

healthy and simple asian recipes

for delicious everyday meals



Measurement Conversions

All our recipes are thoroughly tested in the Periplus Test Kitchen. Standard metric measuring cups and spoons are used throughout, and all cup and spoon measurements are level. We have used medium-sized (60 g, grade 3) eggs in all recipes.

International Measures

Volume

1 teaspoon = 5 ml

1 UK/US tablespoon = 15 ml = 3 teaspoons

1 Australian tablespoon = 20 ml = 4 teaspoons

Lengths

$\frac{1}{4}$ in = 6 mm

$\frac{1}{2}$ in = 12 mm

1 in = 2.5 cm

Weights

1 oz = 28 g

8 oz = 250 g

1 lb = 500 g

We have used international 15 ml tablespoon measures. If you are using an Australian 20 ml tablespoon, the difference will not be noticeable for most recipes. However, for flour, cornstarch or baking powder, subtract one teaspoon for each tablespoon specified.

Cup Equivalents

$\frac{1}{4}$ cup = 60 ml = 2 fl oz

$\frac{1}{2}$ cup = 125 ml = 4 fl oz

1 cup = 250 ml = 8 fl oz

2 cups = 500 ml = 16 fl oz = 1 pint

4 cups = 1 liter = 32 fl oz = 1 quart

1 cup bean sprouts = 50 g

1 cup palm sugar = 185 g

1 cup green peas = 150 g

1 cup rice (cooked) = 100 g

1 cup rice (uncooked) = 200 g

Oven Temperature Guide

When using convection ovens, the outside of the food cooks more quickly than the inside. As a general rule, set the oven temperature 60-70 °F (15-20 °C) lower than the temperature indicated in the recipe, or refer to your oven manual.

	°F	°C
Low	300	150
Moderate	350	180
Med. Hot	400	200
Hot	425	220
Very Hot	450	230

Published by Periplus Editions (HK) Ltd.

Copyright © 2008 Periplus Editions (HK) Ltd.
All rights reserved.

Recipes by Nongkran Daks, Alexandra Greeley, Angela Nahas, Rohani Jelani, Daniel Reid, Devagi Sanmugam, Cecilia Au-Yang, Wendy Hutton, William W. Wongso and Hayatinufus A.L. Tobing.

Photography by Stryke@shotsighted.com, Minori Kawana, Peter Steinhauer, Edmond Ho, Suan I. Lim, Chester Ong, Jörg Sundermann, **Food styling by** Cecilia Au-Yang, Susie Donald, Rohani Jelani, Suan I. Lim, Chester Ong, Christina Ong, Myrna Sim, Christopher Tan.

Previously published as LTC Asian Cooking for Health. ISBN 978-0-7946-0211-6

Distributors

North America, Latin America and Europe

Tuttle Publishing, 364 Innovation Drive
North Clarendon, VT 05759-9436, U.S.A.

Tel: 1 (802) 773-8930; Fax: 1 (802) 773-6993

info@tuttlepublishing.com

www.tuttlepublishing.com

Asia Pacific

Berkeley Books Pte Ltd,
61 Tai Seng Avenue, #02-12,
Singapore 534167

Tel: (65) 6280 1330; Fax: (65) 6280 6290

inquiries@periplus.com.sg

www.periplus.com

ISBN: 978-1-4629-0574-4 (ebook)

Printed in Malaysia

12 11 10 09

5 4 3 2

healthy and simple asian recipes

for delicious everyday meals



Asian cooking is not only healthy but flavorful.
This handy book contains over 50 nutritious and delicious
recipes—like Fresh Japanese Tofu Salad with Miso Dressing,
Chinese Chicken Salad and Mapo Tofu.

PERIPLUS EDITIONS
Singapore • Hong Kong • Indonesia

Contents

Introduction	3
Basic Asian Ingredients	4
Appetizers and Salads	9
Soups	28
Noodles and Rice	44
Poultry and Meat	66
Fish	78
Vegetables and Tofu	84
Complete Recipes Listing	96

MAIL ORDER SOURCES

Finding the ingredients for Asian home cooking has become very simple. Most supermarkets carry staples such as soy sauce, fresh ginger, and fresh lemongrass. Almost every large metropolitan area has Asian markets serving the local population—just check your local business directory. With the Internet, exotic Asian ingredients and cooking utensils can be easily found online. The following list is a good starting point of online merchants offering a wide variety of goods and services.

