not too finely
10	Small Onions	½ bowl (finely sliced)
11	Mince Chicken	500 grams 

METHODS

1.Heat oven. Boil potatoes, peel and mashed. Add salt, pepper, butter and milk. Leave aside.
2.Fry onions, add carrots, mushrooms and meat. Then add Worcestershire sauce, light soya sauce and oyster sauce.
3.When oven is heated, switch to grill
4.Place portions of meat filling into casserole dish or pie dish.
5.Spread mashed potatoes evenly on top of the filling. Scrap with a fork.
6.Grill for 25 minutes-allow to stand for 10 minutes.

8.Steamed Savoury Pumpkin Cake

The pumpkin is a well-known fruit that has a lot of benefits. It highly nutritious and rich in Vitamin A.

INGREDIENTS

A			
1	Pumpkin (skin peeled and cut into small cubes)	220 Grams	
2	Dried shrimps (rough chopped)	70 Grams	
3	Shallot oil (Oil used to fry shallots)	50 Grams	
4	Dried mushrooms (soaked to soften, drained, stem remove and slice thinly)	6 pieces	
B			
6	Water	500ml	
7	Rice flour	250 Grams	
8	Corn flour	20 Grams	
9	Oyster sauce	1 teaspoon	

10	White pepper powder	½ teaspoon
C		
11	Shallots (Skin peeled, sliced thinly) & fried until golden brown	10 pieces
12	Red chili (slice thinly)	1 pieces
13	Chopped spring onion	Enough for garnish

METHODS

1.Grease round cake tin with cooking oil. Set aside

2.Mix all of ingredients (B) together in a mixing bowl, stir until well combined and resembles a watery batter. Set aside

3.Heat up shallot oil in a pan and saute dried shrimps until fragrant.

4.Dish out half of the dried shrimps and set aside as is for topping later.

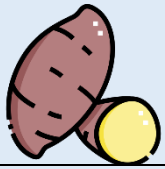
5.Half of the remaining dried shrimps in the pot, add in diced pumpkin and mushrooms

6.Saute for few mins and add in watery batter to cook until the mixture turns into a thick paste
7.Turn off the heat.
8.Transfer the thick paste to the cake tin.
9.Set up the steamer fill with water and bring to a boil on high heat. When water starts to boil, place pumpkin cakes on the steamer pot.
10.Steam for 35mins on medium heat until cooked.
11.Make sure they are completely cooked before slicing pumpkin cake.
12.Garnish with balance dried shrimps, fried shallots, sliced red chilly & spring onion

9.Sweet Potatoes Huat Kueh

The sweet potatoes are not only highly nutritious it is also a great source of fibre, vitamins, and minerals. Its benefits also include supporting healthy vision and enhances brain function.

INGREDIENTS

1	Sweet Potatoes	200 grams 
2	Self-raising flour	250 grams
3	Castor Sugar	130 grams
4	Coconut Milk	150 grams
5	Yeast	1 Tablespoon (Mix with 5 tablespoon warm water and leave the mixture aside for 5 – 10 mins)

METHODS

1.Remove sweet potato skin and slice thinly.
2.Steam slice sweet potato for 15 to 20 mins on medium fire.
3.Add 1 tablespoon of instant yeast with 5 tablespoon of warm water in a bowl, mix well and set aside for 5 to 10mins
4.Mix well mash sweet potato with sugar
5.Add coconut milk and stir well, mix well with yeast mixture, and lastly add sieve flour and stir well.
6.Pour the batter into mold with paper cup and steam on high heat for 15mins.
7.Ensure the pot cover is dry before closing to steam.

A short break to thank the community @ Fernvale

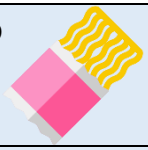
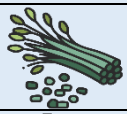
We would like to thank all community members for joining us and supporting us!

Pictures taken before the pandemic, 2019.

10. Sweet Korean Potato Noodle with Beef/Chicken Japchae

Japchae is a slightly sweet dish of stir-fried glass noodles and vegetable that is well known in the country of Korea.

