



Cold Storage

Savour

THE GOOD LIFE

taste of
home

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FAVOURITES
WITH A
GOURMET
TWIST**

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QUICK
& EASY

recipes CHEF SHALU ASNANI
OF PALATE SENSATIONS
photography WONG WEI LIANG
styling STEPHANIE TEO

Meat-free Mondays

Start the week off on a lighter note with these easy vegetarian delights



spicy tofu with lemongrass

INGREDIENTS (SERVES 4)

4 pieces firm tofu
3 stalks fresh lemongrass
2 tbsp light soya sauce
2 Thai bird's eye chillies
2 tsp sugar
1 tsp ground turmeric
Salt
3 tbsp vegetable oil
1/2 onion, thinly sliced
2 shallots, thinly sliced
2 cloves garlic, minced
150g basil leaves
1/2 cup chopped, roasted peanuts +
2 tbsp for garnish
2 tbsp fresh lime juice

Rinse tofu and pat dry. Cut into 1-inch cubes and arrange on plate. Cut off tough ends from lemongrass, peel and discard outer layers, then finely chop tender portions. In bowl, mix lemongrass, soya sauce, chillies, sugar, turmeric, salt and 1 tbsp oil. Pour over tofu cubes 2 tbsp fresh lemon juice and leave to marinate for 20min. Heat 2 tbsp oil in wok and saute onions, shallots and garlic till fragrant. Add tofu and stir gently, mixing tofu with onions. Cook on medium heat, stirring occasionally till tofu is browned around edges and onions are soft, about 5min. Stir in basil and chopped peanuts. Squeeze lime juice over and mix well. Transfer to plate and garnish with remaining peanuts. Serve hot with rice.

eggplant lasagne with home-made pesto

INGREDIENTS (SERVES 4)

2 cups fresh basil leaves
2 cloves garlic
2 tsp toasted pinenuts
1/2 cup parmesan cheese, grated
1/2 cup extra virgin olive oil
Salt and pepper
2 tsp fresh low-fat cream (optional)
4 eggplants, sliced into 1/2-inch rings
4 tomatoes, sliced into 1/2-inch rings
2 tbsp olive oil
1 cup cheddar cheese, grated
2 tbsp breadcrumbs

1 To make pesto, coarsely pulse basil, garlic, pinenuts and parmesan cheese in food processor. Add extra virgin olive oil

and pulse till smooth, then add salt and pepper. Add fresh cream and stir till creamy.

2 Pan-fry eggplants till lightly browned on both sides, then set aside on paper towels. Preheat oven to 180 deg C. Grease a 9 by 9-inch oven-proof dish with olive oil or butter. Add layer of sliced tomatoes, then layer of eggplant slices. Top with 2 tbsp pesto, spread evenly, then sprinkle 2 tbsp grated cheese on top. Repeat to make 1-2 more layers, depending on dish size. Sprinkle 2 tbsp breadcrumbs on top layer and shake to coat evenly.

3 Bake in preheated oven (at 150 deg C) for about 15-20min until cheese on top bubbles. Leave to cool slightly and cut into 4 portions. Serve with salad.





QUICK
& EASY

**vietnamese savoury crepes
with spicy dipping sauce**

INGREDIENTS (SERVES 4)

CREPE BATTER

- 2 cups rice flour
- 1 tsp ground turmeric
- 1 tsp salt
- 1 tsp sugar
- 1/2 cup water
- 1 cup coconut milk
- 3 stalks spring onion, thinly sliced

FILLING

- 1/2 carrot
- 1/2 onion
- 1/2 cup cauliflower
- 6 shiitake mushrooms
- 1 tsp salt
- 4 tbsp vegetable oil
- 1 cup bean sprouts

DIPPING SAUCE

- 1 cup warm water
- 2 tbsp sugar
- 2 tbsp fresh lime juice
- 1 clove garlic, finely minced
- 1 Thai red chilli, finely minced
- 4 tsp light soya sauce
- Salt, to taste

GARNISH

- A few butterhead lettuce leaves
- 50g basil leaves
- 50g mint leaves
- 50g coriander leaves

1 In large bowl, mix rice flour, turmeric, salt and sugar. Make a well in middle, add water and coconut milk in stages and whisk till mixture is smooth. Add spring onions, then leave batter to rest in a cool place for about 15min.

2 Chop carrot, onion, cauliflower and mushrooms into bite-sized pieces. Saute till lightly browned and season with salt.

3 Heat some oil in non-stick frying pan and ladle about 1/2 cup batter evenly into pan. Wait till crepe is half-cooked, then spoon 2-3 tbsp vegetables and a few bean sprouts onto half of crepe. Cook till edges begin to brown. Loosen crepe from pan with spatula and fold in half to encase vegetables. Remove from heat and transfer to plate.

4 To make sauce, whisk water and sugar till sugar dissolves completely. Add rest of ingredients and mix well. Taste and adjust accordingly. Serve crepe with garnish (lettuce and fresh herbs) on the side. Pour dipping sauce over and serve immediately.



tip

Press tofu to get rid of **excess moisture**, which will help avoid a watery burger.

tofu-veggie burger

INGREDIENTS (SERVES 4)

2 pieces firm tofu
1/2 onion, finely chopped
1/2 cup coriander leaves, chopped
1/2 cup basil leaves, chopped
1 red chilli, minced
1 cup cheddar cheese, grated
1 tsp paprika
Salt and pepper
3 cups breadcrumbs (store-bought or made by pulsing old bread in a

food processor)
2 tbsp vegetable oil
4 sesame seed buns, toasted
A few lettuce leaves
1/2 onion, sliced into rings
1 tomato, sliced into rings
Mustard or relish

Mash tofu till crumbly. Add chopped onions, coriander, basil, minced chilli, cheese and paprika. Mix well, then season with salt and pepper. Add 2 cups

breadcrumbs and mix well. Shape into 4 large patties and coat with remaining breadcrumbs. Heat some oil in non-stick frying pan and pan-fry patties in batches till golden brown on both sides. Butter both halves of a toasted bun. Place 1 patty on bottom half of bun and top with some lettuce, sliced onions and tomatoes. Add mustard or relish as desired and cover with top half of bun. Repeat to make 3 more burgers.