



# MALAYSIAN CUISINE

---

HALIMAHTUL SAÁDIAH

NUR HUSNA

RADHIAH





# MALAYSIAN CUISINE

---





First Edition  
First Published 2023  
@ National Library of Malaysia. 2018

All right reserved. No part of this publication may be produced, stored in any retried or transmitted in any form or by any means electronic, mechanical, photocopying or otherwise without prior permission of the publisher.

PUBLISHED BY:

POLITEKNIK METRO KUALA LUMPUR  
2-14, JALAN SETIAWANGSA 10  
TAMAN SETIAWANGSA  
54200 KUALA LUMPUR  
PHONE: 03 - 4251 8000  
FAX: 03 - 4251 7979

Malaysian Cuisine

e ISBN 978-967-0074-08-5



POLITEKNIK METRO KUALA LUMPUR  
(online)





## ABSTRACT

The objective of this e-book is to take you one stage further and give you the skills to cook Malaysian Cuisine. It also gives you satisfactory confidence to eventually cook with passion. The e-book is also designed for beginners who have little/no formal experience in Malaysian Cuisine preparation.

## ACKNOWLEDGEMENT

All praises are for Allah almighty that has bestowed upon human being the crown of creation and has endowed him with knowledge and wisdom. Special thanks to our seniors and our colleague who provided us with their kind guidance at each and every step on working of this e book.



---

# TABLE OF CONTENTS

---

## APPETIZER

Kerabu Udang & Sotong

1

Aloo Tikki Masalla

2

Prawn Spring Roll with Dip

3

## SOUP

Tulang Rawan Soup

4

Chicken Broth

5

Dumpling Soup

6

Oxtail Soup

7

## MAIN COURSE

Nasi Dagang served with Air Asam

8

Air Asam served with Nasi Dagang

9

Ayam Penyet served with Sambal & Soup

10

Keli Penyet served with Sambal & Soup

11

Sambal Penyet served with Ayam/Keli Penyet

12

Black Pepper Beef served with Rice Vegetables

13

Stir Fry Mixed Vegetables served with Rice & Beef

14

Chinese Asam Laksa served with Fresh Laksa & Condiment

15

Chicken Tikka Masala served with Rice & Stir-Fried Cabbage

16

Indian Style Stir-fried Cabbage served with Rice & Chicken Tikka Masala

17

Lamb Briyani served with Briyani Rice & Papadom

18

Briyani Rice served with Lamb Briyani & Papadom

19

## DESSERT

Sago with Palm Sugar

20

Coconut Milk & Rock Melon Sago

21

Gulab Jamun

22





# APPETIZER

---

MALAYSIAN CUISINE



---

# KERABU UDANG & SOTONG

---



## Ingredients

2 kg prawns  
2 kg squid  
5 large onions, sliced  
2 torch ginger flowers, finely sliced  
4 stalks lemongrass, take the white part, finely sliced  
Sufficient bird's eye chili, finely sliced  
5 kaffir lime leaves, finely sliced  
5 - 6 limes, juiced  
1 bunch coriander leaves  
Sugar to taste  
Thai chili sauce, to taste  
Fish sauce to taste

I

## Directions

- 1 Blanch the squid and prawns in hot water with a bit of salt. Add a few slices of lemon into the water.
- 2 In a large container, combine seafood and all the sliced ingredients listed above, except lime juice, salt, and sugar. Mix all ingredients well.
- 3 Add fish sauce, Thai chili sauce, and sugar to taste, as well as lime juice, depending on the level of sourness you like



---

# ALOO TIKKI MASALA

---



## Ingredients

2 kg potato  
1 cup green peas  
2 tbsp chopped coriander  
1 tbsp chilli powder  
2 tsp garam masala  
1 tbsp lemon juice  
to taste salt  
as needed cooking oil

## Directions

- 1 Combine the boiled potatoes and green peas in a deep bowl and mash well.
- 2 Add the coriander leaves, chilli powder, garam masala, lemon juice and salt. Mix well.
- 3 Divide the mixture into equal portions.
- 4 Roll each portion into round patty and then cut out into any shape you like using cookie cutter.
- 5 Heat the oil in a pan. Cook a few tikkis at a time till they turn golden brown in colour from the sides.
- 6 Serve immediately with tomato ketchup.



