



Lohikeitto (Finnish Salmon Soup)

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

1/4 cup butter	1 pound salmon, cut in large pieces
1 leek, sliced	1 cup 35% cream
4 cups fish stock or cubes	salt and ground pepper
2 cups potatoes	Chopped dill, for serving
1 carrot, sliced	



Directions

1. In a large saucepan over medium-high heat, melt the butter. Add the leeks and cook, stirring, for 5 to 6 minutes, until wilted.
2. Add the stock, potatoes, and carrots. Bring to a boil and cook for 10 to 15 minutes, until softened and fork-tender, depending on the size of the vegetables.
3. Add the salmon and cream and bring to a simmer. Cook for 5 to 6 minutes, until the salmon is cooked through; season with salt and pepper.
4. Divide the soup among bowls. Top with the dill.



Flat oat bread

SERVINGS: 4

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

2.5 cups luke warm water	1/4 cup olive oil
2 cups oats	50 g butter
2 x 7g dry yeast	3 cups plain flour (can be wholemeal)
1 tsp salt	
1 tsp sugar	



Directions

1. Mix ingredients in luke warm water with wooden spoon, don't over mix.
2. Let sit for 5 minutes for yeast to activate.
3. Pour on oven tray that's been lined with baking paper, spread evenly. Cut dough into squares.
4. Allow to rise while covered with tea towel 20min. Warm oven to 180c.
5. Brush with water, sprinkle oats on top, bake 20-30 min. Until golden, let cool, cut and enjoy.



Macanese Minchee

SERVINGS: 4

TOTAL COOKING TIME: 40 MIN

An Asian dish originating from Macao consisting of a ground meat and potato hash served over rice and topped with a fried egg

Ingredients

1 cup uncooked jasmine rice	1/4 cup soy sauce
1/4 tsp salt	1 TBSP raw honey
1 1/2 cups water	1/2 tsp ground black pepper
1 TBSP plus 1/4 cup peanut oil	8 ounce potato, peeled and small cubed
1 yellow onion, peeled and finely chopped	4 large eggs
1 shallot, peeled and finely chopped	
1 garlic clove, peeled and minced	
8 ounces ground beef	
8 ounces ground pork	