INGREDIENTS

1	Korean Sweet Potato Noodle	125 grams (Cut to 15 cm length) 
2	Beef/Chicken- Sliced thinly	100 grams
For Marinate Meat		
3.1	* light soya sauce	¼ tablespoon
3.2	* white pepper powder	¼ tablespoon
3.3	* corn flour	½ tablespoon
4	Sesame seeds	1 Tablespoon (light fry)
5	Chives	50 grams 
6	Garlic	2-3 (Minced)
7	Shitake mushroom	Thinly sliced

8	Sesame oil	1 teaspoon (can be more)
9	Water	6 cups To blanch sweet potato noodle
10	Cooking Oil	1 Tablespoon

Sauce		
1	Water	65 ml
2	Light Soya Sauce	2.5 tablespoon (or more)
3	Sugar	1 tablespoon

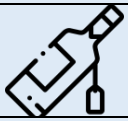
METHODS

1.Mix it well in the sauce in a bowl and set aside
2.Marinate the meat with *** for 30 minutes
3.Cook the sweet potato noodles, fill it in a pot with water and bring to boil on high heat. Add in noodles to cook for 6 minutes. Drain out noodles and rinse under cold water briefly
4.Place drained noodles in a large bowl and set aside
5.To cook the sauce condiments, heat up cooking oil and sesame oil on a pan on medium heat, add minced garlic and sauté till fragrant
6.Add the meat, mushrooms, sauce mixture, chives, vegetable, carrots and let it simmer till meat is cooked. Add some white pepper, if you are using baby spinach, off the heat and cook briefly.
7.Pour out sauce condiments into the noodle and add some sesame oil and toss everything until well combined. Garnish with toasted sesame seeds.

11.Onigiri (6 pieces)

Onigiri is a well-known Japanese meal that many locals in Japan is familiar with. It's easy to make and an easy food to bring for lunch.

INGREDIENTS

1	Water	265 ml of water (3/4 mug)
2	Japanese Rice	200 gm
3	Japanese rice vinegar depends on own taste	¾ tablespoon 
4	sugar or less (depends on own taste)	½ tsp or less (Depending on your own taste)
5	Seaweed from NTUC (JP OR KR)	1 Pack or as much as you like

METHODS

1.Cook rice
2.Wash rice 3 – 4 times until water clear
3.Place 265 ml water and rice into the rice cooker to cook
4.Do not raise your rice cooker lid when rice is cooking
5.Prepare a bowl and pour vinegar and sugar, mix until sugar dissolved

6.Once rice is cooked, let cooked rice rest for 20 mins
7.Transfer rice into big bowl or a baking tray
8.Pour gradually the vinegar mixture using a rice spoon to gently slice the rice to one side and another side. Spread rice evenly by using rice spoon to slide diagonally
9.Do not over mix your rice, otherwise it will become sticky or mushy
10.Let it cool for about 45 minutes to an hour
11.Prepare bowl of water and bowl of salt
12.Wet both hands with water and dap some salt on both hands by rubbing hands
13.Place a handful of rice onto a piece on one hand and mold it.
14.Press down lightly with a teaspoon on the mold to add filling and shape into triangle.
15.Add a teaspoon of your choice of filling e.g chicken floss tuna, steam salmon, mayo crab stick

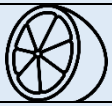
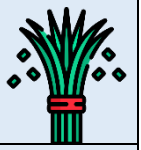
16.And mold it to triangle shape or cylinder shape
17.Decorate with strip with seaweed
18.You can place your onigiri in the fridge to have it chill

12.Fried Mee Siam

Created by Ms Rosiah

Mee Siam has a unique taste and a complex background. Some believe that the name refers to Siam, the old name for Thailand. This is a goreng version of the well-known dish.

INGREDIENTS

1	Rice vermicelli/Bee hoon	120 Grams **Boil the noodles in pot of water for 2 mins with medium fire**
2	bean sprouts	60 grams (tail removed and washed well)
3	Fried Tao Pok	3 pieces
4	Lime/lemon	3 or ½ (for garnish) 
5	Salted Soybean/Tao Cheong	2 tablespoons
6	Big Onion (Purple)	1 (Sliced thinly)
7	Chives (Ku Chye)	30 grams/6 stalk (Cut into 2 inch strips) 
8	Cooking Oil	2-3 tablespoons

9	Salt	½ Teaspoon
10	Sugar	1 Teaspoon
11	Eggs (fry omelette for garnish)	2
12	Water	80 ml or slightly more
Chilli Paste		
13	Dried Chillies	7 – 8 pieces / 10 grams (Remove seeds if you prefer less spicy) TIP ! You can use 2 spoons of “Store Bought Chilli Paste” *(Soaked in hot water for 5 minutes and drain water and cut into small pieces)*

14	Dry Shrimps	2 – 3 tablespoon or 60 Grams *(Rinse with water and soak in hot water for 5 minutes)*
15	Shallots	5 cloves or 30 grams *(Unpeeled and sliced)*
16	Garlic	3 cloves or 10 grams *(Unpeeled skin and sliced)*

