

A Taste of Two Cities

10 dishes from Singapore and Hong Kong that are bursting with flavour



Flavours by ITE • Laksa Soup with King Prawn • Peranakan Fish Curry • Salted Egg King Prawn • Nyonya Mee Siam • Ondeh Ondeh **Flavours by VTC** • Double-boiled Papaya with Shredded Snow Fungus • Deep-fried Garoupa with Assorted Pickles • Pan-fried Tea-smoked Silver Pomfret • Stir-fried Scallops in Supreme X.O. Chilli Sauce • Deep-fried Glutinous Rice Balls Filled with Belgian Chocolate



VTE Laksa Soup with King Prawn

There are several types of *Laksa* in the South East Asian region, but our version is most commonly found in Singapore. It is a creamy broth of spices and coconut milk, topped with prawns and fish cake. Add thick noodles for a delicious meal!

INGREDIENTS

Serves 4 to 6

Laksa Soup

Blue ginger	500g
Tumeric	250g
Candlenut (<i>buah keras</i>)	250g
Lemongrass	150g
Laksa leaves	400g
Fermented shrimp paste (<i>belachan</i>)	250g
Shallots (peeled)	500g
Dried shrimps	400g
Chilli paste	100g
Cooking oil	30ml
Fresh coconut milk	1.25L
Salt	10g
Corn flour	200g

King Prawns and Accompaniments

King prawns (boiled and shelled)	10
Quail eggs (hard-boiled)	20
Fish cake (deep-fried and sliced)	300g
Beansprouts (blanched)	250g
Whipped cream	50ml
Laksa leaves (chopped)	100g

Garnish

Laksa leaves (finely chopped)	125g
Chilli Oil	10ml

PREPARATION

1. Blend blue ginger, turmeric, candlenut, lemongrass, *belachan*, shallots and dried shrimps.
2. Pre-heat pot with oil. Stir-fry chilli paste and blended spices till fragrant.
3. Add *laksa* leaves to pot. Bring mixture to boil and simmer under low fire.
4. Strain the mixture to another pot.
5. Add coconut milk and continue to simmer.
6. Add salt to taste and thicken soup with corn flour.

PRESENTATION

1. Serve *laksa* soup in a bowl.
2. Add king prawns, quail eggs, fish cake and beansprouts.
3. Blend whipped cream and chopped *laksa* leaves to form foam.
4. Garnish with foam, *laksa* leaves and chilli oil.

VTC Double-boiled Papaya with Shredded Snow Fungus

Papaya is known as the ‘fruit of longevity’ as people believe eating the fruit promotes long life. The original version of this dish was ‘Double-boiled Papaya with Shark’s Fin’, but shark’s fin is replaced with snow fungus here because of conservation efforts. Nevertheless, this dish remains a perfect mix of sweet and savoury.

INGREDIENTS

Serves 1

Papaya (14cm in diameter)	1
Hydrated snow fungus	50g
Chicken stock	200ml

Seasoning

Salt	a little
White pepper	a little
Chinese yellow wine	2ml
Ginger juice	3ml

PREPARATION

1. Cut off the top of the papaya to make a lid. Remove the seeds. Carve a decorative pattern around the edge of the papaya.
2. Blanch the snow fungus with fresh ginger juice and water. Add in the chicken stock, salt, white pepper and Chinese yellow wine.
3. Steam the papaya for 5 minutes, then drain away the water.
4. Place the snow fungus with chicken stock into the papaya. Steam for 8 minutes and serve.



ITE Peranakan Fish Curry

The variety of curries is as varied as the cultures in Singapore. This *Peranakan* version features a rich spice paste that adds plenty of flavour to the sweet flesh of threadfin.