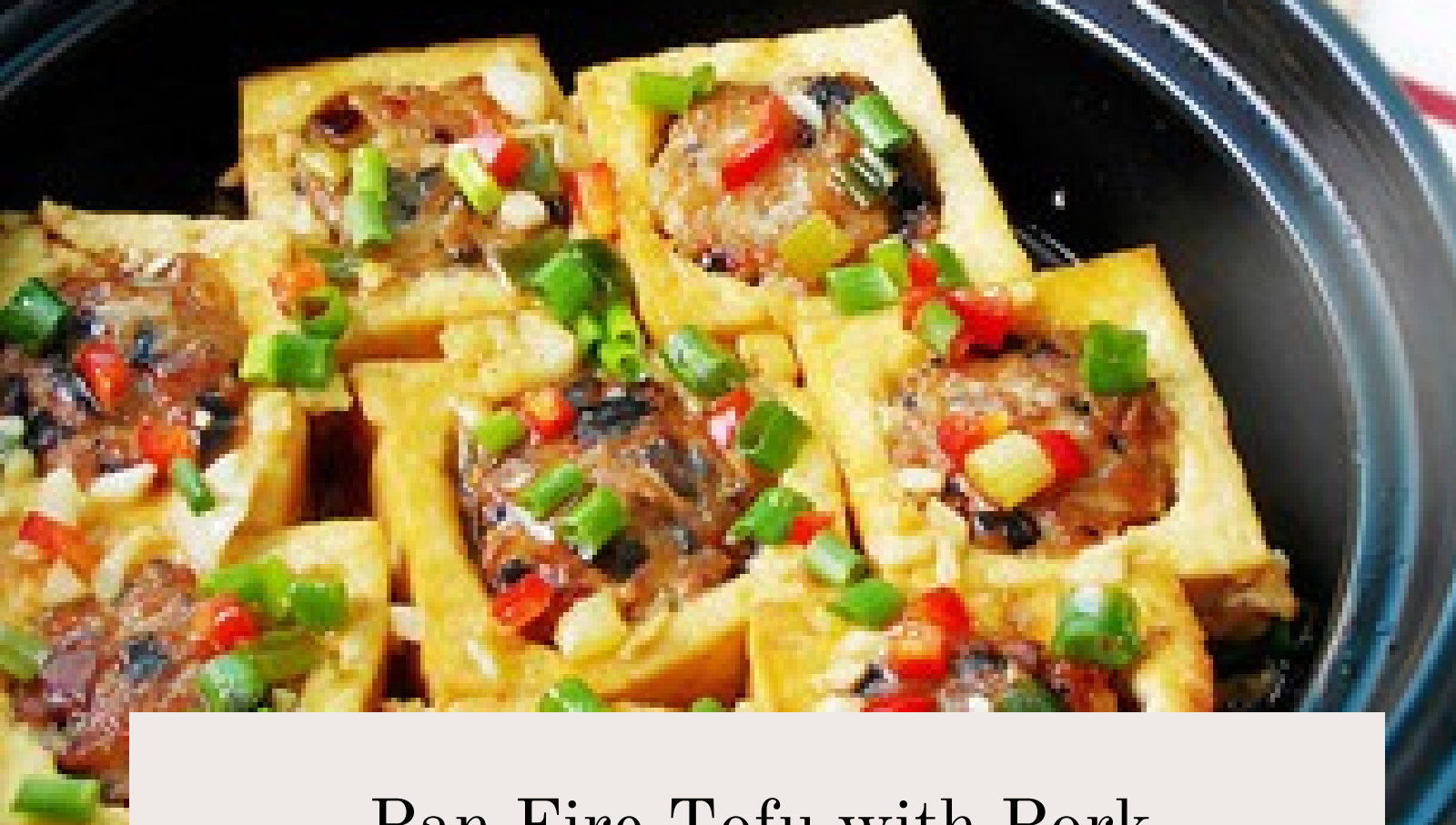




Macanese Minchee

Directions

1. Add the rice, salt, and water to a medium size saucepan, stir to combine and bring to a boil. Cover the pan and reduce the heat to low, simmer for 10 minutes without removing the lid. Take the pan off the heat while keeping the lid on and set aside for 15 minutes.
2. Heat the 1 TBSP of oil in a wok over medium-high heat. Add the onion and cook until lightly browned, about 4 minutes.
3. Stir in the shallot and garlic and cook for 1 minute. Stir in the beef and pork and cook while breaking up the meat until the meat is cooked through, about 8 minutes. Stir in the soy sauce, honey, and black pepper and cook 2 more minutes. Transfer the mixture to a bowl and set aside.
4. Wipe out the wok and heat the 1/4 cup oil over medium-high heat. When oil is hot add the potatoes and cook, stirring occasionally, until crispy, about 6 minutes. Using a slotted spoon transfer the potatoes to a paper towel lined plate to drain any excess oil. Add the potatoes to the meat mixture and stir to combine.
5. Fluff the rice with a fork and divide it evenly into mounds among 4 plates. Divide the meat mixture on top of the rice and set the plates aside.
6. Keep any leftover oil in the wok and heat it over medium heat. Working one at a time, carefully crack an egg into a small bowl then gently slip the egg into the hot oil in the wok. Fry the egg until the whites are crispy around the edges and the yolk is cooked to your liking. Transfer the egg to one of the plates on top of the meat and rice. Continue with the remaining eggs.