---

# PRAWN SPRING ROLL WITH DIP

---



## Ingredients

### Filling:

- 1 cup shredded jicama (sengkuang)
- 2 sticks shredded carrot
- 200 grams bean sprouts
- 10 grams spring onions
- 50 grams garlic
- 1 kg prawns (peeled)
- 20 grams salt
- 20 grams white pepper

### Other Ingredients:

- 2 packets spring roll wrappers
- 1 teaspoon wheat flour  
(mixed with 2 teaspoons of water)

### Sesame Sauce Ingredients:

- 10 red chilies
- 6 cloves garlic
- 4 tablespoons sesame seeds, toasted until brown
- 6 tablespoons chili sauce
- 4 tablespoons tomato sauce
- 2 tablespoons vinegar
- 40 grams honey
- 20 grams salt

## Directions

- 1** For the Filling: Heat oil, sauté garlic with wet prawns until fragrant. Add all vegetables except bean sprouts. Stir-fry for 2 minutes, then add bean sprouts and mix well. Season with a bit of salt and white pepper. Turn off the heat and set aside.
- 2** For the Spring Rolls: Take a spring roll wrapper, add about 1 tablespoon of the filling in one corner, roll it halfway, then fold in the left and right sides, and continue rolling until finished. Seal the end with the wheat flour paste. Repeat until done. Fry in moderately hot oil until golden brown, then remove and drain on paper towels.
- 3** For the Sesame Sauce: Blend sesame seeds, garlic, and red chilies with 1/4 cup of water until smooth. Pour into a pot and add all the sesame sauce ingredients. Cook over low heat until the sauce thickens. Serve with the spring rolls.





# SOUP

---

MALAYSIAN CUISINE



# TULANG RAWAN SOUP



## Ingredients

- 4 kg beef cartilage, washed and drained
  - 2 packets soup spices
  - 1 bunch of soup leaves, roughly chopped \*
  - 2 sticks of cinnamon \*
  - 5 cloves of star anise \*
  - 10 cloves of cloves \*
  - 6 cardamom pods \*
  - Sufficient water
  - 20 grams of spring onions, for garnish
  - 1 packet of fried shallots, for garnish
  - 30 grams of salt
- Blended Ingredients:
- 10 shallots
  - 4 inches of ginger
  - 6 cloves of garlic
  - 2 tablespoons black peppercorns
  - 2 teaspoons turmeric powder



## Directions

- 1 Put the cartilage into a pot, then add the blended ingredients, marked (\*) ingredients, and sufficient water. Stir well and cook until it boils. Then reduce the heat and simmer the soup until the meat on the cartilage becomes tender.
- 2 If you need more broth, you can add water. Season the soup with salt to taste and cook further. Adjust the seasoning and you can turn off the heat.
- 3 Sprinkle chopped soup leaves/spring onions and fried shallots for garnish.





# CHICKEN BROTH

## Directions

- 1 Place the chicken carcasses and mirepoix into a stock pot.
- 2 Add enough water to cover the chicken and mirepoix.
- 3 When it boils, skim off any oil/foam that rises to the surface of the stock.
- 4 Simmer the stock until the quantity of water reduces by half in the stock pot. Sieve the stock.
- 5 Season the stock to taste.

## Ingredients

- 2 chicken carcasses
- 2 carrots
- 1 onion
- 3 celery stalks
- Salt to taste
- White pepper to taste
- Chicken bouillon powder to taste





# DUMPLING SOUP



---

## Ingredients

---

### A. Dumplings:

3 packets dumpling wrappers  
300 grams chicken breast (minced)  
300 grams shrimp  
1 stalk red radish  
1 large onion (chopped)  
4 cloves garlic (chopped)  
50 grams spring onions  
50 grams cilantro  
2 tablespoons white pepper powder  
3 tablespoons sesame oil  
Salt to taste  
Sugar to taste

### B. Dumpling Soup:

6 cloves garlic (crushed and chopped)  
1-inch piece of ginger (crushed and chopped)  
1 teaspoon sesame oil  
1 teaspoon white pepper powder  
1 tablespoon chicken stock powder  
Sufficient chicken bone broth  
Salt to taste  
Sugar to taste

## Directions

- 1 To prepare the dumplings, combine all the filling ingredients and mix well. Marinate for 10 minutes. Place the filling on the dumpling wrappers and fold according to your creativity.
- 2 Arrange the dumplings in a suitable container. Steam/boil for 5-10 minutes.
- 3 When the dumplings are ready, they can be served immediately with soy sauce or fried.
- 4 To prepare the soup, sauté the crushed garlic and ginger until fragrant. Then add the chicken broth.
- 5 Add the other soup ingredients. Cook until it boils.
- 6 Add the prepared dumplings. Allow them to cook for 2-3 minutes.
- 7 Garnish with chopped spring onions and you can turn off the heat. It's ready to be served.





