

Supermoms, city chicks

Take up the clarion call and revive the taste of the good old days



Welcome to the first in our series featuring easy cooking for the busy family. Nothing beats home-cooked food, and many of us pay a premium to eat at restaurants, which tout "Mom's cooking".

But, just as many of us have found out, nothing duplicates home cooking.

When a parent cooks for the family, more than just good ingredients go into the dish.

Love and affection flavour the food as well.

These days, the supermarket shelves are stocked with products which make dishing up a

good meal really easy. Half the work is done when you buy readymade sauce mixes and aids. And you'll be serving a healthy, balanced meal in half the time, too.

That's the whole philosophy behind this series. Whether you are a standard SuperMom rushing out a meal after work, or an independent single hoping to master a few more culinary triumphs, we hope you'll find this column, its recipes and accompanying tips useful.

We are featuring products from Maggi, a time-tested brand of sauces, seasonings and stock.

Using their products, we'll explore the fastest way to the hearts of your loved ones via their stomachs – for 13 weeks, with 15 recipes.

Our first bonus of two recipes features a festive fish dish for you to try at home this weekend, and a quick cooking chicken dish that won't take more than 15 minutes to prepare.

We promise you they'll be popular with your brood. In my test kitchen, willing testers cleaned up the plates in half the time it took to cook.

If you would like to know more about a cooking method or a recipe you want to try, write in to homechef@newstoday.com.sg.

If you have a question about Maggi's products, please write to their home economist at nancy@sg.nestle.com.

We don't promise to know everything, but we'll certainly help you look for the best answers.



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Recipes

Wings of Night - Black Pepper Chicken Wings

(See photo this page)

Ingredients:

- 1 packet MAGGI Black Pepper Beef Sauce
- 1 large can button mushrooms
- 1 packet chicken middle wings (about 8 to 10 pcs) or 4 whole wings
- 1 small tumbler plain yoghurt
- 1 small local cucumber
- 2 red shallots

Method:

Rinse the chicken middle wings in slightly salted water. Marinate the wings with MAGGI Black Pepper Beef Pre-mix.

Heat a non-stick pan. Lightly oil the surface and dry fry the wings until fat from the skin is lightly rendered. That means the wings will take on a glossy sheen and crisp at the edges. Add the mushroom. Stirfry to mix.

Add half a cup of water to the chicken wings. Turn down the heat and let it simmer. While wings are cooking, peel the cucumber. Wash and quarter, slicing off the soft seed core. Cut the cucumber quarters lengthwise again, so you get eight long pieces. Slice the eights across to get little crescents.

Lightly salt the pieces and leave aside. Skin, top and tail the red shallots and slice very thinly.

In a small bowl, mix the yoghurt and the shallot slices together. Drain the cucumber crescents and add to yoghurt.

(If you like, you may thin it with a little milk, but remember the cucumber will release water later.)

Put the cucumber raita aside in the fridge.

By now, your wings should be cooked through, and the gravy reduced to a thick sauce.

Plate the chicken, and serve it with piping hot rice and the side dish of cucumber raita. The spicy hot wings and the cool cucumber raita are perfect partners. If you have children,

sweeten the raita with a teaspoon of maple syrup. (Total cooking time: 15 minutes)



Grocery List/Price Guide:

- MAGGI Black Pepper Beef Mix (\$2.50)
- Chicken Wings (\$3.00)
- Small tumbler yoghurt (\$1.00)
- Cucumber (\$0.50)
- Red shallots (\$0.50)
- Total: \$7.50

CoolTip

Our tasters found the Wings of Night delicious but a bit peppery hot. To cool things down, I made a simple cucumber salad to go with the chicken wings.

It's a recipe borrowed from my Indian friends and the dressing is a simple, cooling yoghurt.

Add crunch to the creaminess of the yoghurt by taking out the cores of the cucumber, cut and sprinkle the slices with a little salt to draw out the moisture. Cucumber treated this way gets even crunchier.

Add raw shallots for colour and a slight bite.