INGREDIENTS

Serves 4 to 6

Fish Curry

Threadfin fillet (150g each)	10 pcs
Lady fingers (cut into halves)	200g
Cooking oil	50ml
Salt	5g
Tamarind paste (soaked in 100ml of water)	100g
Coconut milk	500ml
Water	500ml

Spices

Black mustard seeds	5g
Fenugreek seeds	20g
Chilli powder	20g
Turmeric powder	10g
Fish Curry powder	50g
Coriander powder	20g
Cumin powder	20g

Paste (Blended)

Shallots	500g
Garlic (peeled)	400g
Green chilli	300g
Lemongrass	20g

PREPARATION

1. Cut and wash threadfin fillet and pat dry.
2. Rub salt all over fillet and set aside for 30 minutes.
3. Rinse off salt with water.
4. Heat cooking oil in frying pan over medium heat.
5. Add spices and stir till seeds pop.
6. Add blended paste and mix well.
7. Add tamarind water, water, coconut milk and lady fingers.
8. Add fish and bring mixture to boil. Simmer at low heat for 15 minutes.
9. Add sugar and salt to taste

PRESENTATION

Serve Fish Curry with rice or bread.



VTC Deep-fried Garoupa Fillet with Assorted Pickles

The culinary style of this dish has its roots in Zhejiang province of China, where locals like to cook the dish at home as it is tasty and easy to prepare. As time goes by, Guangdong restaurants have also included this item in their menus.

INGREDIENTS

Serves 4

Garoupa fillet	160g
Assorted pickles	60g
Onion	20g
Green capsicum	15g
Red capsicum	10g
Egg	1

Sweet and Sour Sauce

White vinegar	30ml
Tomato sauce	20g
Haw flakes	4g
Sugar	10g
OK sauce	3g
Red vinegar	10ml
Worcestershire sauce	2ml

Seasoning

Salt	2g
Light broth	150ml
Corn starch	40g
White pepper	a little

PREPARATION

1. Put all sweet and sour sauce ingredients into a pot. Bring it to a boil. Make sure all the ingredients are dissolved before turning off the heat. Put aside.
2. Cut the garoupa fillet into 1cm (T) x 5cm (W) x 7cm (L) pieces. Shred the onion.
3. Add salt and white pepper to the garoupa fillets. Dip the fillets in whisked egg and then coat with corn starch.
4. Deep-fry the garoupa fillet in hot oil at 170oC until well-cooked. Remove the cooked garoupa fillets and drain away the excess oil. Place on a plate.
5. Lightly stir-fry the shredded onion and assorted pickles in a wok. Add red and green capsicums, light broth and sweet and sour sauce. Add corn starch solution to thicken the sauce.
6. Pour the sweet and sour sauce over the fillets and serve.





ITE Salted Egg King Prawn

Singaporeans are very fond of salted egg, pairing it with everything from calamari and fried fish skin to cheese tarts! See what the hype is about with this dish of salted egg prawns that is sweet, salty, slightly spicy and creamy all at once.

INGREDIENTS

Serves 4 to 6

King Prawn

Fresh king prawns	10
Salt	5g
Pepper	5g
Cooking Oil	30ml
Bamboo skewers	10

Salted Egg Sauce

Salted egg yolk	4
Butter	45g
Curry leaves	5g
Sugar	20g
Chilli padi (chopped)	5g

PREPARATION

King Prawn

1. De-vein the prawn, leaving head and tail on.
2. Skewer prawn with bamboo skewer.
3. Season prawn with salt and pepper.
4. Pre-heat pan with oil.
5. Pan-fry prawn till colour changes to red.

Salted Egg Sauce

1. Steam salted egg yolk for 5 minutes.
2. Mash yolk with fork.
3. Melt butter in heated wok.
4. Add yolks, curry leaves, sugar and chilli padi. Mix well.
5. Cook mixture till thickened.
6. Add evaporated milk till sauce has consistent thickened texture.

PRESENTATION

Place king prawn on a plate and top it with salted egg sauce.

VTC Pan-fried Tea-smoked Silver Pomfret

Smoked Pomfret was one of Hong Kong's early fusion dishes. Smoking in tea leaves adds a unique aroma and gives extra tender and flavourful fish.