# OXTAIL SOUP

## Directions

- 1 Put the oxtail into a pot, then add the ground paste, spices marked with (\*), and enough water. Stir well and bring it to a boil. Then reduce the heat and simmer the soup until the meat on the oxtail becomes tender.
- 2 Add carrots and potatoes. If the soup is too thick, you can add more water. Cook until the carrots and potatoes become soft. Season with salt to taste and simmer briefly. Taste and adjust the seasoning, then you can turn off the heat.

## Ingredients

- 4 kg oxtail, cleaned and drained
- 3 packets of soup spices
- 1 packet of curry spices
- 5 stalks of celery, roughly chopped
- 3 sticks of cinnamon
- 6 buds of star anise
- 10 buds of cloves
- 8 pods of cardamom
- 3 sticks of carrots (cut into cubes)
- 6 pieces of potatoes (cut into cubes)
- Water as needed
- 10g celery leaves
- 10g spring onions
- 1 packet of fried onions

### Ingredients for blend:

- 15 shallots
- 4 inches ginger
- 10 cloves garlic
- 3 tablespoons black peppercorns
- 1 inch fresh turmeric





# MAIN COURSE

---

MALAYSIAN CUISINE



# NASI DAGANG

SERVED WITH AIR ASAM



---

## Ingredients

---

4 kg beef (sliced and boiled with ginger until tender)

3 kg rice - wash and drain

2 liters beef broth

1 can of evaporated milk

2 packets of curry spices

4 pandan leaves

4 tomatoes - diced

20 grams salt

20 grams sugar

10 grams coriander leaves

### Sautéed Ingredients:

2 sticks of cinnamon

4 cloves of star anise

6 cloves of cloves

6 cardamom pods

3 large onions - sliced

8 cloves of garlic - sliced

## Directions

- 1 Heat oil. Sauté the sautéed ingredients until fragrant. Add the curry spices and fry until they are crispy and fragrant.
- 2 Add the washed and drained rice, and stir-fry briefly.
- 3 Add the beef broth, beef, tomatoes, evaporated milk, pandan leaves, sugar, and salt. Bring it to a boil.
- 4 Cook the rice mixture in a rice cooker until done.
- 5 Sprinkle coriander leaves on top, if desired.
- 6 Serve with tamarind water.





# AIR ASAM

## SERVED WITH NASI DAGANG



---

### Ingredients

---

#### Ingredients A: Blend

- 200 grams tamarind pulp
- 15 bird's eye chilies
- 4 tomatoes
- 2 inches belacan (shrimp paste) - roasted
- 30 grams toasted coconut (kerisik)
- 20 grams sugar
- 20 grams salt

#### Ingredients B: Dice

- 2 tomatoes
- 2 large onions
- 10 bird's eye chilies - sliced

### Directions

- 1 Add ingredients B into ingredients A.
- 2 Mix well and adjust the taste with salt and sugar. It's ready to be served with beef rice.





# AYAM PENYET

## SERVED WITH SAMBAL & SOUP

### Directions

- 1 Clean the chicken and drain them.
- 2 Boil the whole leg chicken together about 15-20 minute with sliced garlic and ginger.
- 3 Toss the chicken and let it cool.
- 4 Coat the chicken with turmeric powder, salt, turmeric powder, and crushed garlic.
- 5 Heat oil and fry the chicken until crispy. Flatten the chicken using pestle before serve.
- 6 Serve with ulam (Malaysian salad), sambal (spicy sauce), and soup.