Pan Fire Tofu with Pork

SERVINGS: 3 - 4

TOTAL COOKING TIME: 30 MIN

Ingredients

Hard tofu, 2 boxes

100g Pork

Dry mushroom, 2 pieces

Small scallion, 2 tsp

Soy sauce, 3 tsp

Corn starch, 3 tsp

White pepper, 1/4 tsp

Sugar, 1 tsp

Oyster sauce, 1 soup sp



Directions

1. Cut tofu into rectangle shape, gently remove the middle of each tofu with a knife
2. Mix minced pork and mushroom with sugar, soy sauce, 1 teaspoon of corn starch
3. Put a little bit corn starch in the middle of the tofu, put mixed pork in
4. Turn on fire and put oil on pan, pan fire the tofu with pork side first, then turn around
5. Mix oyster sauce, pepper and corn starch with water to make the sauce



Hong Kong Style Baked Pork Cutlet on Rice

SERVINGS: 4

TOTAL COOKING TIME: 1 HOUR 25 MIN

The pork in this Baked Pork Cutlet on Rice recipe is crispy on the outside & juicy on the inside. Turn your home into a Hong Kong Cafe!

Ingredients for fried rice

500 g cooked rice equals 225g or 1½ "rice cooker cups" of uncooked rice

3 Large eggs , beaten

1 tsp Salt

2-3 tbsp Oil



Ingredients for sauce

4 tbsp Butter

3 tbsp All-purpose flour

2 Tomatoes (200g), cut into small wedges

150 g Mushrooms , sliced

1 Onion , sliced into wedges

2 tbsp Ketchup

2 tsp Light soy sauce

1 tsp Worcestershire Sauce

75 ml Marinara sauce (or 2 tbsp tomato puree, ½ tsp sugar, 3 tbsp water)

1 tbsp Sugar

1 tsp Salt

2 tbsp Oil

350 ml Water

30-40 g Parmesan cheese, grated



Hong Kong Style Baked Pork Cutlet on Rice

Ingredients for pork

350-450 g Pork chop, pork loin or pork shoulder
(approx. 1.5cm thick)

½ tsp Salt

1 Egg white

2-3 tbsp All-purpose flour depending on how much
meat you have

½-1 c Panko or bread crumbs depending on how
much meat you have

500 ml Oil for frying. You may also choose to
shallow fry in a fry pan where you will need
approx. 1 cm deep of oil



Directions

1. Prepare a 1.5 quart casserole dish
2. Add oil to pan using medium to high heat. High heat will give you the best result but you need to be fast with your spatula.
3. When oil is hot, add egg and rice. Mix, toss, stir and flip until egg is broken into small pieces and scattered evenly amongst rice. Day-old rice is best to fry because it's drier.
4. At medium-high heat, add 2 tbsp oil to the pan. Add onions and mushrooms.



Hong Kong Style Baked Pork Cutlet on Rice

Directions

5 Cook until onions are slightly soft. Remove from pan and set aside

6. Make the roux by melting butter in a pan at medium heat.

7. Add 3 tbsp of flour and mix well until mixture is smooth

8. Add 2 tbsp ketchup, 2 tsp light soy sauce, 1 tsp Worcestershire sauce, 75 ml marinara sauce, 1 tbsp sugar, and 1 tsp salt to roux and mix well

9. Add 350 ml of water to the pan and let it simmer for 5 minutes. Turn off heat and set aside

10. Heat oven to 200°C or 400°F

11. Pork should be washed and at room temperature. Marinate the pork with ½ tsp salt

12. Put egg white on a plate that is big enough to soak one piece of pork. Put 2 tbsp of flour on a plate that is big enough to dredge a piece of pork. Put ½ cup of panko on a large plate.

13. Dredge pork in flour, then dip into egg white, cover with panko and place aside or on the panko plate. Repeat for all the pork pieces.

