



**WINNING LETTER:**

Being very enthusiastic about quick, simple and tasty dishes, I cannot thank you enough for providing TODAY readers, including myself, with recipes which are real winners. What is remarkable is that your recipes call for simple ingredients (some of which I already have and others which can be easily obtained), including MAGGI seasonings. Please continue providing other innovative recipes using MAGGI seasonings so that I can master them as well. Thank you.

*Wim Ponniah  
via homechef@newstoday.com.sg*

Thank you, Wim. We hope you enjoy cooking with the products in our MAGGI hamper.

*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.*

**MAGGI DIARY THIS MONTH:**

*Tasty Homestyle Dishes  
Cooking Demonstration by Nancy Ng:  
Aug 25, Sunday, 3 - 5 pm,  
NTUC FairPrice, Marine Parade*

**TAKE A TIP TODAY**

**Bright eyes and plump cheeks**

**FRESH** is best where fish is concerned but this no longer means a fish swimming in an aquarium a la Hong Kong-style seafood restaurants. With advances in modern food processing technology, flash-freezing has created a time warp in our favour.

Here are a couple of quick tips on choosing fish:

**PRETTY FISHY ...**

Choosing a whole fish is simple. A good fish is like a pretty girl. It has nice bright eyes, healthy cheeks that are plump and firm and an overall complexion that bounces with health.

**STEAKS, CUTLETS AND FILLETS ...**

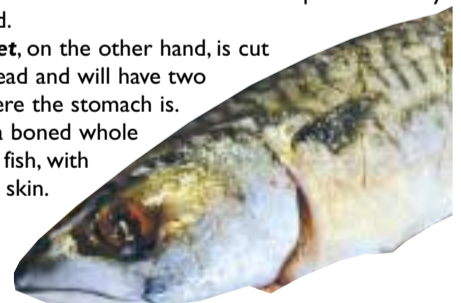
Confused about what's a fish steak, fish cutlet or fish fillet? No worries.

Just remember that a **steak** has no hole in the middle. It's a piece of fish cut near the tail and is quite uniformly oval-shaped.

A fish **cutlet**, on the other hand, is cut near the head and will have two "flaps" where the stomach is.

A **fillet** is a boned whole side of the fish, with or without skin.

Most fillets come flash frozen.



# Cod in the middle

Succulent fish fried and blanketed in a fragrant oyster sauce

**F**ISH is brain food, our elders would say. Fish is also easy to cook and easy to eat. It's something the whole family can enjoy.

We are fortunate enough in Singapore to have fresh seafood available all year round and, with the current marvels of international logistics, we even get to enjoy fish like salmon and cod at affordable prices.

This week's recipe is for cod steaks coated with the velvety MAGGI Oyster Sauce, sweet browned onions, coriander and chilli.

Cod is a silky-smooth fish, with pure white flakes that melt in your mouth (hence its Chinese name of *xueyu* or "snow fish"). When you have a texture like this, help it with a sauce that will accentuate, not compete with it.

To that purpose, MAGGI Oyster Sauce is the perfect

choice. It is not overly starchy, does not taste of lead, like some other brands do, and retains its flavour without being overpowering.

Fresh fish should never taste "fishy" but have more of a salt sea tang which reminds you of sun, sea and cool breezes.

Try today's recipe on recalcitrant fish eaters. They may be so pleasantly surprised that they'll ask for more.

Our bonus recipe this week is a simple chicken soup with white radish and carrot that's tasty and healthy. I've used MAGGI Concentrated Liquid Chicken Stock as the soup base and added a small black chicken to freshen up the taste.

To seduce my family into actually eating the white radish and carrot in the soup, I used a vegetable cutter to produce "flowers".

It worked. You can buy the cutters from professional kitchen suppliers in Chinatown's Temple Street. They cost about \$5 each and are well worth the investment.



by Pauline D Loh

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**Cod with fragrant oyster sauce**

**Ingredients:**  
2 tablespoons  
MAGGI Oyster Sauce  
2 pieces cod fish steaks  
1 large brown onion, finely diced  
2 chillies, finely diced  
1 bunch coriander, chopped  
1 pink ginger bud, sliced (optional)

**Method:**  
1. Lightly oil a frying pan and wait till oil is slightly smoking. Place cod steaks on the pan and fry five minutes each side till golden.  
2. Remove fish, set aside. In same pan, add onions, chillies and coriander. Stir fry rapidly till onions are browned.  
3. Stir in two large tablespoons

MAGGI Oyster Sauce. Mix well.  
4. Pour gravy over cod steaks. Garnish with ginger bud, if you like.  
5. Serve hot with rice.  
**(Preparation time: 15 minutes. Serves four or more.)**

**Grocery List/Price Guide:**  
MAGGI Oyster Sauce (\$1.90/500g)  
Cod fish steaks (\$5.00)  
Onion, chillies, coriander (\$1.00)  
Ginger bud (\$0.50)  
**Total estimated cost: \$8.40**



**Chicken soup with radish and carrot**

**Ingredients:**  
MAGGI Concentrated Liquid Chicken Stock (\$2.85/250g)  
1 black chicken, skinned (\$2.50)  
1 white radish, cut in pieces (\$0.80)  
1 carrot, cut in pieces (\$0.50)  
**Total estimated cost: \$6.65**

**Method:**  
1. Put black chicken, and carrot and radish pieces, into a pot containing three bowls of water.  
2. Add three teaspoons of MAGGI Concentrated Liquid Chicken Stock. Boil for half an hour over medium heat till radish pieces turn transparent. Serve hot.