### Ingredients

- 10 pieces whole leg chicken
- 4 cloves garlic (smashed)
- 2 inch ginger (smashed)
- Turmeric powder to taste
- Salt to taste
- Turmeric powder to taste
- Garlic (crushed) to taste





# KELI PENYET

## SERVED WITH SAMBAL & SOUP

### Directions

- 1 Clean the catfish and drain them.
- 2 Coat the catfish with turmeric powder, salt, turmeric powder, and crushed garlic.
- 3 Heat oil and fry the catfish until crispy.
- 4 Serve with ulam (Malaysian salad), sambal (spicy sauce), and soup.

### Ingredients

- 10 catfish
- turmeric powder to taste
- Salt to taste
- turmeric powder to taste
- Garlic (crushed) to taste





# SAMBAL PENYET

SERVED WITH  
AYAM/KELI PENYET

## Directions

- 1 Heat a little oil. Fry the dried anchovies (ikan bilis) until they are crispy. Remove and set aside.
- 2 Briefly toast the belacan, then remove and set aside.
- 3 Add shallots, garlic, and chilies to the pan. Once they are wilted, add the tomatoes. Mix well and cover with a lid. Remove from heat and set aside.
- 4 Let all the fried ingredients cool to room temperature.
- 5 Put all the ingredients into a food processor or mortar and pestle. Blend or pound until semi-smooth.
- 6 Transfer the mixture to a pot and heat it.
- 7 Add palm sugar and mix well.
- 8 Taste the sambal and adjust with salt or more palm sugar to suit your preference.

## Ingredients

- A little cooking oil
- 20 red chilies (adjust for desired spiciness)
- 10 bird's eye chilies
- 10 shallots, sliced
- 3 cloves garlic, sliced
- 5 tomatoes, cut into quarters
- 5 cm piece of belacan (shrimp paste)
- 3 tablespoons palm sugar or granulated sugar, to taste





# BLACK PEPPER BEEF

## SERVED WITH RICE & STIR-FRIED VEGETABLES

### Directions

- 1 Heat oil in a pan, then add the beef marinated with ginger and garlic. Stir and cook over medium heat until the beef changes color. In the meantime, combine all the sauce ingredients in a bowl and stir until well mixed. Pour into the pan, stir well, and cook briefly.
- 2 Add enough water, stir, and cook over low heat. Cover the pan to help tenderize the beef. Cook until the sauce thickens (if the beef is still tough, add water, cover the pan, and continue simmering until the beef is tender).
- 3 Add the sliced onions and bell peppers. Mix well and cook until all the vegetables are soft. Season to taste.

### Ingredients

- 3 kg beef (thinly sliced)
- 3 inches ginger (finely pounded)
- 10 cloves garlic (finely pounded)
- 2 onions (sliced into rounds and separated)
- 2 red bell peppers
- 2 green bell peppers
- 2 yellow bell peppers
- Sliced spring onions for garnish
- Sufficient water

### Sauce Ingredients:

- 3 tablespoons crushed black pepper
- 6 tablespoons oyster sauce
- 4 tablespoons thick soy sauce
- 2 tablespoons light soy sauce
- Sugar to taste
- Sufficient hot water





# STIR FRY MIXED VEGETABLES

SERVED WITH  
RICE & BEEF

## Directions

- 1 Heat oil. Sauté minced garlic and onions until wilted. Add oyster sauce, stir well.
- 2 Add water and simmer briefly. Add all the vegetables. Stir well and cook briefly. If the sauce is too watery, add a little cornstarch slurry to thicken it.
- 3 Season with salt to taste, add sesame oil if desired, and adjust the flavor with white pepper powder. Ready to serve.

## Ingredients

- 3 cans button mushrooms (cut in half)
  - 2 heads cauliflower (blanched)
  - 400 gm carrots (blanched)
  - 2 red bell peppers
  - 2 green bell peppers
- Stir-fry Sauce:
- 8 cloves garlic, minced
  - 3 large onions, minced
  - salt to taste
  - sesame oil to taste
  - oyster sauce to taste
  - white pepper powder to taste
  - water to taste
  - a little sesame oil, if desired





# CHINESE ASAM LAKSA

SERVED WITH FRESH  
LAKSA & CONDIMENTS

---

## Ingredients

---

3 liters of water  
1 kg mackerel fish  
425 gm sardines  
100 gm ground chili paste  
3 tablespoons tamarind paste  
8 pieces dried tamarind slices  
5 sprigs of laksa leaves  
3 stalks of ginger torch  
2 sprigs of mint leaves  
palm sugar/brown sugar to taste  
salt to taste  
seasoning powder to taste