<http://www.asiafoods.com>

<http://www.geocities.com/MadisonAvenue/8074/VarorE.html>

http://dmoz.org/Shopping/Food/Ethnic_and_Regional/Asian/

<http://templeofthai.com/>

<http://www.orientalpantry.com/>

<http://www.zestyfoods.com/>

<http://www.thaigrocer.com/Merchant/index.htm>

<http://asianwok.com/>

<http://pilipinomart.com/>

<http://www.indiangrocerynet.com/>

<http://www.orientalfoodexpress.com/>

Who hasn't benefited from a bowl of chicken soup when they've been sick with a cold or flu? That warm and soothing bowl of soup is more than just comfort food. Chicken soup does help clear nasal clog. Not only do the vapors from the hot liquid clear stuffy nasal passages, but the onions and garlic used in the soup also have antiseptic qualities.

People have known about the health-promoting and healing qualities of various foods almost as long as there have been people, but Asian cooks have made an art of cooking for health. Indeed, much of what you see on the shelves in Asian food shops is also available in herbal remedies from the Chinese doctor around the corner.

This book is a collection of recipes that not only taste fabulous, but can help you and your family maintain optimum health. Many of the ingredients in these recipes are more than just nutritious—from the everyday onion and garlic to Chinese red dates and ginseng, they have actual medicinal value. In addition to having loads of vitamin C, the dates are said to improve blood quality and cure insomnia. Ginseng has so many healing properties that part of its scientific name is panax, as in panacea. This general tonic is used for nearly everything from enhancing athletic performance to soothing motion sickness.

The tiger lily buds, bamboo pith and wolfberries in the wonderful Cooling Clear Soup are said to calm “liver fire” and thus relax the nervous system. Ginger, used often in the West to settle stomachs, has a long list of benefits, reportedly including curing chills in elephants! And that protein-rich culinary chameleon tofu has no cholesterol and minimal saturated fats, but heaps of isoflavones and phytoestrogens.

So experiment with some of these exotic but easy-to-find ingredients. You'll be surprised how tasty keeping healthy can be.

Basic Asian Ingredients

Bamboo shoots are the fresh shoots of the bamboo plant. Pre-cooked bamboo shoots, packed in water, can be found in the refrigerated section of supermarkets. Canned bamboo shoots are also pre-cooked but should be boiled for 5 minutes to refresh before using.

Black bean paste is made from fermented black or yellow soybeans, and is an important seasoning in Asian dishes. **Black bean paste** (*tau cheo*) has a strong, salty flavor, while **yellow bean paste** (*miso*) is slightly sweet. “Sweet” and “hot” salted beans have added sugar or

garlic and chili. Soybean pastes are available at Asian food stores.



Black Chinese mushrooms, also known as shiitake mushrooms, are used widely in Asian cooking. The dried ones must be soaked in hot water to soften before use, from 15 minutes to an hour, depending on the thickness. The stems are removed and discarded; only the caps are used. Fresh shiitake mushroom stems

can be eaten if the bottoms are trimmed. Substitute porcini mushrooms. Fresh shiitake are increasingly available in supermarkets.

Chili peppers come in many shapes, sizes and colors. Fresh green and red Asian **finger-length chilies** are moderately hot. Tiny red, green or orange **bird's-eye chilies** (*chili padi*) are very hot. **Dried chilies** are usually deseeded, cut into lengths and soaked in warm water to soften before use. **Chili oil** is made from dried chilies or chili powder infused in oil, which is used to enliven some Sichuan dishes.



Thai basil (*horapa*)



Lemon basil (*manglak*)

Basil is used as a seasoning and garnish in many Asian cuisines. Two varieties are used in this book. **Thai basil** (*horapa*) tastes rather like Italian sweet basil but with an added hint of anise, and is used in red and green curries as well as salads and stir-fries. It is available year round. If you cannot find it, use Italian basil. **Lemon basil** (*manglak*) has a lemony flavor that goes well with soups and salads. Basil doesn't store well, so buy it just before you intend to use it.



Chinese cabbage, also known as Napa cabbage, has crinkled, very pale green leaves at the end of long, wide, white-ribbed stalks. Chinese cabbage is pleasantly crisp when raw, and has a slightly sweet flavor which intensifies after long, slow cooking.