INGREDIENTS

Serves 4

Silver pomfret	1.5kg
----------------	-------

Ingredients for smoking the fish

Chinese tea leaves	5g
White grain rice	20g
White sugar	10g
Pine twigs	10g

Marinade

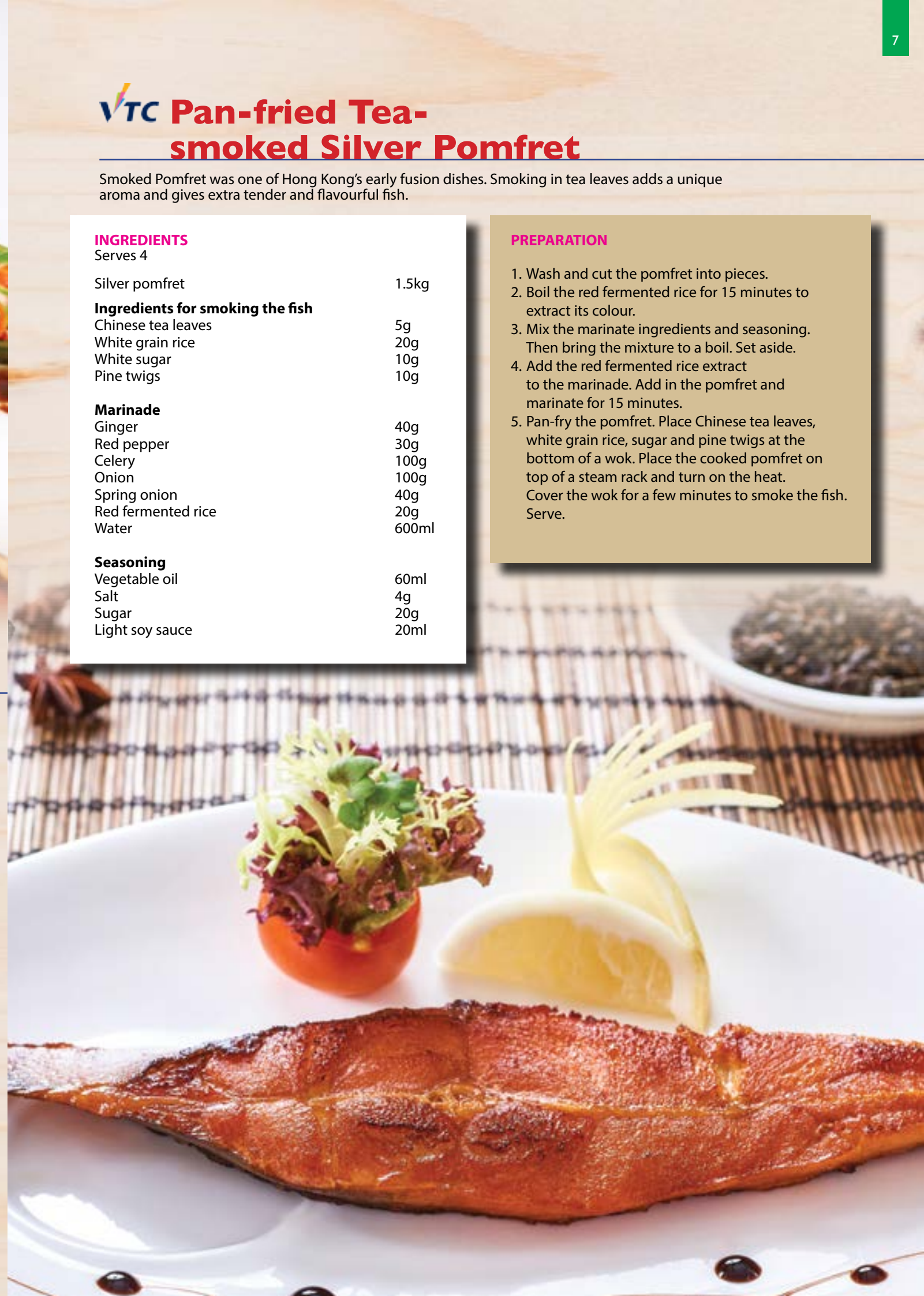
Ginger	40g
Red pepper	30g
Celery	100g
Onion	100g
Spring onion	40g
Red fermented rice	20g
Water	600ml

Seasoning

Vegetable oil	60ml
Salt	4g
Sugar	20g
Light soy sauce	20ml

PREPARATION

1. Wash and cut the pomfret into pieces.
2. Boil the red fermented rice for 15 minutes to extract its colour.
3. Mix the marinate ingredients and seasoning. Then bring the mixture to a boil. Set aside.
4. Add the red fermented rice extract to the marinade. Add in the pomfret and marinate for 15 minutes.
5. Pan-fry the pomfret. Place Chinese tea leaves, white grain rice, sugar and pine twigs at the bottom of a wok. Place the cooked pomfret on top of a steam rack and turn on the heat. Cover the wok for a few minutes to smoke the fish. Serve.





