

Traditional food in Singapore



Introduce

Hello everyone, today we're making absolutely delicious and simple. "laksa" for those of you who don't know. Laksa is a yummy curried noodle soup. It can contain seafood chicken topped with crispy fried shallots and fresh herbs. This is a must try if you love Singapore food.

Introduction Laksa

Laksa is a popular dish in Singapore, containing influences from Chinese, Malay, and other cultures. At its core, laksa is a spicy soup comprising the base ingredients of coconut milk, dried shrimp, fishcake, and prawns. A delicate balance is achieved in the best laksa soup to ensure it is neither too thick nor watery. This broth is served with thick rice noodles or, more infrequently, rice vermicelli.

The name of this dish stems from lakshah, a Hindi term for a type of noodle. The name is also said to be derived from Sanskrit. The multicultural influences on laksa, and Nyonya (Peranakan Chinese) cuisine in general, can be seen from its history. Chinese immigrants, who arrived in Malacca in the 15th century, and later the Straits Settlements (now modern Malaysia

and Singapore), combined local spices with Chinese methods of cooking and ingredients to produce many Nyonya dishes, including laksa

Ingredients

12 prawns

350 gms rice noodles

350 gms yellow wheat noodles

200 gms boneless chicken

100-120 gms ready made laksa spice paste

5 shallots

5 cloves garlic

5 cm ginger

1 red chilly

1½ tsp dried prawns

200 ml Coconut cream

2 cups water or stock

1 bowl fried tofu puffs

1-2 tbsp Fish sauce

Salt

1 tbsp lime juice

1-2 tsp light brown sugar or palm sugar

1 bunch bok choy

Boiled egg

cilantro

Fried shallots

bean sprout

Method:

- 1 Clean and devein the prawns. Reserve the shells.
- 2 Heat the oil in a small saucepan. Add the reserved prawn shells. Fry for 1 or 2 minutes till the shells are red and emit the loveliest aroma. Strain this oil through a metal sieve and discard the shells.
- 3 Reserve this fragrant oil. (*We will fry our Laksa Paste in this oil*).

♦If making the shortcut paste:

- 1 Add the *mild red chili, shallots, garlic, ginger & dried prawns* to a small blender/grinder and blend to a smooth paste.
- 2 Set this paste and the store-bought paste, separately aside.

♦If making Laksa Paste from scratch:

- 1 Soak the dry red chilies along with half of the dried shrimp for 20 minutes, till tender. Drain.
- 2 Blend all the ingredients for the homemade Laksa Paste, in a small blender/grinder till absolutely smooth adding a tsp of the reserved fragrant oil.

♦Blanching/ cooking of the Laksa component ingredients:

- 1 While the spice paste is being made, bring another pot of water to boil.
- 2 Add the rice noodles. Boil 2 - 4 minutes till tender. Remove the noodles with a slotted strainer.
- 3 Add the wheat noodles to the boiling water, 2 - 4 minutes till tender, and remove as well. *(If using fresh noodles here, as is widely used in Singapore, you just need to blanch them in the simmering water till they have softened and heated through, as seen in the video).*
- 4 To the same boiling water add the prawns and poach for 2-3 minutes till the prawns are just tender and cooked through. Remove from the broth.
- 5 If you're adding chicken add to the same broth, this time adding a little salt and pepper to season and cook till tender. Remove.
- 6 Set the cooked noodle, prawns, and chicken(and any other of the cooked seafood, you have opted to use) aside, covered.
- 7 Heat the Fragrant oil(*from frying the shells*) in a wide nonstick wok. Continue step 8↓ or 9↓.
- 8 »**Shortcut paste:** Add the freshly ground spice blend. Fry for 1 minute till oil separates. Then add the store-brought Laksa paste. *Stir continuously till the paste gets cooked and moves together in one homogenous mass. Stir for a good 1 - 2 minutes on low flame.*
- 9 »**Laksa Paste from scratch:** Add the freshly made Laksa paste(from scratch) and fry on low heat., slowly till color deepens, paste thickens and oil separates.

