



ASIAN PACIFIC AMERICAN HERITAGE MONTH 2020

**"HAVE YOU EATEN YET?"**





SASE Fam,

Asian Pacific American Heritage Month (APAHM) is a time to commemorate the rich history and culture of the Asian Pacific Islander Desi American (APIDA) community. From the Filipino soldiers who fought in the War of 1812 to trailblazers like Patsy Mink, the first Asian American woman ever elected to Congress, the APIDA community has played an integral role in shaping the American identity.

This year, SASE decided to make food the focal point of our APAHM celebration. On an individual level, food has become a part of who each of us are. Many of us associate food from our childhood with comfort and pride of our ethnicity. On a larger scale, food is a portal into different cultures. As our ancestors immigrated to the US, they brought traditional cuisine with them as a way of preserving their culture.

Throughout May, we asked SASE members across the United States to submit not only recipes, but also personal narratives associated with those recipes. From those submissions, we assembled this cookbook titled, *Have You Eaten Yet?* "Have you eaten yet?" is a familiar phrase to many members of the APIDA community, and its nostalgic nature holds the power to connect food with home and family. We are beyond excited to share this book with everyone. We hope that you will enjoy the recipes and stories in this little cookbook as much as we had making it, and continue to treasure your experiences with food and loved ones!

Sincerely,  
Amberly Ngo and Jason Zheng

*Note: Recipes are not listed in any particular order. Recipes may not be exact and were submitted by some wonderful people in our community :)*



# VIETNAMESE PIZZA (BÁNH TRÁNG NƯỚNG)

**COUNTRY OF ORIGIN: VIETNAM**  
**SUBMITTER: HENRY NGUYEN**

## INGREDIENTS

1 rice paper

1 egg

Optional toppings: green onions, fried shallots, chili sauce, cheese, spam

## DIRECTIONS

1. Heat pan on low.
2. Place rice paper in pan.
3. While it is heating up, mix the egg and green onions on top of the rice paper.
4. When the egg starts to cook, add your spam and cheese.
5. When the cheese starts to melt, add any additional toppings.
6. When you're satisfied with the toppings, turn the heat up to high for 30 seconds. This will make the rice paper golden brown.
7. Remove from heat and enjoy!

Recipe Video: [here](#)

## WHAT THEY'D LIKE TO SHARE

Vietnamese Pizza (Bánh Tráng Nướng) is commonly found as a street food in Vietnam. It's great for an afternoon snack or light breakfast! Feel free to customize the toppings to your liking. The rice paper is your blank canvas.

# INGREDIENTS

200 grams of wide rice noodles  
15 oz of bean sprouts  
2 Chinese sausages  
6 oz of shrimps (preferably fresh)  
Scallions (green part only for topping)  
3 garlic cloves  
1 egg

## **Kway Teow Sauce:**

1/2 cup of soy sauce  
2 tablespoons of oyster sauce  
1 tablespoon of fish sauce  
1 tablespoon of sugar  
1 tablespoon of Lao Gan Ma (or  
Homemade Chili Crisp)  
A pinch of salt and pepper

# DIRECTIONS

1. Boil water and cook rice noodles per instruction (about 8-10 mins).
2. As noodle is cooking, finely dice garlic and thinly chop scallions and sausages.
3. Combine all components of the Kway Teow Sauce into a separate bowl, taste based on your preference!
4. Once the noodle is cooked, heat up a pan and pour vegetable oil until the surface is covered in a thin layer of oil.
5. Once the oil is hot, throw in garlic until you can smell the garlic.
6. Throw in sausages and prawns, stir around the pot for 30-40 seconds.
7. Add noodles into the pan along with the ingredients for the Kway Teow sauce.
8. Stir until the shrimp is just about cooked and sauce covers everything.
9. Throw in the egg and allow to scramble before mixing with the noodles.
10. Add in bean sprouts and continue stirring, add more of sauce if necessary.
11. Transfer to a dish and top with scallions.
12. Serve! Preferably with some pickled Thai chilis and vegetables.