METHODS

1.Place dried chilies, shallots, garlic, 2 tbsp of water in the blender until a smooth paste
2.Heat oil in pan and fry the chili paste until fragrant and oil has separated for about 5 minutes
3.Add sliced big onions and stir well
4.Add Tao cheong and mix well
5.Put in cubes Tao Pok and stir well
6.Add about 80 ml of water and mix well

7.Add salt and sugar for taste
8.Add Bee Hoon and mix well with tongs or chopsticks
9.Add bean sprouts and chives and reduce heat
10.Reduce heat, stir and cook till Bee Hoon is dry and fluffy
11.Turn off the fire and remove noodle.
12.Garnish with egg omelette and lime juice

13. Banana Cake

Banana have been cultivated for the past 10,000 years in Southeast Asia and is well known to be a super-food that is good for digestion.

INGREDIENTS

1	Eggs	4 (55grams without shell)	
2	sugar	110 grams	
3	Vegetable oil	170 grams	
4	Baking soda	1 Teaspoon	
5	Baking powder	1 Teaspoon	
6	Cavendish Bananas	250 grams (Approximately 3 big bananas or 4 medium bananas)	
7	Plain flour	180 grams	

METHODS

1.Preheat oven at 150deg C
2.Grease a loaf tin (10cm x 23cm) with oil and lightyly dust with flour
3.In a bowl, add banana and mash with a fork till smooth
4.* In another bowl, whisk eggs, sugar and add oil, mix until smooth and add baking soda and baking powder
5.Sift plain flour into * and use spatula to fold and combine well.
6.Transfer batter into loaf tin : 4inch x 8 inch or an * 8 inches round cake tin or 8insx8ins square tin
7.Bake for 1 hour
8.Allow to cool for 10 mins before slice and serve. Enjoy!

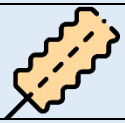
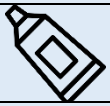
Tips

- You can use a round, rectangle or square foil disposable tray to bake

14.Fried Laksa Chor Bee Hoon

Laksa is a well-known food amongst Singaporeans. This version of the popular laksa, adds the taste into a drier texture and Chor Bee Hoon.

INGREDIENTS

1	Laksa Bee Hoon	400 grams
2	Bean Sprout	Half Packet
3	Fish cake	2 Pieces 
4	Laksa leaves	2 Tablespoons (Remove the leaves stem and chop finely)
5	Garlic	1 Teaspoon (minced)
6	Tao Pok	4 pieces
7	Prima Taste Laksa Paste	1 Packet 
8	Chicken Stock	100 – 150 ml
9	Prawn (optional)	15

10	Coconut milk	2 Tablespoon	
11	Eggs	2 – 3	
12	Fish Sauce	Optional	

METHODS

1.Heat frying pan, add oil, fry and add chicken or prawns
2.Add some oil and add Laksa paste and fry till fragrant. About 2 minutes.
3.Add Bee Hoon and stir well with coconut milk, let it simmer for a few minutes, add bean sprouts, stir and mix well
4.Turn of fire and add laksa leaves
5.Garnish with hard boiled eggs
6.Serve hot

15.Ginger Soy Fish

Fish is filled with omega-3 fatty acid. Its richness in calcium and phosphorus along with other minerals such as iron, zinc, iodine, magnesium, and potassium, means that it can be used for everyday meals and will be sufficient for the body.

INGREDIENTS

1	White Fish	340 grams
2	Corn Starch	1 Tablespoon
3	Cooking Oil	2 Tablespoons
	Ginger	One thumb size
4	Chopped Spring Onion	1 Tablespoons
5	Red Chilli	1 (Remove seeds [slice thinly] optional)
6	Sprigs of parsley	2
Sauce		
7	Water	3 – 4 tablespoons
8	Sugar	1 – 1.5 tablespoon

9	Sesame Oil	1 teaspoon
10	Ground White Pepper	3 – 4 dashes

METHODS

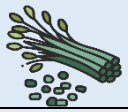
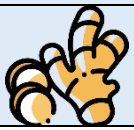
1.Wash fish and pat fish dry with kitchen paper serviette
2.Coat the fish with the corn starch. Set aside
3.Peel the ginger, slice, and cut into thin strips
4.Mix all the INGREDIENTS for the sauce in a small bowl. Stir to mix well and ensure sugar melts
5.Heat up a non-stick frying pan with the cooking oil on medium heat.
When the oil is fully heated, add the ginger and stir fry until they turn light brown. Remove them from the oil and set aside.