♦Whichever paste you opted for, Continue to make Laksa as follows↓:

- 1 Don't forget to add a 'sprinkling' of water, as needed so that none of the spice paste burns, till nicely cooked.
- 2 Add about 2½ cups of water/stock and bring to boil.
- 3 Add the coconut cream and simmer. (Add more water or cream later as needed).
- 4 Add fried tofu puffs now, and add the fish sauce, lime juice and sugar as per taste, to season well.
- 5 When taste is adjusted and the curried broth is cooked, to desired thickness, add the bok choy. Cook only for 30 seconds more. Remove from heat.

♦To Serve:

- 1 Place Both types of cooked noodles into the bottom of each bowl.
- 2 Place the cooked prawns, chicken etc.. over the noodles.
- 3 Pour over as much of the curried broth as desired.
- 4 Top with the boiled egg, green herbs, followed by beansprouts, followed by the crisply fried shallots.
- 5 Serve hot! Yummy! Serve Chilli Sambal along with the Laksa if you like. I don't feel the need for it.

ลิงค์วีธีการทำ

<https://www.youtube.com/watch?v=lmj4Q8s7idc>

สมาชิกในกลุ่ม

ชื่อ วันนุริชาน แวดอเลาะ 406106001

ชื่อ ฮายาดี มะยาซิง 406106016

ชื่อ มาริยะห์ หะยิอูมา 406106029

ชื่อ อิบติสามะห์ แวหะยิ 406106032

TOM YUM GOONG



Tom Yum is a spicy Thai Soup with shrimp, and it is one of the most famous traditional foods in the country. It is typically made with mushroom, tomatoes, garlic, fish sauce, cilantro, onions, galangal, kaffir lime leaves, and lemongrass together with a lot of lime juice. Due to the composition of the ingredients, it is sour and spicy, but lovely to the taste buds. In a traditional setup, the soup may feature meats such as fish, beef, pork or chicken, and it is generally served in a large clay bowl or an aluminum pot with a charcoal burner.

Tom Yum Goong is a central Thai food type of tom yum soup. Which is popular to eat in every region in Thailand. It is a food eaten with rice and It is mainly sour and spicy, mixed with salty and slightly sweet, divided into 2 types, namely tom yum clear soup and tom yum thick soup.

Thai cuisine is the national cuisine of Thailand. Detail and variety are essential significance to Thai chefs. Every country in the world has its own food profile. It reflects its culture, environment, ingenuity and values. In the case of Thailand, these words come to mind: complexity; attention to detail; texture; color; taste; and the use of ingredients with medicinal benefits, as well as good flavor.

Literally, the words “Tom Yum” are derived from two Thai words: “Tom” and “Yum”. “Tom” refers to boiling process, while “Yum” refers to food which have herb, sour and spicy taste of the dish (in short salad in western cuisine). “Goong” means to “shrimp”

“Tom Yum Goong” is a Thai dishes which be made as soup. Herb smell, spicy and sour are the main taste, and use shrimp to be meat of the dishes. Surely, Tom Yum Goong which be cooked for foreigner will be different from the real Tom Yum Goong in Thai daily eating, which be more spicy and also, the herb smell is so stronger. Because of the strong taste of “Tom Yum Goong” ,so Thai people prefer to eat “Tom Yum Goong” as dinner than breakfast or lunch; the strong taste of herb and chilli, also sour taste from lime will be a good awakener to anyone who eat it.

You better eat “Tom Yum Goong” when it's hot. In the local restaurants they will serve “Tom Yum Goong” in the big pot which has a hole in the middle of it with fire inside, to keep it hot all the time. For today, “Tom Yum Goong” is known in the worldwide, as the dishes for health as many kind of herb in this Thai dishes be known as the natural medicines.

Tom yam kung, or spicy shrimp soup, is the number one of the top ten Thai dishes loved by foreigners, according to a recent investigation. And in fact, it is one of the most favourite dishes for Thai people as well. It is simply because it is so delicious for its unique sour and spicy taste that you will certainly need it more and more if you try it just once.

Thai food generally not only provides a wonderful taste but also includes medicinal properties in its herbal ingredients as well. Tom yam kung is one of the best examples. To make you acquainted with this special Thai dish, this article will introduce you to the recipe for the soup and its herbal properties.