Coriander is an indispensable herb and spice in Asian cooking. **Coriander seeds** are roasted and then ground in spice pastes. **Coriander roots** are used in the same way, while **coriander leaves** (also known as cilantro or Chinese parsley) are used as an herb and a garnish.



Daikon radish is a large, crisp, white-fleshed tuber similar to a carrot, with a sweet and clean flavor. It can be eaten raw, or cooked as a vegetable. The skin needs to be peeled or scrubbed before using. Daikon is available from Asian markets and many well-stocked supermarkets.

Dashi soup stock powder is used to make dashi fish stock and as a basic seasoning in many soups and salad dressings. Substitute another soup stock powder or bouillon cubes if unavailable.



Fish sauce is made from salted, fermented fish or shrimp. Good quality fish sauce is golden-brown in color and has a salty tang. It is available in bottles in most supermarkets.



Galangal is similar in appearance to ginger and a member of the same family. This aromatic root has a distinctive flavor that is used in dishes throughout Asia. Dried galangal lacks the fragrance of fresh galangal, so try to buy it fresh. It can be sliced and kept sealed in the freezer for several months.

Japanese rice is a short grain variety that is slightly more starchy than Thai or Chinese long grain rice. Available from most supermarkets, you may substitute any other short or medium grain rice.

Japanese sansho pepper is made from the ground seeds of the Japanese prickly ash plant. Available in small glass bottles in Asian food stores, it gives a hot flavor to fatty foods such as eel. Substitute dried Sichuan pepper or ground red cayenne pepper.



Kaffir lime leaves are used as an herb in soups and curries of Thai, Malay or Indonesian origin. They are also thinly sliced and used as a garnish. Buy them fresh, frozen or dried—fresh or frozen leaves are more fragrant.



Mirin is a type of sweetened rice wine sold in bottles in Japanese stores. It is used only for cooking—the alcohol dissipates during cooking. Add $\frac{1}{2}$ teaspoon sugar to 2 teaspoons sake as a substitute for 1 tablespoon mirin.



Miso is a salty paste made from fermented soy beans. It has a distinctive aroma and flavor, and is an important ingredient in Japanese cuisine. Miso is sold in plastic packs or tubs in the refrigerated section of Asian food stores. Chinese yellow bean paste is similar and may be used as a substitute.



Nori seaweed, also referred to as laver, is toasted, crisp and sold in very thin dark green sheets of varying sizes—these sheets are used for wrapping sushi. Before using, hold a *nori* sheet over an open flame for a few seconds so that it becomes lightly toasted, or toast it in the oven.

Nori is also available as thinly shredded strips or flakes, both of which are used as a garnish served with rice.

Oyster sauce is the rich, thick and dark extract of dried oysters. It is frequently added to stir-fried vegetable and meat dishes, and must be refrigerated once the bottle is opened. Expensive versions made with abalone and vegetarian versions made from mushrooms are also available. Check the ingredients



Fresh yellow wheat noodles (*mee*)



Dried rice vermicelli (*beehoon* or *mifen*)



Dried bean thread noodles (*tang hoon*)



Flat rice noodles (*kway teow*)



Buckwheat noodles (*soba*)

Noodles are a universal favorite in Asia. Both fresh and dried noodles are made from either wheat, rice or bean flour. **Fresh yellow wheat noodles** are thick, spaghetti-like noodles made from wheat flour and egg. Substitute fresh spaghetti or fettucine if you cannot find them. **Dried rice vermicelli (*beehoon* or *mifen*)** are very fine rice threads that must be plunged into hot water to soften before use. **Rice stick noodles** (also known as “river noodles”, *kway teow* or *hofun*) are wide, flat rice noodles sold fresh in Asian markets. If not available, use **dried rice stick noodles** instead. **Soba noodles** are slender Japanese noodles made from buckwheat. **Dried bean thread noodles (*tang hoon*)** are dried translucent noodles made from mung bean starch, which are reconstituted by pouring hot water over them.

listed on the bottle as many brands are loaded with MSG.

Rice wine is frequently used in Asian cooking. Japanese sake, mirin or a dry sherry may all be used as substitutes.

