







### Foreword

To Mdm Noraini, cooking symbolised togetherness and love. When she was young, she learnt how to cook from her late father and subsequently, she cooked for him when she grew up. Mdm Noraini often reminisced the fond memories with her late father and the look of satisfaction on his face whenever her late father tasted her food.

Mdm Noraini is keen to share some of her recipes, to spread joy and love. She is keen to have three recipe books, one to pass to her niece, who had asked her how to cook, one recipe book for herself for keepsake and legacy, and the last recipe book to her medical social worker, to share her recipes with everyone.





(SERVES 2)



- Black Pepper 1 tbsp
- Fennel 1 tbsp
- Cumin 1 tbsp
- Coriander leaves 1 handful
- Tamarind Juice 1/2cup
- Dried chilies 10–20 pieces (adjust as per spice tolerance)
- Ginger 1 finger length
- Garlic 5 cloves
- Pinch of Salt
- Cooking oil
- Stingray 2 pieces
- Prawns 2 person serving
- Water varies







- 1. Boil dried chillies for about 1 minute, remove from water
- 2. Pound cumin, dried chillies, ginger and garlic
- 3. Blend in with tamarind juice and coriander leaves
- 4. Heat up oil in wok
- 5. Lightly fry blended ingredients until fragrant then add in black pepper
- 6. Add small amounts of water until sauce is thick and sufficient to cover fish and prawns
- 7. Add in seafood and cook over medium heat
- 8. Salt to taste

# Herbs



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### Sambal Okra

YUM! (SERVES 2)

- Okra ½ pound
- Ikan bilis (less than fist amount)
- Small onion 1
- Few ginger slices
- Pinch of sugar
- Red and green chilli (1 stalk each)
- Sambal sauce 2 tbsp
- Garlic 2 cloves



- Heat the oil
- Put garlic and onion into the oil
- Add in ikan bilis and ginger slices
- Add in okra when aroma is released
- Stir fry with sugar for short while to maintain crunchy texture







## Ikan Masak Hijau

**GOODNESS ON A PLATE (SERVES 2)** 

- Ginger 1 finger
- Garlic 5 cloves
- Red onion 2–3 (large)
- Coriander leaves 1 handful
- Tamarind juice 1 finger length
- Green Chillies 5 pcs
- Tomatoes 2 whole
- Coconut milk (small) ½ pkt
- Lemongrass 2 sticks
- Laksa leaves (Daun Kesum) x 5
- Pinch of Salt
- Tenggiri fish (Mackerel) or Wolf herring (Ikan Parang)



- Fry fish, drain and set aside
- Blend ginger, coriander leaves, onion, garlic and chilies
- Heat up oil in wok
- Fry blended ingredients until fragrant then add in tamarind juice
- Add in lemongrass (chopped into ~3–4cm pieces) and laksa leaves and cook until fragrant
- Add in chopped tomatoes and coconut milk and simmer until gently boiling
- Add in salt to taste and fish





SAMBAL KANG KONG (SERVES 2)

- Kang Kong (about 300g)
- For sambal:
- Red Chilli 4 stalks
- Green Chilli 1–2 stalks
- Garlic 1 clove
- Small onion 1
- Ginger 2 finger





### HOMEMADE FAVORITES

Comfort in a bowl!

- Blend ingredients for sambal in blender
- Boil kang kong in water for 5 minutes
- Put sambal with kang kong in bowl and stir







MESSAGE

Mdm Noraini wishes to share her recipe with everyone, to spread the love and share the joy

ay and fell in love with it.



#### **PHOTO CREDITS**

Photos of the dishes in this recipe book were taken from the following websites:

- www.canva.com
- https://www.tiffinbiru.com/2012/04/ikan-pari-masak-lada-gaya-chef-ismail.html
- https://asianfoodnetwork.com/en/recipes/cuisine/malaysian/ikan-salai-masak-lemak--smoked-tilapia-in-coconut-gravy-.html
- http://www.elinluv.com/2018/10/ikan-nenas-masak-lemak-chilli-padi.html
- http://www.mykitchensnippets.com/2010/05/stir-fry-okra-with-eggs.html
- https://big.com.my/blog/b-i-g-raya-recipes-to-try-at-home/
- https://noobcook.com/sambal-okra/2/
- $\bullet\ http://makandelights.blogspot.com/2013/09/ikan-pari-masak-asam-pedas-lada-hitam.html$
- https://magazine.foodpanda.my/malay-food-delivery-malaysia/
- https://www.visitsingapore.com/editorials/singapore-malay-cuisine/
- https://thermosmalaysia.com/recipe/sambal-kangkong/
- $\bullet\ https://noobcook.com/sambal-kangkong/2/$
- https://asianfoodnetwork.com/en/recipes/cuisine/indonesian/lontong.html