### Blended Ingredients:

100 gm Bombay onions  
25 gm (shrimp paste)  
13 stalks bird's eye chili  
1 stalk lemongrass  
300 gm pineapple  
½ inch fresh turmeric  
½ inch galangal

### Accompaniments:

1 kg laksa noodles  
1 packet salad leaves (sliced)  
2 onions (finely sliced)  
10 calamansi (halved)  
10 hard-boiled eggs (halved)  
1 cucumber (sliced)  
15 bird's eye chili (sliced)  
mint leaves for garnish



## Directions



- 1 Boil the fish and simultaneously boil the eggs while waiting for the fish to be cooked.
- 2 Blend the listed blended ingredients and slice the accompaniments.
- 3 Measure and prepare 3 liters of water for various purposes.
- 4 Once the boiled fish has cooled, separate the fish meat from the fish bones.
- 5 Blend the fish meat with the measured water and place it in a separate container. As for the fish bones and head, strain them to avoid the laksa soup from being filled with bones.
- 6 In a large pot, combine the remaining measured water, the blended fish meat, the strained fish bone and head mixture, ground chili paste, dried tamarind slices, tamarind paste, torch ginger flower halves, laksa leaves, and mint leaves.
- 7 Cook until it boils and the asam laksa soup thickens. It takes about 20-30 minutes for the soup to boil.
- 8 Add crushed palm sugar, salt, and seasoning powder. Ensure the soup has a sweet-sour balance to complement the spiciness.
- 9 Wash and fry the sardine fish until crispy on the outside and coarsely crushed. When serving, sprinkle it on top of the laksa.
- 10 Once the heat is turned off, immediately remove the dried tamarind slices to prevent excessive sourness. Remove all of them. You can serve it with laksa noodles that are readily available in the market.



# CHICKEN TIKKA MASALA

SERVED WITH RICE & STIR-  
FRIED CABBAGE



## Ingredients

- 2 kg chicken breast (cubed)
- 2 tsp red chilli powder
- 2 tsp garam masala
- 1 tsp cumin powder
- 2 tsp coriander powder
- 1 tsp turmeric
- to taste salt
- 2 tbsp lemon juice
- 2 tbsp oil
- 2 tbsp ginger garlic paste
- 2 tbsp dried fenugreek leaves
- 1 cup yoghurt
- 3 tbsp oil/ghee
- 2 nos Bombay onion (chopped)
- 5 nos green chillies (chopped)
- 2 tbsp ginger paste
- 2 tsp red chilli powder
- 2 tsp coriander powder
- 4 tsp garam masala
- 3 tsp cumin powder
- 1 tin tomato puree
- 4 cups water
- 1 cup heavy cream
- as needed coriander leaves, chopper



## Directions

- 1 Dice chicken and pat dry with a few kitchen tissues to make sure there is no excess moisture. Add in the marination ingredients. Mix up everything well. Cover with cling wrap and let it rest for a minimum of 8 hours & up to 48 hours in the refrigerator.
- 2 Pour oil/ghee or mix of both to a pot/pan. When it turns hot, add in onion. Saute on a medium heat until they turn deep golden. Add in green chillies and ginger garlic paste. Saute for about 40 to 60 seconds until you begin to smell the ginger garlic.
- 3 Add in red chilli powder, coriander powder, garam masala and cumin powder. Stir well quickly. Do not burn the spices.
- 4 Immediately pour the tomato puree. Cook this on a medium high heat stirring often until the masala thickens. While you cook the tomatoes here, bring 2 cups of water to a rolling boil in another pot. When the tikka masala turns thick, pour the hot water and give a good mix.
- 5 Cover and simmer on a low heat until the sauce becomes fragrant and thick.
- 6 While the tikka masala cooks, grill your chicken tikka. To cook them on the skillet/pan. Pour 1 tablespoon oil to a heavy bottom skillet or cast-iron pan. When the pan is hot, you will place the tikkas in the pan one by one, spacing them apart. Cook for 3 to 4 minutes on a high heat and turn them to the other side. Cook on the other side until your chicken is almost cooked and charred.
- 7 When the tikka sauce has cooked well and thickened, pour heavy cream/thickened cream. Add sugar and give a good mix.
- 8 Let it simmer until thick and aromatic.
- 9 Add all of the grilled chicken tikka and 1 tbsp dried fenugreek leaves. Make sure your curry has reached a thick and almost serving consistency before you add chicken. Taste test and add more salt or sugar if required to balance the flavors.
- 10 Mix and cook covered, until the chicken is soft and tender. This takes only 2 to 3 mins. Garnish with 2 to 3 tablespoon of heavy cream and 3 tablespoon of chopped coriander. Serve with naan, paratha, roti, Jeera rice and plain





