



Prawns and udon

Silky-smooth udon and sweet shrimps soak up a hot sauce

JAPANESE udon is a really tasty pasta. It doesn't have the overpowering alkaline taste of some of our local noodles, nor the fussiness of packet pastas. Its smooth, silky texture is an added incentive.

Udon is also pre-cooked and you just need to heat it up for soup noodles or a quick fry-up.

I'm using it for our really special noodle dish this week. The tangy taste of the MAGGI Chilli Prawn Mix and fresh cherry tomatoes pair up really nicely with the sweetness of the fresh prawns. I prefer using grey prawns for this dish

because the cheaper tiger prawns may have more bite but they lose out on taste.

Leave the prawn shells on. Half the fun is peeling them to expose the crisp, sweet meat, and licking your fingers clean.

The tomatoes I chose are the bite-sized cherry tomatoes, now so easily available in convenient

punnets. Another good choice are the equally small but plum-shaped honey red tomatoes.

They are great to cook with as they practically "dissolve" into a nice thick sauce. Halve them so the skin pops off easily. You can just pick off the skin as the sauce cooks. Or leave it on, if you like the extra fibre.

The MAGGI Chilli Prawn Mix is tasty enough without the addition of other flavouring, but I did use a few garlic cloves to perk up the fragrance factor. Brown them well and they will turn out sweet and nutty by the time the sauce is cooked.

If you like a thicker sauce, add less water. I find adding just a cup of water makes a sauce which will coat the udon perfectly. But, if you prefer more sauce, just add extra water.

I served this hot udon with a bowl of clean-tasting *xiangcai hua* egg-drop soup made with MAGGI Ikan Bilis Stock Cube. The soup's almost like a palate cleanser after the spiciness of the Chilli Prawn Udon, and is really refreshing. Drop me an e-mail if you need help with the recipes.



by Pauline D Loh

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LETTER: I really enjoy virtually all the recipes that you have concocted as they are pretty unique dishes and yet easy to prepare. Very useful for young, busy couples like my husband and I. Thanks and keep coming up with all those special and delicious recipes. You should publish your own cookbook, bet it will sell.

Jek Swan, via e-mail

Congratulations, Jek Swan! You've won yourself a MAGGI hamper with this letter. Thank you for your kind comments. That's the whole point of this series - easy recipes for busy people. Please continue to support us with your feedback.

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.

THIS WEEK'S MAGGI DIARY:

Wednesday, May 15: Good Food Fast Cooking Workshop with Nancy will be at Siglap CC, from 7pm to 9pm. To register, please call 6241 1925. Nancy will also be at these other Centres.

Lam Soon CC - May 17 (Tel: 6769 1598)

Cheng San CC - May 18 (Tel: 6458 8222)

TAKE A TIP TODAY



Floral flavours

Edible flowers:

East or West, we have been eating flowers as vegetables for a long time. The cauliflower and broccoli are examples, while in Western cooking, squash flowers are enjoying a revival in the new-style healthy eating.

In our markets, we are beginning to see a gradual return to some rather old-fashioned floral flavours. Take the *xiangcai hua*, for example. This deliciously fragrant vine flower (above) is now being sold at many market stalls. I have seen it sold in my neighbourhood market at Ang Mo Kio and at the Chinatown market as well.

Here's how you can make a simple but flavourful soup from it.

1. Boil up a pot of water, drop in a MAGGI Ikan Bilis Stock Cube (\$1.39 per packet).
2. Stir to dissolve the stock cube. When soup is boiling. Add in a punnet of *xiangcai hua* (\$1).
3. Quickly add in a beaten egg and remove from fire. Add salt and pepper to taste.

It's just the right complement for our spicy Chilli Prawn Udon.



Chilli Prawn Udon

Ingredients:

- 1 packet MAGGI Chilli Prawn Mix
- 500g grey prawns
- 1 box cherry tomatoes
- 200g snow peas
- 6 cloves garlic
- 1 packet udon

Method:

1. Trim feelers and feet off prawns, Clean and set aside. Clean and string snow pea pods.
2. In a non-stick wok, brown whole peeled garlic cloves in a little oil. Add halved cherry tomatoes. Add whole prawns and fry till lightly browned.
3. Add in MAGGI Chilli Prawn Mix with one cup water to form a fairly thick

sauce. Add snow peas.

4. When the sauce and ingredients are nicely bubbling, stir in the udon and mix well so sauce coats the noodle strands.
5. Serve it hot. Garnish with more tomatoes.

(Preparation time: 15 minutes. Serves four.)

Grocery List/Price Guide:

- MAGGI Chilli Prawn Mix (\$1.44)
- 500g grey prawns (about \$4)
- 1 box cherry tomatoes (\$1.20)
- 200g snow peas (about \$1)
- Garlic (\$0.50)
- 1 packet udon (\$1.20)
- Total cost: about \$9.50