

Recipes for Wee Kim Wee Challenge.

Recipes are from *Cooking for President* cookbook by Ms Wee Eng Hwa

1. Option 1: Chee Chang Uan (Water chestnut meatball; page 195 of cookbook)
2. Option 2: Chicken Chop (Page 212 of cookbook)
3. Option 3: Prawn and chicken on toast (pg 311 of cookbook)

Option 1: Chee Chang Uan (Water chestnut meatball; page 195 of cookbook)

Ingredients

Filling

- 250g chicken thigh, chop roughly
- 2 tsp light soya sauce
- pinch of salt
- ½ tsp white pepper
- 2 tsp sesame oil
- 100g raw prawns shell, devein and chop roughly
- 2 tsp tapioca flour
- 350g (250g net) Chinese water chestnut, peel and chop into 5mm bits. Gently squeeze to remove excess water
- 1 egg
- 2 tbsp 5mm chopped spring onion

Wrapping

- 1 tow puay (beancurd skin), gently dab off some salt on both sides with a damp towel and air dry. Cut 30 11cm squares
- 3 pandan leaves, wilt in the sun and cut thin strings

Accompaniments

- 1 cucumber, peel, cut 6 lengthwise grooves, then crosswise 3mm thick
- teo chew (chinese sweet black sauce)

Chili sauce

- Mix and simmer the following 20 seconds and cool:
- 60g large red chilies, discard the seeds and chop 2mm bits
- 30g garlic, peel and chop 2mm bits
- 30g garlic, peel and chop 2mm bits
- 80ml Chinese rice vinegar
- ¼ tsp salt
- 120ml water

Method

Make the filling

Mix the chicken with the soya sauce, salt, pepper, and sesame oil.

Then add in this order: prawns, tapioca flour, water chestnuts, egg and spring onion. Divide into 30 equal portion.

Form the meatballs

wrap each portion with a beancurd skin this way: dab the beancurd skin on a cutting board with a damp towel. Place 1 portion of filling in the middle. Make a compact round pouch by pleating the beancurd skin. Hold the pleats firmly with the fingers of one hand and wind a pandan string round the pleats and tie a knot. Trim the string and the frills of the pleats. Refrigerate until ready to deep-fry.

Double deep-fry the pouches in batches

Deep fry in hot oil in a wok over medium-low heat until light brown. Remove the pouches and reheat the oil. Refry until golden brown and crispy.

Serve the pouch freshly fried, as the starter of a meal, accompanied by the cucumbers, tee chew (Chinese sweet black sauce) and the chili sauce.

Option 2: Chicken Chop (Page 212 of cookbook)

Ingredients

Potatoes

- 120ml oil
- 350g medium size yellow-flesh potatoes, peel and cut crosswise 6mm thick

Gravy

- 3 tbsp oil
- 350g large brown onions, peel and cut in half lengthwise, then crosswise 5mm thick
- 1 ½ tbsp light soya sauce
- ½ tsp dark soya sauce
- ½ tsp sugar
- ~~1 tbsp Chinese cooking wine~~
- 1 tsp white pepper
- ¼ tsp salt
- 480ml water
- 1 ½ tbsp tapioca flour, mix with 2 tbsp water
- 2 red tomatoes, cut each vertically into 4 wedges
- 150g green peas, blanch

Chicken

- 8 middle cut chicken chops (mor kut), beat to half their thickness
- 1 tbsp light soya sauce
- ~~2 tsp chinese cooking wine~~
- ¼ tsp salt
- ¼ sugar
- ½ tsp white pepper
- 1 tbsp tapioca flour
- plain flour for coating
- 1 egg, beat lightly
- 16 tbsp breadcrumbs, made from sun-dried or slow-baked white or wholemeal bread

- 240ml oil for shallow-frying

Cook the potatoes

Shallow-fry the potatoes in hot oil in a non-stick frying pan over low heat until tender and deep yellow. Do not brown. Remove and set aside.

Make the gravy

Fry the onions in hot oil in a wok over medium-low heat until light brown and aromatic, then push aside. Add the soya sauces, sugar, ~~cooking wine~~, pepper and salt. Stir fry for a few seconds until aromatic. Add the water, cover the wok and simmer over very low heat for 10 minutes, stirring occasionally. Add the tapioca mixture and stir few seconds to thicken

Add the potatoes and tomatoes.

Simmer 1 minute. Add the green peas and simmer for 5 seconds. Set aside

Season the chicken chops 30 minutes with the soya sauce, ~~cooking wine~~, salt, sugar, pepper, mixing in the tapioca flour last

Coat the chicken chops in plain flour, dip into the beaten egg, then coat with breadcrumbs. Shallow-fry in hot oil in non-stick drying pan over medium-low heat until nicely medium brown and cooked through

Serve the chicken chop freshly fried with the hot gravy.

Option 3: Prawn and chicken on toast (pg 311 of cookbook)

Topping mixture

- 250g minced chicken meat, chop semi-finely
- 80g raw prawns, shell, devein and chop semi-finely
- 1tbsp light soya sauce
- ¼ tsp salt
- ¾ tsp white pepper
- ½ tbsp tapioca flour
- 2 tbsp water
- 1 egg

Method

Mix all the topping mixture ingredients, adding the tapioca flour, water and egg last. Spread the mixture on the bread.

Deep fry the bread in the hot oil over medium low heat until crispy and golden brown

Serve the toast immediately, as cocktail canapé or as the started of a meal, accompanied by a sweet chili sauce.