



**QUESTION:** Recently, I have found a part-time job and I have to rush home to cook. I would appreciate if you can feature some recipes using the oven? Something that I just have to put everything together and don't have to clean the oven as well? I think it is very difficult to find such recipes. Thanks so much.

Mrs Iris Lim, via homechef@newstoday.com.sg

**Congratulations!** You've won yourself a MAGGI hamper with this letter. As for oven recipes, I will be featuring a paper-wrapped chicken soon in HomeChef which uses a type of cooking called "en papillote" or "wrapped in paper". It's great for both baking and steaming!

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:**

**Saturday, May 4: Good Food Fast Cooking Workshop with Nancy** will be at Tg Pagar CC, from 7pm to 9pm. To register, please call 6221 9898. Nancy will also be at these other Centres.

**Chong Pang CC** - May 9 (Tel: 6758 8258)

**Siglap CC** - May 15 (Tel: 6241 1925)

Log on to www.pa.gov.sg for registration details.

**TAKE A TIP TODAY**

**Lettuce go green or white**

**THANKS** to selective farming, we now have a good choice of tasty lettuce to choose from. They keep well and have a good variety of uses, so store some in your fridge for sandwiches, soups or a quick vegetable dish. Here are just two good buys.

**Butter Lettuce:**

These are commonly available packed in pairs and sold at the supermarkets. They are aeroponic vegetables, cultivated without soil. I've used them in our recipe this week as they are a nice size and shape for the lettuce wraps. Juices from these lettuces are also sold - called "lettucino", with kiwi fruit juice added.

**Iceberg Lettuce (below):**

They have been around the longest time. Choose a head that feels heavy. Too light a head means the leaves are loosely packed. Iceberg lettuce can be eaten in wedges as a salad or torn up in a mixed salad.

It is also very nice as a "you cai", quickly blanched in hot water and served with oyster sauce.



Cooking the lettuce softens and sweetens it. Or try shredding it raw and mixing it with your noodles. It adds crunch, and you get your daily recommended serving of vegetables.

# Lettuce wraps

Chinatown favourite gives new life to classic fried rice

**C**HINESE food has travelled far and wide to all corners of the world. And the latest diaspora of the Hong Kong master chefs post-1997 has seen a rich crop of good Chinese eateries sprouting up in as far as Canada, Australia and Singapore in an Asian culinary renaissance.

That's how I re-discovered a childhood food in Australia recently.

Sang choy bao, or literally, lettuce wraps.

While the version in Australia was definitely more up-market, my grandmother's version was based on Chinese thrift and homespun creativity.

She simply made use of left-over rice and fried it up with whatever ingredients she had in the kitchen. It was served with a huge platter of lettuce leaves.

Then she'll sit down and show us how to wrap the leaf around a spoonful of rice and pop it into our mouths in one bite.

The sang choy bao on the Australian menus were less homely, of course, having more meat in it than rice. But the concept was the same. Wrap up a spoonful, pop it into your mouth and reach for the next leaf.

It's as good a way to use up cooked rice as ever and I've created my own version, which is a nice, moist, oyster-flavoured rice enriched with prawns and chicken and a confetti of vegetables.

I've made it slightly wetter so the fried rice "clumps" together easily. That way, you don't leave a shower of loose grains as you manoeuvre the lettuce wrap from hand to mouth.

You can vary the ingredients, adding meat or leaving it out. Use different vegetables, too. Or turn it into a totally vegetarian dish using MAGGI Seasoning to give it extra flavour.

Just keep in mind colour, texture and taste - the basic rule in good cooking. Tempt your kids this week, or try it out as a fun dinner for two.

And do email me if you have questions.



by Pauline D Loh

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## Sang Choy Bao (Lettuce Wraps)

- Ingredients:**  
 3 tablespoons MAGGI Oyster Sauce  
 3 cups cooked rice  
 500 g grey prawns, peeled  
 1 chicken breast, cubed  
 2 tablespoons corn niblets  
 2 tablespoons green peas  
 2 tablespoons carrots, diced  
 2 heads butter lettuce

- Method:**  
 1. Marinate chicken breast cubes in a tablespoon MAGGI Oyster Sauce.  
 2. Lightly oil a non-stick wok. Fry chicken cubes till lightly browned, and add prawns.  
 3. Add rice, carrots, peas and corn.

4. Add 2 tablespoons MAGGI Oyster Sauce to rice, adding a little water. It should be slightly moist. Stir well.  
 5. Serve rice spooned onto individual lettuce leaves. Sprinkle with fried shallots, if you like.  
 6. Serve with pineapple chilli salsa. (Preparation time: 15 min. Serves 4.)

- Grocery List/Price Guide:**  
 MAGGI Oyster Sauce 500g (\$1.96)  
 500 g grey prawns (\$4.00)  
 1 chicken breast (\$1.00)  
 Corn niblets (\$0.50)  
 Green peas (\$0.50)  
 Butter lettuce (\$2.50)  
**Total cost: \$10.48**



## Pineapple Chilli Salsa

- Ingredients:**  
 2 tablespoons MAGGI Chilli Sauce (\$1.00 for a 340g bottle), 1 cup fresh pineapple cubes, chopped (\$0.70)

Mix pineapple cubes and chilli sauce together. Chill till ready to serve.

