



Maggi MailBox

WINNING LETTER:

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via homechef@newstoday.com.sg

Thank you, Agnes. 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:

National Favourites

- Singapore's Favourite Food Made Easy!

Cooking Demonstration by Nancy Ng:

Aug 25, Sun, 3 - 5 pm, NTUC Fairprice, Marine Parade

Prawns on glass

Try this Thai temptation in hot and spicy red and orange

WHEN the weather gets hot and humid, appetites flag. You'd probably be looking out for something that will make them eat enough not to go anorexic.

Go for the traditional stand-by - hot and sour food that will pep up the drool factor.

Here's where I fall back on my cache of MAGGI Tom Yam Paste. At less than 50 cents a packet, I just buy a dozen or so and put them in the larder. They are great for instant tom yam soups and also for this easy prawn casserole I'm sharing today.

Just remember to add some glass noodles or tang hoon to soak up all the delicious gravy.

Adding MAGGI Seasoning to the sauce will sweeten it for the

children and those with a milder tolerance for chilli. Somehow, MAGGI Seasoning also accentuates the sweetness of the tiger prawns.

I've used a fair bit of vegetables with the prawns to add colour and to get the family to fulfill their daily quota of fruits, vegetables and fibre.

Use sweet Sarawak pineapples or those tiny honey pineapples from Indonesia. The local fruit is a tad too tart and acidic.

I added tomatoes and red and yellow capsicum to bump up the beta carotene intake, and to create a wonderful dish that smells good, tastes good and looks tempting with its reds and orange.

Tiger prawns do well for this dish as they cook to a nice red blush. They are more crisp as well.

I've used just coriander for garnish, but for a truly Thai flavour, try adding a bunch of chopped fresh mint and taste the difference.



by
Pauline
D Loh

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TAKE A TIP TODAY

Choosing & cooking prawns

Fresh and frozen:

Singaporeans are so used to prawns so fresh they are still jumping that they sneer upon the frozen variety. But for those on a budget, frozen prawns can be a very decent substitute, given that modern packaging ensures that the prawns are vacuum packed and flash frozen. Just remember never to re-refrigerate frozen prawns once they have been thawed. Both flavour and texture will suffer.

Use frozen prawns for stronger flavoured dishes like sambal prawns, curried prawns or on the barbecue.

Fresh prawns should be best reserved for steaming, stir frying or when you want the prawns to be the star of the dish.

Here are some pointers for choosing fresh prawns:

• **Colour** - Their colour should be bright and clear, with an almost oily glisten on the shells. Watch the colour around the head. If there is any black at all, it's better to move on.

• **Shape** - Make sure heads, tails and feelers are all intact and firmly attached. If the feelers are falling off and the heads are about to get independent, the prawns have been on land too long.



Tom Yam Prawns on Glass Noodles

Ingredients:

- 1 packet MAGGI Tom Yam Paste
- 1 teaspoon MAGGI Seasoning
- 500 gm tiger prawns, trimmed
- 1/2 pineapple, cut into fan-shaped slices
- 2 red and yellow capsicums, sliced into matchsticks
- 2 tomatoes, quartered
- Coriander, chopped
- 2 bundles glass noodles (tang hoon)

Method:

1. Soak tang hoon in water.
2. Fry over high heat to seal juices.
3. Add MAGGI Tom Yam Paste and cook till fragrant, about five minutes.

Remove prawns.

4. Add sliced pineapple, capsicum and tomatoes to pan. Add two cups water and the prawns.

5. Add one teaspoon MAGGI Seasoning to gravy in pan. Add tang hoon.

6. Simmer five minutes. Serve garnished with plenty of coriander.

(Preparation time: 20 minutes.
Serves four.)

Grocery List/Price Guide:

- MAGGI Tom Yam Paste (\$0.45/30g)
- MAGGI Seasoning (\$2.95/200ml)
- 500 gm tiger prawns (\$8.00)
- Pineapple (\$1.00)
- Red and yellow capsicums, tomatoes, coriander (\$2.50)
- Glass noodles (\$0.50)
- Total estimated cost: \$15.40**