# STIR-FRIED CABBAGE

SERVED WITH RICE &  
CHICKEN TIKKA MASALA

---

## Ingredients

---

500gm cabbage - thinly sliced

2 carrots chopped small

5 stalks chilies - sliced

8 shallots - ground

5 cloves garlic - ground

50gm anchovies - soaked and  
ground

3 stalks curry leaves

1 tsp mustard seeds

1 tsp turmeric powder

salt to taste

cooking oil



## Directions



- 1 Cut the vegetables into small pieces and wash them. Drain.
- 2 Heat oil in a pan and sauté shallots, garlic, and anchovies until fragrant.
- 3 Add cabbage, carrots, and chilies. Stir well.
- 4 Season with salt.
- 5 Serve.



# LAMB BRIYANI

## SERVED WITH BRIYANI RICE & PAPADOM

### Directions

- 1 Wash lamb meat and drain.
- 2 Grind Bahan A into a fine paste.
- 3 In a pot, add lamb meat, Bahan A, mint leaves, coriander leaves, spices, biryani spice mix, lemon juice, evaporated milk, tomato puree, and ghee. Mix all these ingredients well.
- 4 Marinate for 30 minutes.
- 5 Simmer the meat slowly until the oil separates and then add Bahan B and C.
- 6 Season with salt and honey to taste. Serve with rice, papadom, and boiled eggs.

### Ingredients

- 5 kg lamb meat with bones
  - 10 shallots
  - 8 cloves of garlic
- Ingredient A (finely ground):
- 2 inches ginger
  - 6 green chilies
  - 1 bunch mint leaves
  - 1 bunch coriander leaves
  - 100gm of mixed spices (cinnamon, cloves, cardamom, bay leaves)
  - 500 gm biryani spice mix
  - 3 lemons juice
  - 1 can of evaporated milk
  - ½ can of tomato puree
  - 3 tablespoons ghee
- Ingredient B (for fried onions):
- 10 shallots
  - 8 cloves of garlic
  - 100gm almonds
- Ingredient C (fried):
- 100gm raisins
  - Salt and honey to taste
- Side Ingredients:
- 2 packs of papadom
  - 15 boiled eggs





# BRIYANI RICE

## SERVED WITH LAMB BRIYANI & PAPADOM

### Directions

- 1 Wash the rice and soak it for 30 minutes.
- 2 Grind the large onions, garlic, and ginger into a fine paste.
- 3 In a pot, heat a sufficient amount of ghee. Add the ground paste and the whole spices (cinnamon, cloves, cardamom pods, and cloves). Sauté until fragrant. Then add water and evaporated milk. Season with salt and add the pandan leaves.
- 4 Bring the mixture to a boil.
- 5 Drain the soaked rice and add it to the pot. Stir well and cover the pot. Let the rice cook until it's dry. Reduce the heat.
- 6 Once the rice is dry, add yellow food coloring and mix it into the rice. Then add the fried raisins and give it a light stir.
- 7 Finally, garnish with fried shallots before serving.

### Ingredients

- 3 kg Basmati rice
- 4 large onions, finely chopped
- 8 cloves of garlic, finely chopped
- 1-inch piece of ginger, finely chopped
- 6 pandan leaves, washed and tied
- ½ can of evaporated milk
- 2 sticks of cinnamon
- 3 cloves
- 6 cardamom pods
- 6 cloves
- sufficient water
- sufficient ghee (clarified butter)
- sufficient salt
- sufficient yellow food coloring
- 100g black raisins (fried)
- 100g golden raisins (fried)
- 300g shallots (fried, for garnish).





