

BROWN SODA BREAD

Ingredients

675g brown wholemeal flour, preferably stone-ground
 450g white flour
 30 g fine oatmeal
 2 rounded teaspoons of salt
 2 rounded teaspoons of bread soda, sieved
 30 g butter (optional)
 700-850 ml sour milk or buttermilk
 1 egg (optional)

Method

1. Preheat the oven to 230°C/gas 8.
2. Mix the dry ingredients well together. Rub in the butter.
3. Make a well in the centre and add the beaten egg, then immediately add most of the sour milk or buttermilk. Working from the centre, mix with your hand and add more milk if necessary. The dough should be soft but not sticky.
4. Turn out on to a floured board and knead lightly, just enough to shape into a round. Flatten to about 5 cm thickness. Put on a baking sheet. Mark with a deep cross and bake in a hot oven at 230°C/gas 8 for 15-20 minutes, then reduce the heat to 200°C/gas 6 for 20-25 minutes, or until the bread sounds hollow when tapped.

ULSTER CHAMP

Serves 8

Ingredients

1.8 kg potatoes
 55-110g butter
 600 ml milk
 450 g young peas, shelled weight
 8 tablespoons chopped parsley
 salt
 freshly ground pepper

Method

1. Cook the potatoes in boiling salted water until tender. Drain well. Leave in pan and allow the heat to dry the potatoes.
2. Peel and mash with most of the butter while hot.
3. Bring the milk to the boil. Simmer the peas until cooked, approximately 8-10 minutes. Add the parsley towards the end.
4. Add the hot milk to the potatoes.
5. Season, beat until creamy and smooth and serve piping hot with a lump of butter melting in the centre. **mc**

MUD PIE

Serves 10 persons.

Ingredients:

• PIE BASE

250 g Oreo biscuits, crushed in
blender to powder form
80 g melted butter

• FILLING

1,500 g chocolate ice cream
150 g chocolate chips, crushed

• CHOCOLATE SAUCE

100 g melted dark chocolate
80 g glucose (optional) –
available from cake supplies
shops
60 g fresh cream

crushed chocolate chips together
and pour into the prepared cake
container.

Leave it to set for two hours
in the freezer (minus 20°C).

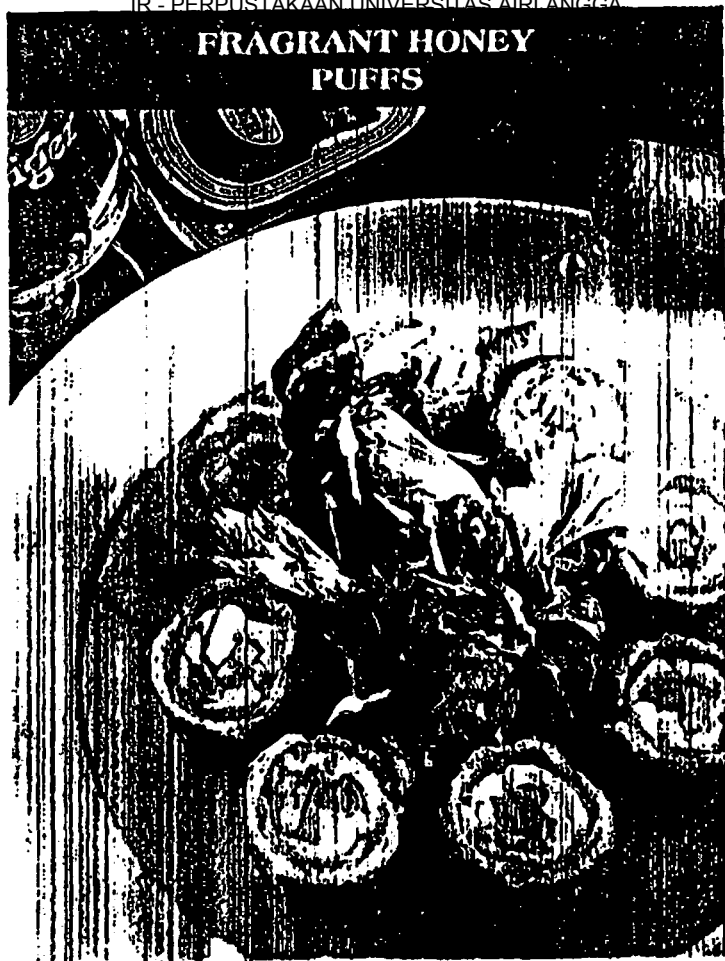
3 Mix the chocolate sauce
ingredients together, and
pour over the mud pie when
serving. Decorate with fresh cream
and strawberries, if desired. **END**

Method:

1 Mix the crushed Oreo biscuits
and melted butter together. Place in
a 25 cm cake ring with a removable
bottom, for the mud pie base
(bottom and side).

Allow to set in refrigerator
for one hour.

2 Mix the chocolate ice cream and



Fragrant Honey Puffs

by Teo Kok Keong

Method

Skin carrots and julienne into 2mm x 5cm pieces.

Place in hot water to cook for 8 minutes. Scoop onto a plate.

Cut seasoned meat into same size as carrots and rinse in

warm water. Shell prawns, slice backs and remove veins, slit on the undersides and place into seasoning A. Skin honeydew, dispose of seeds and cut into cross-sections of 1cm long.

Wash pigskin wrappers and spread out to drain excess water. Cut skin wrappers to size and use a knife to flatten veins. Sprinkle tapioca flour and place prawns onto sheet, then meat, carrots, honeydew melon, spring onions and more prawns on top. Roll forward and seal with tapioca flour and egg white.

Heat oil to 160°C, turn off fire, place rolls in and fry until golden.

Put egg yolks into hot water with sugar and cook till thickened. Add beer and honeydew sauce.

Slice prawn rolls into bite-size pieces, and turn topside up. Place on plate, pour sauce over and serve. **mc**

Ingredients

10 big prawns
1/2 red carrot
1 spring onion
1/2 honeydew melon
5 sheets pigskin net (for wrapping)
tapioca flour (enough for wrapping)
salad oil (enough for frying)
1 can Tiger Beer

SEASONING A

1/3 tsp salt
beer (to taste)
1/3 tsp sugar
sprinkling of pepper
1/2 tsp sesame oil
1/4 tsp rice flour

SAUCE

3 egg yolks
150g white sugar
1/2 can beer
300g rock honeydew puree
2 tsp water

COCONUT MILK MOUSSE
SERVED ON A STRAWBERRY COULIS
(FOR 8 PERSONS)

COCONUT MILK MOUSSE

375 ml milk
30 g coconut cream powder
125 g sugar
375 cl whipped cream
2 egg whites
6 gelatine leaves
25 cl coconut liquor



STRAWBERRY COULIS

250 g fresh strawberries
100 g sugar
50 cl water

Bring to boil the milk, coconut cream powder and half of the sugar, then cool for 5 minutes, and add the gelatine leaves that have been soaked in ice-cold water.

After the mixture has cooled down completely, add the whipped cream and the coconut liquor. Whip the egg whites and the remaining sugar into a meringue and add delicately to the mix. Pour into glasses or mould and leave in fridge for about 3 hours. Cook the strawberries, sugar and water till the fruits are soft, blend the mix and serve.