



WINNING LETTER:

I have seen many letters addressed to your mailbox praising the excellent and simple recipes. They are really good and I have cut and filed the recipes for reference. I would like to share one of mine using MAGGI Chicken Stock Cube.

Method:

Dissolve 1 MAGGI Chicken Stock Cube with 2 cups water (by boiling for a short while). Crack in 4 big eggs and beat mixture well. Steam for 12 mins over slow fire.

Mdm Ng Lai Peng, Hougang Ave 1,
via homechef@newstoday.com.sg

Simple recipes always work best. Thank you for sharing this with us, and I hope you enjoy the MAGGI hamper you have just won.

Do you have a question about MAGGI products?
E-mail homechef@newstoday.com.sg.

The letter chosen for publication each week
WINS a MAGGI Hamper.

TAKE A TIP TODAY



Pretty rolls inside and out

Flavouring and colouring:

Add diced carrots, chopped shiitake mushrooms, little green peas or even chopped chillies to your basic meat mixture to create a colourful meat roll.

Or, create a "yin yang" effect with two types of flavours.

Half your meat mixture. Add **MAGGI Beef Rendang Mix** to one portion to darken the meat and spice it up. Add **MAGGI Tomato Sauce** to the other half and mix well. Shape spoonfuls of the contrasting meat mixture into long rolls side by side and finish wrapping up with the beancurd skin. Fry according to the recipe.

Decorating the rolls:

Advertise the flavours you've used by decorating your meat rolls with the herbs and spices.

Just before you seal the rolls, add coriander leaves, thinly sliced chillies or carrots, chives or spring onion curls or sesame seeds to the last fold of the bean curd skin. Carefully finish wrapping up and seal with a mixture of cornflour and water.

Layering flavours

Spicy, crispy, juicy and chewy – create an edible palette

Chefs are artists, even the home chefs. We have the advantage of a multi-dimensional palette that not only has all the brilliant colours of the best ingredients, but also contrasting and complementary textures, flavours and fragrances to work with to create a masterpiece.

The secret to a winning culinary creation is really quite basic. It must look good, smell good and taste good.

You can take a traditional recipe and personalise it – and I am encouraging you to do this, to experiment with the recipes you see here.

This week, for example, I've taken a traditional meat roll and modified it with some surprising new flavours.

Ngoh hiang rolls are normally made with pork or liver and flavoured with Chinese five-spice powder.

I've created chicken rolls which

are perked up with MAGGI Beef Rendang Mix and I've accentuated their spiciness by serving them on a bed of spicy macaroni shells fried in a delicious MAGGI Bihun Goreng Paste.

What makes these meat rolls special is the layering of flavours. Chicken breast fillets are coated with MAGGI Beef Rendang Mix and covered again with a milder flavoured minced chicken and a layer of sweet, crisp chopped water chestnuts.

The entire roll is wrapped with beancurd skin and fried to a crisp outside while the filling cooks to tender juiciness.

The rolls look really good when cut into slices. The chicken fillets and their dark coating of rendang flavouring show up really well and stimulate both curiosity and appetite at the dinner table.

Remember to add a daily serving of vegetables to the meal by serving the rolls and macaroni on a bed of shredded lettuce and maybe some thinly julienned carrot sticks.

Try this, and e-mail me your success story.



by
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Hot Rendang Chicken Rolls

Ingredients:

1 packet MAGGI Beef Rendang Mix
1 chicken breast fillet, skinned
300gm minced chicken
6 water chestnuts, skinned and diced
2 large sheets beancurd skins
1 eggwhite
Cornflour, salt and pepper
A little sesame oil

Method:

1. Cut breast fillets into strips and marinate in MAGGI Beef Rendang Mix. In a bowl, place minced chicken, salt and pepper, cornflour and the eggwhite together. Mix well.
2. Wipe beancurd sheets with a damp cloth and trim into 20 – 25cm squares.

3. Lay a square of beancurd skin flat. Starting from outer edge, spread a third with a layer of minced chicken paste. Add strips of MAGGI Beef Rendang Mix flavoured breast fillets on top. Add a layer of diced water chestnuts.
4. Roll up tightly, squeezing lightly to expel any air bubbles. Seal with a little cornflour and water.
5. Fry over medium heat till golden brown and juices run clear when the rolls are pressed down slightly.
(Preparation time: 20 minutes. Makes about four rolls.)

Grocery List/Price Guide:

MAGGI Beef Rendang Mix (\$1.40)
Chicken breast fillet (\$1.20)
300 gm minced chicken (\$1.50)
Water chestnuts (\$1.50/bag)
Beancurd sheets (\$1.20/pack)
Total estimated cost: \$6.80



Spicy Macaroni Shells

Ingredients:

MAGGI Bihun Goreng Paste (\$0.45/30g)
2 cups cooked macaroni shells

Method:

1. In a non-stick wok, add a little oil and fry the MAGGI Bihun Goreng Paste. Add macaroni shells and stir well to coat thoroughly.