# DESSERT

---

MALAYSIAN CUISINE





# SAGO WITH PALM SUGAR



---

## Ingredients

---

### Sago:

- 4 cups sago pearls
- sufficient water
- 1 drop green food coloring
- 1 drop red food coloring

### Coconut Milk Sauce:

- 5 cups canned coconut milk/fresh coconut milk
- 3 tablespoons rice flour
- 2 teaspoons salt
- 4 pandan leaves, torn and tied

### Palm Sugar Syrup:

- 4 large pieces of palm sugar
- 6 tablespoons palm sugar
- 4 tablespoons granulated sugar
- 4 pandan leaves, torn and tied



## Directions

### Sago:

- 1 Soak the sago pearls in water for 1/2 hour. Estimate the water level to be about two finger joints above the sago pearls.
- 2 Cook the sago pearls over low heat until the white center of the pearls disappears. If the water level is insufficient, add a little more to ensure the sago cooks perfectly.
- 3 Pour the cooked sago onto a strainer and rinse it with running water to remove excess starch.
- 4 Drain and add your preferred food coloring. Stir evenly. Spoon the sago into molds and refrigerate for 30 minutes. The sago will solidify and thicken when cold.
- 5 Remove from the molds and serve with coconut milk sauce and palm sugar syrup.

### Coconut Milk sauce:

- 1 Cook the coconut milk with pandan leaves, rice flour, and salt over low heat.
- 2 Stir well to prevent the coconut milk from forming lumps. When the sauce has boiled and thickened, remove it from heat and let it cool.

### Palm Sugar Syrup:

- 1 In a pot, combine water with palm sugar, Thai palm sugar, granulated sugar, and pandan leaves.
- 2 Cook until the syrup thickens and the palm sugar pieces dissolve completely. Stir well.
- 3 Strain and let it cool.





# COCONUT MILK & ROCK MELON SAGO

---

## Ingredients

---

- 1 numbers rock melon
- 1 numbers honeydew
- 200 gm sago
- 300 gm sugar
- 1 liter water
- 500 ml coconut milk
- ½ tsp salt
- 2 leaf pandan leaves



## Directions

- 1 Boil sugar, water and pandan leaves in a pot until sugar is completely dissolved and become syrupy. Add in coconut milk
- 2 In a separate pot, boil water. When the water boiling, add sago and cook on medium-high heat until mostly translucent (sago will dissolve and becomes gooey when overcooked – hence the visible white dots). Also, keep stirring to avoid the sago from sticking to the pot. When the sago is cooked, drain it over a sieve and rinse it under cold running water. Set aside.
- 3 Use a melon baler, scoop the flesh out. Alternatively, you can dice the melon instead.
- 4 Mix the sago, rock melon, honeydew, and coconut milk mixture in a serving bowl. Chill before serving. (As the mixture chills, the consistency will thicken a little)





# GULAB JAMUN

---

## Ingredients

---

1 cup milk powder  
1/3 cup all-purpose flour  
1/2 teaspoon baking soda  
1/3 cup buttermilk\*  
2 teaspoons vegetable oil