# CHAR KWAY TEOW

**COUNTRY OF ORIGIN: SE ASIA**

**SUBMITTER: JODY SURYATNA**

## WHAT THEY'D LIKE TO SHARE

This dish for me is one of the quintessential comfort foods whenever I just want something warm, spicy and easy that reminds me of home! The recipe itself is also incredibly easy to adapt to whatever you have in your pantry. What I have provided is the basic elements, but feel free to adapt the toppings to your liking (I add strips of beef and add more veggies in my version). Right down the block where I lived back in Indonesia is a restaurant that specializes on this dish. Though this recipe merely embodies a fraction of what eating there makes me feel, after not being home for such a long time, this reminds me of late nights with my family and friends when we were too tired (or inebriated) to cook up something for ourselves.

PICTURE SOURCE: THE WOKS OF LIFE





# CHINESE TOMATO AND EGG STIR-FRY

**COUNTRY OF ORIGIN: CHINA**

**SUBMITTER: LINDA ZHENG**

## INGREDIENTS

2 medium tomatoes

Oil

3-4 large eggs

Water

Optional topping: scallions, sliced

Salt

## DIRECTIONS

1. Heat a nonstick skillet over medium heat with enough oil to lightly coat the bottom of the pan.
2. Crack 3-4 eggs (depending on your preferred egg-to-tomato ratio) into a bowl and beat until yolks and whites are well combined. Add a small pinch of salt and mix in.
3. Wash and chop tomatoes into rough large pieces, removing the core, and salt lightly.
4. Add egg mixture to the pan. Wait until it starts to solidify, then use a flat-topped wooden spatula or chopsticks to push the cooked egg toward the middle of the pan and allow the liquid to run over to the sides. Continue moving around the egg until it's all solid, then use your spatula to "chop" up the pieces to resemble scrambled eggs. Some large pieces are good.
5. Add tomatoes to the pan. Wait a minute or two for the tomatoes to start softening, then use your flat-topped wooden spatula to smash the tomato pieces in order to release juices. Stir to coat the eggs with tomato juices.
6. Add a splash of water (approx. 1/4 cup) to the pan and cover for 2-3 minutes.

PICTURE SOURCE: THE WOKS OF LIFE



# CHINESE TOMATO AND EGG STIR-FRY (CONT.)

## DIRECTIONS (CONT.)

7. Continue stirring occasionally and cooking until dish reaches desired softness (cook longer to break down the tomatoes more). Taste and add salt if needed.
8. Serve topped with sliced scallions, preferably over rice.

## WHAT THEY'D LIKE TO SHARE

This was one of my parent's go-to dishes when I was growing up. It was so easy, basically only requires 2 ingredients, and I loved it mixed into rice. It was the first dish I asked my mom to teach me how to make before I left the house for college, and continued to sustain me through my college years (just ask my roommates). I always thought it was funny when people I met through SASE could relate to my love of this simple dish!

# SIMPLE NAPA CABBAGE



**COUNTRY OF ORIGIN: CHINA**  
**SUBMITTER: CONNIE GUAN**

## INGREDIENTS

1 Napa cabbage  
Salt

## DIRECTIONS

1. Peel off and wash the leaves of the Napa cabbage.
2. Cut cabbage leaves into roughly 1 inch slices.
3. On medium-high heat, add oil to a wok OR if you don't have a wok add oil to a pot.
4. Add Napa cabbage to the wok/pot. Add salt to taste.
5. If you have a lid then cover and let cook. Mix periodically so cabbage leaves cook evenly.
6. Remove from heat and serve when cabbage is soft and slightly translucent.

## WHAT THEY'D LIKE TO SHARE

My dad's side of the family is from northeast China where the winters are long and cold. Napa cabbage is one of the most common vegetables that they eat in the winter. My parents tell me the story that back in the day there was no refrigeration and the winters were so cold you could bury the Napa cabbage in the snow banks where they would keep all winter.

# CENTURY EGG TOFU (PIDAN DOUFU - 皮蛋豆腐)

**COUNTRY OF ORIGIN: TAIWAN**  
**SUBMITTER: CONNIE GUAN**

## INGREDIENTS

1 container of tofu (medium firm)  
2 century eggs  
Soy sauce  
Black vinegar (optional)  
Green onion (optional)

## DIRECTIONS

1. Open the container of tofu and cut it into blocks in the container. About 0.5in. x 0.5in.
2. Peel century eggs and mash or chop into medium sized pieces in a bowl.
3. Add soy sauce and black vinegar to the bowl to taste.
4. Flip tofu container onto serving plate or bowl and slowly lift so tofu comes out neatly.
5. Pour sauce mixture over tofu.
6. (Optional) Add chopped green onion.