6.Using the ginger infused oil, pan fry the fish until both surface turn light to golden brown. Make sure you turn the fish very gently with a pair of cooking chopstick or spatula. Fish fillets are very delicate. You don't want to break them up while pan frying.
7.Add the sauce to the fish as soon as the sauce bubbles. Add red chill and spring onion. Turn off the heat and dish out. Top the fish with the ginger strips and scallion. Serve immediately with steam rice.

16.Tumeric Chicken

Baking is a well known cooking method that helps reduce stress and in addition to the benefits of baking, turmeric is a healthy ingredient that helps with heart health.

INGREDIENTS

1	Chicken Thighs with bones	6 (1200 grams)	
2	Water	100 grams	
3	Brown Sugar	50 grams	
4	Parsley Stem (minced)	30 grams	
5	Garlic Skin Peel/smash with back of knife	4 Cloves	
6	Lemon Grass (Serai) Light bruised	1 piece	
7	Fish Sauces	2.5 Tablespoons	
8	Oyster Sauce	2.5 Tablespoons	
9	Turmeric Powder	1 Tablespoon	

10	White Pepper Powder	1 Teaspoon

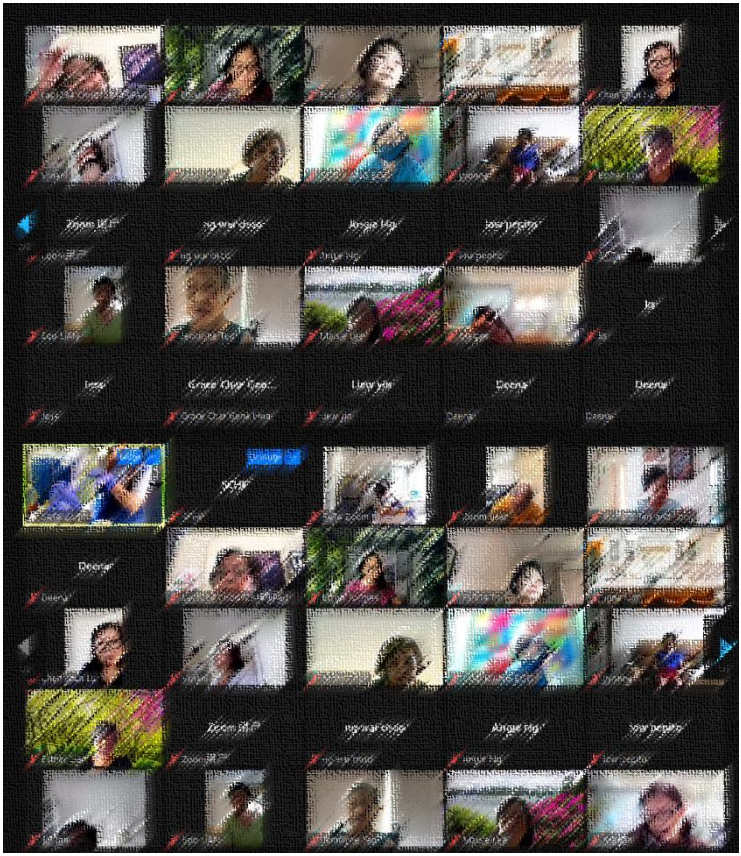
METHODS

1.Marinate everything for 3 hours or longer, prefer overnight in the fridge (remember to take out chicken out from fridge and bring to room temperature before cooking)
2.Preheat oven at 220°C
3.Place marinated chicken into a pot and heat up on medium heat
4.Bring to a boil. Cover with lid
5.Reduce heat to medium low and allow chicken to slow simmer.
6.Cook until sauce start to reduce, and chicken is cooked.
7.Stirring occasionally for about 15 mins
8.Add more water, if needed
9.Remove chicken from pot. Set aside thickened sauce (Do not discard)

10.Place chicken in baking dish
11.Glaze chicken with thickened sauce
12.Bake chicken, place chicken at highest level at 220 to 250°C
13.Number 11 is an optional step you can serve the chicken straight after cooking. Garnish with fresh cut cucumber/parsley
14.You may squeeze some lime juice before serves

THANK YOU FOR READING!

Special thanks to Ms Doreen for all her contributions for the Cooking Demo sessions, and to our volunteers who have shared their personal recipes, as well as to the participants for their continuous support of this initiative. 😊



Notes