Sake or rice wine is available in many different grades. Besides being popular as a drink, sake is an important ingredient in Japanese cooking. Widely available in liquor stores or in supermarkets, it is also sold in the form of cooking sake in Asian supermarkets. Keep refrigerated after opening. Chinese rice wine or dry sherry may be substituted.

Sea salt is available in fine or coarse crystals and is recommended for pickling and preserving. It is slightly milder in taste and imparts a purer flavor to foods.



Sesame oil is extracted from sesame seeds that have been toasted, producing a dark, dense and highly aromatic oil that can be

used for marinades, sauces and soups, or as a table condiment. Its nutty, smoky flavor has become a hallmark of north Asian cuisine.



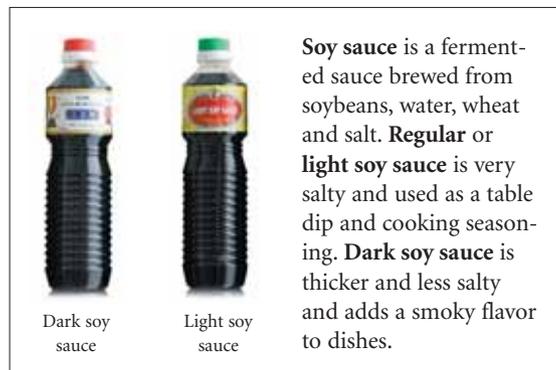
Sesame seeds are available in black and white varieties, although white seeds are more common. **Sesame paste** is made from ground, roasted sesame seeds and comes covered with oil in glass jars. It is quite hard and needs to be mixed with a little sesame oil or water to make it into a smooth paste. If you cannot find it, use Middle Eastern tahini mixed with some sesame oil to give it a more pronounced flavor.



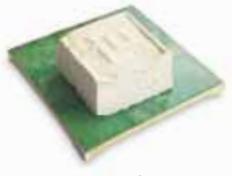
Shiso leaves (also known as perilla leaves) have an attractive dark green color, sometimes with reddish veins, and are widely used in Japanese cooking either as an ingredient or a garnish. It is a member of the mint family, and the leaves have a hint of basil and spearmint.



Sichuan peppercorns are not really pepper, but a round, reddish-brown berry with a pronounced fragrance and acidic flavor. Also known as Chinese



Soy sauce is a fermented sauce brewed from soybeans, water, wheat and salt. **Regular** or **light soy sauce** is very salty and used as a table dip and cooking seasoning. **Dark soy sauce** is thicker and less salty and adds a smoky flavor to dishes.



Firm tofu



Pressed tofu (*tau kwa*)



Soft tofu

Tofu or beancurd comes in various forms. **Soft tofu** is silky and smooth but difficult to cook because it falls apart. **Firm tofu** holds its shape well when cut or cooked and has a stronger, slightly sour taste. **Pressed tofu** (often confusingly labeled as firm tofu) is a type of firm tofu that has had much of the water pressed out of it and is therefore much firmer in texture and excellent for stir-fries. Refrigerate fresh tofu, submerged in water, in a plastic container.

pepper or flower pepper (*hua jiao* in Mandarin), it has a sharp pungency that tingles and slightly numbs the lips and tongue, an effect known in Chinese as *ma la* “numb hot.” Japanese *sansho* pepper, sold in small bottles, contains other ingredients, but has a similar flavor.



Turmeric root resembles ginger when fresh but is commonly sold in dried form as ground turmeric. It turns dishes bright yellow and has a mild flavor. **Ground turmeric** powder is sold in the spice section of supermarkets.

Vinegar is used in many Asian sauces; unless the recipe calls for a specific variety of vinegar, the best choices are rice vinegar or apple cider vinegar. **Rice vinegar** is mild and faintly fragrant, and is the preferred vinegar throughout Asia. Inexpensive brands from China are readily available in the West. If you cannot obtain rice vinegar, use distilled white vinegar or cider vinegar.



Wasabi paste, a traditional condiment served with Japanese sushi, is made from a root similar to horseradish. Available as a paste or in powdered form to be mixed with water.



Wood ear fungus has very little flavor and is added to dishes for its crunchy texture and as a meat substitute. It is sold dried in plastic packets in most Asian supermarkets and comes in small, crinkly sheets. Soak them in water before using, rinse well and discard any hard bits in the center of the larger pieces.