# SICHUAN BOILED FISH (SHUI ZHU YU - 水煮鱼)

**COUNTRY OF ORIGIN: CHINA**  
**SUBMITTER: VALERIE LIN**

## INGREDIENTS

4 bell peppers  
2 soles (fish)  
1 tablespoon of dried chili powder  
1 egg white  
2 bowls of water  
3 bok choy  
1 lettuce  
1 tablespoon of Sichuan peppercorn  
1 tablespoon of dried chilis  
1 teaspoon of pixian doubanjiang  
1 teaspoon of salt  
1 teaspoon of white pepper  
1 teaspoon of potato/corn starch  
Green onion  
Cilantro  
Ginger  
Garlic cloves  
Cooking wine

Recipe Video: [here](#)

## DIRECTIONS

1. Clean and cut soles into thin pieces.
2. Mix soles with egg whites, cooking wine, starch, ginger slices, and a teaspoon of salt. Let rest for 20 minutes.
3. Blanch lettuce and bok choy in water and put in serving bowl.
4. Heat oil in wok. Add in Sichuan peppercorn and whole dried chilis and heat until fragrant. Add in ginger slices and garlic, heat until fragrant.
5. Add in doubanjiang.
6. Add in 2 bowls of water and increase heat to high.
7. Once broth is boiling, add fish slices and boil for 2 minutes.
8. Turn off heat and pour broth with fish slices into serving dish with lettuce and bok choy. Sprinkle with green onions and grounded Sichuan peppercorn.
9. Heat oil in separate pan. Add in portions of Sichuan peppercorn and sliced bell pepper. Stir fry until fragrant.
10. Pour oil with peppercorns and bell pepper on top of broth in serving bowl. Garnish with cilantro and enjoy!

PICTURE SOURCE: RED HOUSE SPICE



# TAIWANESE BEEF NOODLE SOUP

**COUNTRY OF ORIGIN: TAIWAN**  
**SUBMITTER: JASON ZHENG**

## INGREDIENTS

2 lbs of beef shank  
6 scallions  
6 star anise  
8 slices of ginger  
6 cloves of garlic  
1 large onion  
A few pieces of rock sugar  
1.5 tablespoons of spicy bean paste  
1.5 tablespoons of regular bean paste  
½ cup dark soy sauce  
½ cup of rice wine  
½ cup of light soy sauce  
2 medium tomatoes  
1 teaspoon of white pepper  
1 teaspoon of salt  
3 dried bay leaves

## DIRECTIONS

1. Remove impurities from meat:
  - a. Place beef shank, 3 scallions, 5 slices of ginger, and 3 star anise in a large pot with water.
  - b. Cover and allow it to boil for 5 minutes.
  - c. Remove and wash beef shank over cold water; discard everything else.
  - d. Slice beef into bite-sized chunks; set aside.
2. In a separate large pot, add in oil, 3 scallions, 3 ginger slices, garlic, 3-star anise, onion, rock sugar, and both bean pastes. Stir fry for 3 minutes.
3. Add in the rice wine & stir for another 3 minutes.
4. Add in the sliced beef, dark and light soy sauce, and tomatoes. Stir fry for 5-8 minutes.
5. Add water until all the meat is covered. Add in salt, pepper, and bay leaves.
6. Let the broth simmer for at least 2-3 hours.
7. Enjoy.

PICTURE SOURCE: JASON ZHENG



# SIMPLE CABBAGE AND TOFU SOUP

**COUNTRY OF ORIGIN: CHINA**  
**SUBMITTER: CONNIE GUAN**

## DIRECTIONS

1. Peel and wash cabbage leaves and cut into roughly 1 inch sections.
2. Cut tofu into blocks. About 0.5in. x 0.5in.
3. Add water to pot (Optional: If you have one you can also use a Chinese clay pot instead of a pot).
4. (Optional) Add chicken stock or chicken bouillon to water for a richer flavor.
5. Add cabbage and tofu to water.
6. Cover and bring soup to a boil.
7. Add salt to taste.