How to cook



STEP COOK FOR TOM YUM THICK SOUP

Ingredients

3 chilies

5 sprigs chopped cilantro

2 tablespoon fish sauce

3 kaffir lime leaves

1 lemongrass

1-2 limes

5 mushrooms

1 tablespoon chili paste (Optional)

9 shrimps

4 cups of water

HOW TO COOK

1. Add and boil water in a 2 quart pot. Peel the shrimp and set them aside. Cut lemongrass into pieces, 5-6 inches long. Add the lemon grass in water and boil for 5 minutes.
2. Put the fish sauce and 1 lime's juice into the pot. Crush chili and add into the pot.
3. Remove the stems from the kaffir lime leaves and add the leafy part to the pot. Clean and halve the mushrooms and add them to the pot. Let it boil. Add the shrimp and turn off the heat. Shrimp gets tough very quickly.
4. Then, scoop the shrimp and liquid into the serving bowls immediately. Add the chili paste, sprinkle with cilantro and be ready to serve.

STEP COOK FOR TOM YUM CLEAR SOUP

Ingredients :

- 1 pint of water
- 10 large shrimps
- 1 cup of mushrooms
- 1 stalk of lemon grass chopped
- 2 kaffir-lime leaves
- 1 table spoon of chopped coriander leaves
- 1/2 teaspoon of ground chilli (the amount can be adjusted according to one's preference)
- 1/2 teaspoon of salt

- 2 tablespoons of lime juice
- 2 tablespoons of fish sauce

How to cook :

1. Pour the water into a pot, add the lemon grass and kaffir-lime leaves and heat it.
2. Add the shrimps when the water is boiling and cover the pot.
3. Wait for 3 minutes before adding the mushrooms and salt.
4. Leave it to simmer for a few minutes. Then remove from the heat.
5. Season with fish sauce, lime juice and ground chilli.
6. Put the chopped coriander leaves in the pot before serving.

To enhance the flavour, sometimes nam phrik phao or roast chilli paste is added to the soup before it is removed from the heat. For foreigners who are not accustomed with its original taste, just add some milk to the soup to make its taste milder and blended well.

Tips : Best served hot with a plate of steamed rice and a dish of omelette.

For the medicinal properties of tom yam kung, different herbs offer different functions. Their properties are described below:

Lemon grass

Lemon grass can help relieve excessive gas in the stomach or intestine, increase the secretion of urine, reduce heat in the body and prevent the spread of some kinds of bacteria.

Chilli

Chilli is used as cough medicine. It is useful for the respiratory system, blood circulation and heart as well.

Lime

Lime helps to prevent coughing, flu and scurvy.

Kaffir-lime

Kaffir-lime is used to deodorize the strong smell of some food. Its juice can cure cough, dandruff and some types of stomach ache.

Those are just some of the medicinal properties in tom yam kung. Besides, it is full of nutrients from shrimps and vegetables. You will see that the food not only makes you full, but makes you healthy. That is an important reason why tom yam kung is noted as the number one of Thai dishes.

Thailand ๓๓

1.Orasa Dadeh 406106005

2.A-esoh Yamadee 406106013

3.Maseetah Umaree 406106023

4.Fadilah Wadeng 406106034

National dishes of Philippines : Adobo



Adobo is the most popular Filipino dish. It can be made with either chicken or pork, but it is typically made with chicken. It is easily cooked by adding the pork and chicken to the pan. Then add 2 cups of water, 1/4 cup of soy sauce, vinegar, paprika and the bay leaves. After that bring to a boil and cover and simmer for 30 minutes or when meat is tender. It is typically served with steamed white rice.

What Chicken Adobo tastes like

The glaze of Filipino Chicken Adobo is savoury and sweet with a hint of tang, with a distinct soy flavour. The garlic and onion creates a savoury base along with the bay leaves, and the peppercorns add little subtle pops of heat.

Ingredients

- ☐ 2 tablespoons vegetable oil
- ☐ 1 (3 pound) chicken, cut into pieces
- ☐ 1 large onion, quartered and sliced

- ☐ 2 tablespoons minced garlic
- ☐ 1/3 cup white vinegar
- ☐ 2/3 cup low sodium soy sauce
- ☐ 1 tablespoon garlic powder
- 2 teaspoons black pepper
- ☐ 1 bay leaf

How to cook

- ☐ **Step 1**

Heat the vegetable oil in a large skillet over medium-high heat. Cook chicken pieces until golden brown on both sides, then remove. Stir in the onion and garlic; cook until they soften and brown, about 6 minutes.