Nyonya Mee Siam

Sweet, sour, and oh so spicy! This simple dish of vermicelli fried in a special spice paste is inspired by Thai dishes. In fact, *Mee Siam* means 'Siamese Noodles' in Malay!

INGREDIENTS

Serves 4 to 6

Gravy

Yellow onion	200g
Garlic	30g
Dried shrimp	40g
Dried chilli	30g
Fermented shrimp paste (<i>belachan</i>)	10g
Salted soy bean (<i>tau cheo</i>), mashed	40g
Tamarind paste (soaked in 200ml of water)	250g
Chopped peanuts	20g
Lime juice	5ml
Cooking oil	30ml

Noodles

White Vermicelli	500g
<i>Belachan</i> Paste	30g

Garnish

Extra firm beancurd, cubed and fried (<i>tau kwa</i>)	80g
Beansprouts (blanched)	30g
Chives (chopped, 1 to 2cm)	3

PREPARATION

Gravy

1. Soak dried chilli and dried shrimp in water separately for 15 minutes.
2. Blend onion, garlic, dried chilli, dried shrimp and *belachan*.
3. Add equal amounts of water and oil to adjust the consistency of the paste to make it smoother. Set aside 30g of paste for noodle preparation.
3. Pre-heat pot with cooking oil.
4. Add paste to pot and fry till fragrant.
5. Add *tau cheo* to pot and mix well.
6. Strain the tamarind water into a small pot and bring to boil.
7. Add boiled tamarind water into paste and stir well.
9. Simmer mixture till flavour is infused.
10. Add peanuts and lime juice.

Noodles

1. Soak vermicelli in a bowl of hot water.
2. Drain the water once the vermicelli is soft.
3. Add 30g of blended paste into heated wok.
4. Add vermicelli to wok and mix gently with paste till vermicelli is uniformly coated with the paste.

PRESENTATION

1. Place noodles in a bowl.
2. Add gravy and top with garnishes.



Stir-fried Scallops in Supreme X.O. Chilli Sauce

The X.O. chilli sauce, a blend of pricey conpoy, shrimp roe and preserved ham, was the invention of a Hong Kong fine diner in the 80s. The key to preparing this dish is to strike a balance between the rich sauce and the freshness of the scallops.

INGREDIENTS

Serves 4

Broccoli	160g
Scallops	120g
Finely chopped garlic	2g
Spring onion	5g
Sliced ginger	2g
Sliced green capsicum	6g
Sliced red bullhorn capsicum	6g

Seasoning

Salt	2g
Sugar	1g
Ginger juice	2ml
White pepper	a little
X.O. chilli sauce	6g
Corn starch	2g
Stock	2ml

PREPARATION

1. Cut the broccoli into small pieces, then soak in salt water for 10 minutes. Rinse and drain the water.
2. Marinate the scallops with corn starch. Add a little oil and mix well. Put aside.
3. Sauté the broccoli with salt, sugar, white pepper and ginger juice until cooked. Put aside.
4. Simmer the scallops in boiling water until they are half cooked. Deep-fry the scallops in hot oil at 130°C for a few seconds, then drain away the excess oil.
5. Heat up the wok, stir-fry the garlic, spring onion, ginger, capsicums and X.O. chilli sauce until fragrant. Add the broccoli and scallops, and Shaoxing wine. Stir-fry thoroughly.
6. Add the stock and corn starch solution. Stir-fry thoroughly. Ready to serve.





Ondeh Ondeh

The original 'cake pop', *ondeh ondeh* is literally bursting with flavour. Each soft, chewy ball is filled with *gula melaka* (palm sugar) that oozes out once you bite into it. So it's best to pop the *ondeh ondeh* whole into your mouth to avoid any mess!

