



WINNING LETTER:

I'm not a die-hard reader of Today as I read other papers too, but the primary attractions for me to read TODAY is to see what your new recipes are. Most are easy to prepare and delicious as family dishes for adults and kids alike. Hope that in the near future, we can buy a compiled collection of all your recommended recipe in a book. Keep your yummy dishes going!

Agnes
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:

National Favourites
- Singapore's Favourite Food Made Easy!
Cooking Demonstration by Nancy Ng:
Aug 3, Sat, 3 - 5 pm, NTUC Fairprice, Marine Parade

TAKE A TIP TODAY

Going vegetarian ... for heart, health and soul

THERE are many reasons why people choose to become vegetarians. In Asia, especially, many are motivated mainly by the spiritual concern.

IN THE RIGHT SPIRIT

Many Hindus do not take meat at all, especially those who are Brahmin by birth. Many abstain on Fridays, considered the holy day, and there are some who observe abstinence before a religious festival.

There are also Chinese vegetarians, mainly those who are practitioners of Buddhism.

They abstain from cooking with garlic, onions or even leek. The strict vegetarians among the Hindus also do not cook with garlic or onions.

Taoists abstain from meat on the first and fifteenth day of the lunar month, or if they are going on pilgrimages to holy sites.

FOR HEART AND HEALTH

Increasingly, many young people are also going vegetarian - as both an environmental statement, and also with an eye on health and their svelte figures.

To go vegetarian and still be healthy, you have to watch what you eat quite literally.

It is also a decision that you should check with your doctor. Going vegetarian, for example, should not be seen as a shortcut to a slimmer figure.

Vegetables hotpot

Mushrooms on greens make a meatless meal memorable

MANY of you had asked for vegetarian recipes to be featured here. This week's dish, then, is for all vegetable lovers, but I won't go as far as to call this a vegetarian meal, even though there is no meat in it.

There are too many religious minefields to navigate in calling a certain recipe vegetarian. Instead, I prefer to call such recipes meatless.

Whether you go meatless for health or religious reasons, I am sure you will find MAGGI's Shiitake Mushroom Vegetarian Oyster Flavoured Sauce a useful addition to your larder.

It has a rich flavourful taste that lifts up the greens and is just about a perfect match for mushrooms.

When cooking a collection of vegetables, I like to contrast

taste and textures, colours and fragrances.

The mushrooms provide the "bite" to the dish, delivering their bouquet with the first mouthful. The shiitake and fleshy white button mushrooms also cook to a delicious smoothness that is accentuated by the sauce.

I've used a bed of baby spinach to catch the rich gravy. These are the little bunches sold for about a dollar each, and they are really tender.

For sweetness and fibre, I have added sugar snap peas and baby sweetcorn.

Finally, this lovely vegetable medley is sprinkled with crunchy pinenuts.

They'll provide the protein and the slight fat content you need to offset the "greenness" of the vegetables. This is a great dish to serve alone, accompanied with hot white rice, but it will do just as well served over fried e-fu noodles or glass noodles.



by Pauline D Loh

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Vegetables with Shiitake Mushroom Sauce

Ingredients:
2 tablespoons MAGGI Shiitake Mushroom Vegetarian Oyster Flavoured Sauce
500 gm mixed mushrooms
100 g sugar snap peas
1 pkt young sweetcorn
1 pkt baby spinach

Method:
1. Prepare mushrooms. Cut off root ends and slice into smaller chunks.
2. Top and tail sugar snap peas, leave whole. Clean and cut sweetcorn into halves. Cut baby spinach, rinse.

3. Heat a lightly oiled non-stick wok. Stir fry baby spinach about 3 minutes. Set aside.
4. Heat another tablespoon of oil in pan. Add mushrooms and fry till lightly browned.
5. Add in two tablespoons MAGGI Shiitake Mushroom Vegetarian Oyster Flavoured Sauce. Heat through and dish over the baby spinach on the serving platter.

(Preparation time: 15 minutes. Serves four.)

Grocery List/Price Guide:

MAGGI Shiitake Mushroom Vegetarian Oyster Flavoured Sauce (\$2.09/500g)
500 g mixed mushrooms - button mushrooms, shiitake mushrooms, enoki mushrooms, honshimeiji mushrooms (about \$5.00 in total)
Sugar snap peas (\$1.00)
1 pkt young sweetcorn (\$0.60)
1 pkt baby spinach (\$1.00)
Total cost is about \$10.00