- ☐ **Step 2**

Pour in vinegar and soy sauce, and season with garlic powder, black pepper, and bay leaf. Add the browned chicken, increase the heat to high, and bring to a boil. Reduce heat to medium-low, cover, and simmer until the chicken is tender and cooked through, 35 to 40 minutes.

Filipino or Spanish? *Adobo*'s Disputed Origins

The word *adobo* is derived from the Spanish word *adobar*, which means “marinade” or “pickling sauce.” The existence of the tangy dish was first recorded in 1613 by the Spaniard Pedro de San Buenaventura. In the dictionary he was compiling, Buenaventura listed the tart viand as “*adobo de los naturales*” for its similarity to Spanish and Mexican dishes that went by the same name. But while our favorite *ulam*'s moniker boasts of a pure Spanish lineage, little else about our *adobo* can and should be attributed to our Hispanic conquerors. According to the food historian Raymond Sokolov, the ingredients for *adobo* already existed in the Philippines before Ferdinand Magellan even laid eyes on our shores. Because the dish's original name was never recorded (and in a case of what Sokolov calls “lexical imperialism”), the Spanish label stuck.

***Adobo* in the 21st Century**

These days, our iconic Filipino dish is just like the half-breed starlets that abound in local showbiz: born of a surprisingly beautiful union between East and West, and thrilling to Filipinos everywhere. Take the crispy *adobo* flakes, for example. Instead of simply serving them on top of steaming white rice, you can now enjoy them in sandwiches, salads, and pasta dishes. I even read about a group of young Filipino entrepreneurs who came up with sushi rolls filled with *adobo* flakes. And if you like your shredded meat with a nice, caramelized finish, I would suggest starting with Pepper.ph's very own reinvention of the home-cooked meal.

Our *adobo* is even starting to make waves in places as far as the Big Apple. At Romy Dorotan's Brooklyn restaurant, Purple Yam, the *adobo* (made with rice vinegar, coconut milk, soy sauce, garlic, and fiery Thai chilies) has been hailed by critics for its alternating notes of fragrant garlic, fiery chili, and sweet-salty nuttiness.

References:

<https://aseancorner.blogspot.com/2011/11/national-dishes-of-asean.html?m=1&fbclid=IwAR34PvECbQLIXCSdyAhw5nVqb7f8yp3oAFX0cWCNq6U2jhSRDY80Ymr-WNM>

<https://pepper.ph/the-history-of-adobo/>

https://www.recipetineats.com/filipino-chicken-adobo-flavour-kapow/?fbclid=IwAR1_DfIQnHIVOGAKoGb7UwA-l7sVx-NDqXAKou3gHEydHxc7LoLhqf4HNSM

<https://www.allrecipes.com/recipe/128699/famous-chicken-adobo/?fbclid=IwAR3Rp1OhER47jf3PPwmpICfr7AxkuvaJ8iWgFHetjflAp-bGH9qUTCE9d5M>

PHO (VIETNAMESE NOODLE SOUP)



Where and when did pho originate?

Pho originated in Vietnam, likely sometime during the early 1900s. Historians disagree about the exact origins of the dish and its etymology, but it was likely influenced in large part by other similar noodle dishes as well as the increased availability of beef due to its demand by French colonialists. In the years since, countless variations of the dish have become traditional in various regions of Vietnam, and it is now officially regarded as Vietnam's national dish.



VIETNAMESE PHO INGREDIENTS

Steak: Pho bo is traditionally made with thinly sliced steak that is cooked in the simmering broth in each individual serving bowl. In order to very thinly slice the steak, I recommend popping the steak in the freezer for about 45-60 minutes, then slicing it against the grain as thinly as possible. (Alternately, you can ask the butcher to thinly slice your steak for you, or add pre-cooked steak to your soup.)

Thin rice noodles: Pho is traditionally made with thin rice noodles, such as these. In order to prevent the noodles from overcooking in the broth, it's traditional to cook pho noodles separately on their own. Then the noodles will be added to each individual serving bowl, followed by the protein, hot broth and toppings.