14. Prepare oil for deep frying. Put panko covered pork into the oil at 150°C or 300°F and then turn up the heat so that the oil can get up to 180°C or 360°F. Fry for 5-6 minutes or until pork is cooked and golden brown

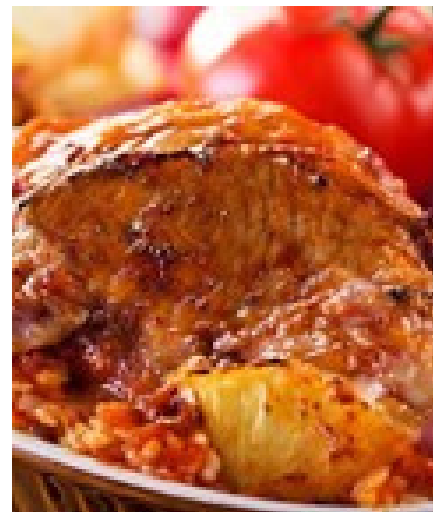
15. Remove pork from oil and let cool for 2 minutes

16. Cut the pork into strips and place on top of the fried rice in the casserole dish

17. Heat up the sauce, once it's simmering, add the onions and mushrooms and mix well

18. Once the sauce is bubbling, turn off heat and add tomatoes. Mix well and use a ladle to scoop sauce on top of the pork in the casserole dish

19. Finish by sprinkling parmesan cheese and put in the oven for 15 minutes





Gnocchi dolce (Sweet gnocchi)

Ingredients

500 g russet (baking) potatoes

1 egg

1/2 cup regular flour

Fruit spread of your choice



Directions

1. Boil the potatoes until tender.
2. Add the egg and 2/3 of the flour, sifted, and mix with a wooden spoon.
3. Pour the dough on a working surface and knead until smooth, dusting flour over the surface, as needed, to prevent sticking. Cut the dough into three parts, roll each one into a rope, and cut each rope into six pieces.
4. Flatten each piece of dough, place the fruit spread filling (or could use pitted cherries) in the center and close the dumpling around it, making sure it is well sealed. Place the gnocchi on a plate, then dust them lightly with flour.



Gnocchi dolce (Sweet gnocchi)

Directions continued

5. Bring a pot of water to a boil and drop in it some of the gnocchi making sure they are not crowded.

6. When they surface, they are ready and can be retrieved from the pot with a slotted spoon and placed in a covered bowl.

7. In the meantime, prepare the topping.

- 2 tablespoons unflavored breadcrumbs
- 2 tablespoons unsalted butter
- 1 tablespoon sugar mixed with cinnamon to taste

8. Toast the breadcrumbs in a small frying pan, then add the butter. Stir on low heat until the breadcrumbs are well coated. Place the cooked and drained gnocchi in a gratin dish and distribute the buttered breadcrumbs over them, then sprinkle with the cinnamon-laced sugar.

9. Place gratin dish in a warm oven with the broil setting on for 5-10 minutes until everything is nice and warm and ready to be eaten





Italian Tiramisu

Ingredients

300 g Savoiardi Ladyfingers	300 ml strong espresso coffee
500 g mascarpone cheese	2 tbsp rum or marsala
4 eggs, at room temp.	unsweetened cocoa powder
1/2 cup caster sugar	



Directions

1. Make the coffee then add 2 tablespoons of Rum or Marsala. Set aside to cool.
2. Separate egg whites from yolks. In one bowl, whip the egg whites until stiff. In another bowl whisk the egg yolks with the sugar until pale and smooth. Then add the mascarpone and whisk slowly for 2 or 3 minutes.
3. Once well combined, using a large metal spoon gently fold in the egg whites.
4. Have your coffee mixture, mascarpone mixture, cocoa and the dish you are using ready on your bench for assembling. Dip one Savoiardi biscuit quickly, 1 to 2 seconds ONLY into your coffee mixture. Then place each biscuit into your dish until you form one layer. Spread a layer of mascarpone cheese until you have covered the biscuits.
5. Repeat this process until you have used all the biscuits and mascarpone.
6. Sprinkle the top layer with cocoa powder.
7. Refrigerate for at least 4 hours, OVERNIGHT IS BEST