### Ingredients for syrup:

1 cup sugar  
3/4 cup water  
4 cardamom pods  
A pinch of saffron

### Ingredients for buttermilk:

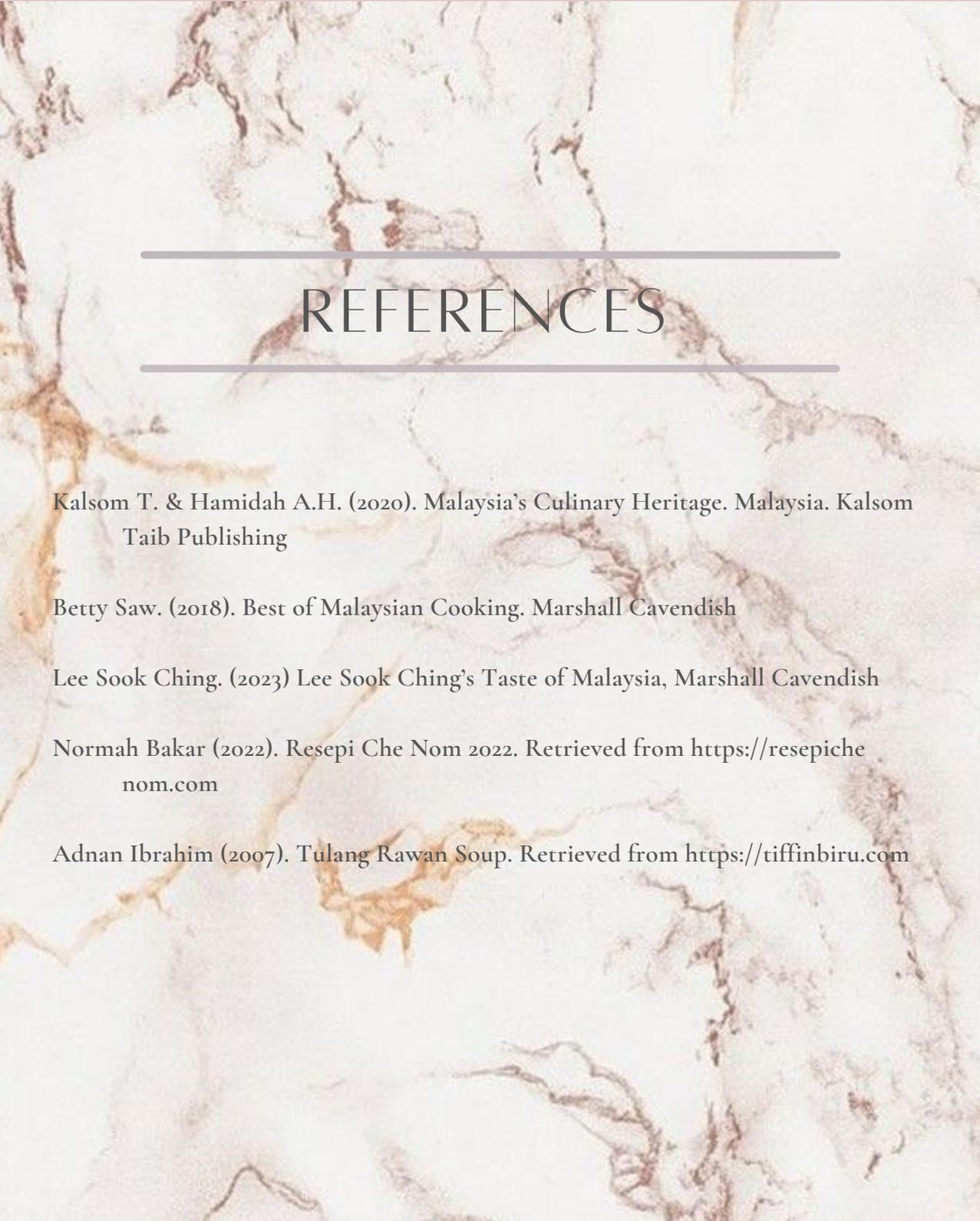
1/4 cup heavy cream  
1 teaspoon vinegar



## Directions

- 1 To prepare buttermilk, mix heavy cream and vinegar. Set aside for a moment.
- 2 To prepare the syrup, boil sugar, water, and cardamom until it thickens slightly. Sprinkle saffron. Allow it to cool.
- 3 Sift milk powder, all-purpose flour, and baking soda, set aside.
- 4 Mix buttermilk and vegetable oil.
- 5 Combine the flour mixture with the buttermilk mixture until a soft and slightly sticky dough forms.
- 6 Add a little more milk if the dough is too crumbly.
- 7 Do not knead the dough for too long, as gluten formation will prevent the balls from absorbing the sugar syrup properly.
- 8 Grease your palms with oil and shape the dough into small balls.
- 9 Deep-fry on low heat until golden brown.
- 10 Soak in the syrup at room temperature.





---

# REFERENCES

---

Kalsom T. & Hamidah A.H. (2020). Malaysia's Culinary Heritage. Malaysia. Kalsom Taib Publishing

Betty Saw. (2018). Best of Malaysian Cooking. Marshall Cavendish

Lee Sook Ching. (2023) Lee Sook Ching's Taste of Malaysia, Marshall Cavendish

Normah Bakar (2022). Resepi Che Nom 2022. Retrieved from <https://resepiche.com>

Adnan Ibrahim (2007). Tulang Rawan Soup. Retrieved from <https://tiffinbiru.com>

MALAYSIAN CUISINE

---