Pho broth: Again, this “shortcut” version of pho broth would not be considered authentic. But it is a delicious and faster alternative to making it 100% from scratch, and it uses the following elements:

Fresh onions and ginger: Which we will briefly cook in a skillet (or you can pop them under the broiler in your oven) until charred, in order to add that classic smoky flavor to the broth.

Beef stock: In order to save the extra hours required to cook beef stock from scratch, I've written this recipe using (good quality) store-bought stock as a shortcut. (That said, if you

would like to make a more authentic pho recipe using homemade beef stock, I recommend trying this recipe.)

Spices: There are 5 important spices in pho broth — star anise, whole cloves, cinnamon sticks, cardamom pods, and coriander seeds. I really recommend using the whole (not ground) spices if possible, which we will briefly toast to bring out extra flavor. But I have also included notes below for using ground spices, if those are what you have on hand.

Fish sauce: It's traditional to add just a little splash to the broth.

Sweetener: I used brown sugar to sweeten my broth instead of traditional yellow rock sugar, but really, any sweetener you prefer will work.

Sea salt: As always, to season your broth.

Toppings, toppings, toppings: This is one soup recipe where the toppings are not optional. Rather, the toppings are the stars of the soup! Feel free to pick and choose your favorites, but I recommend at least one from each category:

Fresh herbs: The more the merrier! I recommend a combo of fresh cilantro, fresh mint and fresh Thai basil (or you could sub Italian basil, in a pinch).

Bean sprouts: You can find these in the produce section of your grocery store, or they are always available in southeast Asian groceries.

Lime wedges: Essential for brightening up the flavors of the broth.

Chiles : Thai bird chiles are traditionally used to give the soup your desired amount of heat, but you could also use jalapeños or serrano peppers too.

Onions : Either sliced green onions or super-thinly-sliced white onions as a garnish.

Sauces : It's also traditional to serve pho with hoisin sauce and/or sriracha to use as a garnish if desired.

Ingredients for Pho

1. Beef Shank Bones
2. Salt
3. water
4. Ginger, Shallots, Onions
5. Star Anise, Stick Cinnamon, Black Cardamom
6. Fish Sauce , Sugar
7. Fresh Beef, sliced (more as you like)
8. Onions, sliced
9. Green Onion and Coriander, Sliced
10. Thai Basil, Cilantro, Bean Sprouts, Jalapenos and Lime
11. Sriracha Sauce and Housin Sauce
12. Noodles

Ingredients for Sauce

1. Hoisin Sauce
2. Chili Sauce
3. Red chilli, sliced
4. Minced garlic



HOW TO MAKE PHO SOUP

1. Prep the protein. In order to slice the beef, chicken or pork as thinly as possible, I recommend popping the meat in the freezer for at least 30-45 minutes to chill. Then use a sharp knife to thinly slice the meat before adding it to the soup.

2. Make the broth. Meanwhile, as the meat is chilling, char the onion and ginger (either in a skillet or under the broiler). Meanwhile, briefly toast the spices in a large stockpot. Then add in the onion, ginger, and broth. Cover and let everything simmer together for at least 30 minutes so that all of those flavors can meld. Strain out and discard all of the onions, ginger and spices. Then stir in the remaining ingredients and season with salt.

3. Prep the noodles. Meanwhile, as your broth is simmering, go ahead and cook the noodles al dente according to the package instructions. Drain in a strainer, then toss briefly with cold water to prevent the noodles from continuing to cook, and set aside. (I also recommend tossing the noodles with a drizzle of oil — such as sesame oil — to prevent them from sticking.)

4.Assemble. Once everything is ready to go, add a handful of noodles to each individual serving bowl, topped with your desired protein. Then ladle the simmering hot broth into the serving bowls, being sure to submerge the meat so that it will get cooked. Top with lots and lots of garnishes.

5.Serve. And serve warm, encouraging everyone to stir the garnishes into the soup so that they can flavor the broth, also adding in additional extra sauces if desired.



Group of members

1.Safeenah Saisaka 406106004

2.Husna Biru 406106011

3.Fareesa Maseng 406106020

4.Sitipatimoh Saleni 406106045