INGREDIENTS

Serves 4 to 6

Sweet Potato	500g
Glutinous rice flour	500g
Palm sugar (coarsely grated)	100g
Fresh coconut (grated)	1kg
Pandan essence	1 drop
Salt	2g
Pandan Leaves	2
Water	50ml

PREPARATION

1. Steam sweet potatoes till tender. Peel off skin, add 1g of salt and mash while hot. Set aside.
2. Mix glutinous rice flour with 1g of salt. Add 50ml of water and knead into smooth dough.
3. Knead mashed sweet potato with glutinous flour dough.
4. Add pandan essence to dough and knead till dough is evenly coloured.
5. Portion dough into 10g each and shape into round balls.
6. Flatten the dough slightly and fill with a teaspoon of palm sugar. Seal well and shape back into round balls.
7. Boil water with 1 pandan leaf. Cook dough balls in boiling water till they float.
8. Remove cooked dough balls from water and set aside.
9. Steam grated coconut with remaining pandan leaf in a tray and steam for 10 minutes. Set aside.

PRESENTATION

Coat cooked dough with grated coconut and serve.



Deep-fried Glutinous Rice Balls filled with Belgian Chocolate

Deep-fried Glutinous Rice Balls are a Chinese New Year favourite, beloved because of their auspicious meaning as well as their taste. In this version, the glutinous rice balls are filled with Belgian chocolate.

INGREDIENTS

30 pieces

Glutinous rice flour	320g
Sugar	140g
Baking soda	2g
Wheat flour	20g
Water	200ml
White sesame seeds	300g
Lard	120g

Filling

Belgium dark chocolate	400g
Cream	150ml

PREPARATION

1. Mix the glutinous rice flour, wheat flour, sugar and baking soda. Slowly add in the water and lard. Knead until the dough is smooth. Divide the dough into 20g pieces and flatten them with a rolling pin.
2. Melt the chocolate and add cream. Pour out and let cool. Once cooled, divide the chocolate into 10g pieces.
3. Wrap each sheet of dough around a portion of the chocolate filling before moulding into balls. Slightly wet the balls and coat each of them with white sesame seeds.
4. Heat a wok of oil to a medium heat and deep-fry the rice balls until each piece is golden brown.





Hong Kong Night 2015: Chinese Culinary Institute instructors and students (under VTC) work together to prepare the dinner featuring local flavours. The menu is designed to adopt the various auspicious numbers.



Celebrating Singapore Heritage Cuisine: ITE lecturers introduce the different flavours of *Peranakan* cuisine with a culinary demonstration for the CCI students.



Toast to Stronger Ties: Dr Clement Chen (left), Chairman, VTC; and Mr Bob Tan, Chairman, ITE; mooted the idea of a Hong Kong Night and Singapore Night to encourage cross-cultural collaborations between the two institutions.



Food & Friendship: Students learn skills and make friends during the collaboration.



Learning from the Masters: Students gain valuable experience as they assist the instructors in the dinner preparations.

Perfect Pairing

Singapore and Hong Kong share a love for food, its heritage and its ability to bring people together. Having a meal at the same table evokes feelings of warmth, togetherness and harmony. These are the same feelings we wish to convey with *A Taste of Two Cities*.

Carefully put together by a team from the Vocational Training Council (VTC), Hong Kong, and ITE, Singapore, *A Taste of Two Cities* does not just represent the cuisines from Hong Kong and Singapore. It represents the strong ties and years of partnership the two institutions have enjoyed since 1998.

Food from the Heart

The ITE-VTC partnership has seen several collaborations over the years, the most recent being Singapore Night (hosted by VTC) and Hong Kong Night (hosted by Singapore). These special 'Nights', which were first held in 2015, provide an excellent platform for our culinary instructors and students to learn from one another.

The successful culinary exchanges during Singapore Night and Hong Kong Night have prompted ITE and VTC to compile recipes from these two nights. These iconic dishes were chosen to represent each city's heritage. We reproduce 10 of these dishes in this abridged version of *A Taste of Two Cities* so you can feast your eyes on these delectable dishes and share them with your loved ones.

To view all 20 recipes in *A Taste of Two Cities*, you may view the e-version online at <http://a-taste-of-two-cities.net/ebook/mobile/html5forpc.html>.

Bon appetit!

Written & Edited by:



Institute of Technical Education
www.ite.edu.sg



Vocational Training Council
www.vtc.edu.hk

Design, Layout and Printing by Hyberghini Pte Ltd