PICTURE SOURCE: COOK ALL YOU CAN

## INGREDIENTS

- 1/2 head of a medium sized Napa cabbage
- 1 block of tofu
- 2-3 cups of water (vary depending on desired soup-to-ingredient ratio)
- Salt
- Optional: chicken stock or chicken bouillon

## WHAT THEY'D LIKE TO SHARE

*When I was younger my dad told me the following legend regarding this simple cabbage and tofu soup:*

A long time ago there was an emperor who's rule was overthrown. To save his life the emperor escaped and went into hiding. With no money and nowhere to go he wandered the country side as a beggar until one day, starving and close to dying, he was taken in by a farmer. The farmer gave him cabbage and tofu soup to eat and when the starving emperor ate the soup he found it was the most delicious food he'd ever eaten in his life.

Eventually the emperor was able to take back his kingdom and became rich again. But he never forgot about how delicious the farmer's soup was. Unfortunately he could not remember the name of the dish. The royal chef's brought him their best dishes, but none of them tasted as good as that soup he remembered.

Finally, the emperor tracked down the old farmer and brought him to the capital. He asked the farmer, "Do you remember the soup that you made for me?"

And the farmer said, "Yes. It was cabbage and tofu soup."

The emperor was very excited and asked the farmer to make it again for him. So the farmer made the emperor the same cabbage and tofu soup. But when the emperor tried the soup, he immediately spit it out. It turns out that this cabbage and tofu soup didn't taste very good at all!

The moral of the story is that essentially that "Hunger is the best spice."

# SCALLION PANCAKES (CŌNG YÓU BǐNG - 葱油饼)

**COUNTRY OF ORIGIN: CHINA**  
**SUBMITTER: CASSANDRA LI**

## DIRECTIONS

1. Mix the flour and salt.
2. Gradually add the hot/boiling water to flour mixture and mix until a dough forms. (The water **MUST** be hot).
3. Flour your surface and knead the dough for about 5-8 minutes or until soft and shiny.
4. Let rest for 30 minutes.
5. Chop scallions while waiting for the dough to rest. After 30 minutes, flour your surface again and flour the top of your dough.
6. Split dough into 3 sections and roll each section into a ball. Roll out each newly shaped ball into a thin pancake until about 3 hand-lengths wide.
7. Brush top with oil and top with salt and a generous amount of scallions.
8. Roll pancake tightly into a tube, then roll the tube into a cinnamon bun shape.
9. Tuck the loose end in on the bottom and rest dough for another 10 minutes.
10. Flour and roll out the dough again until about 2 hand-lengths wide.
11. Heat up oil in a pan on medium-high heat and add the pancake. Continuously brush with oil and flip until desired doneness. Cut into triangles and serve. Repeat with leftover dough.

## WHAT THEY'D LIKE TO SHARE

Scallion Pancake (cōng yóu bǐng) is a common breakfast food and snack in China. It's delicious, crispy, and the scallions give a nice burst of flavor. It is made with simple ingredients so it's perfect for at-home chefs.



PICTURE SOURCE:  
SIMPLY RECIPES

## INGREDIENTS

2 cups of flour  
1 teaspoon of salt  
3/4 cup of boiling water  
3-6 bunches of scallions  
Cooking oil

Recipe Video: [here](#)

# CHINESE CHIVES AND EGG STIRFRY (METHOD 1)

**COUNTRY OF ORIGIN: CHINA**

**SUBMITTER: CONNIE GUAN**

## INGREDIENTS

1 bunch of Chinese chives

2 eggs (vary depending on desired chive-to-egg ratio)

Cooking oil

Salt

## DIRECTIONS

1. Wash chives and break off "old" parts of the tip of each chive plant. (The trick is to break off the limp parts of the tip of the chive leaving only the crisp young parts)
2. Cut chives into approx. 1 inch sections
3. Break eggs into a bowl and mix until frothy. Add salt to taste.

**Preparation Method 1:** Creates a chives and egg stir fry with eggs and chives less incorporated (This is my preferred method, but some like the other way)

1. Add oil to the pan (or a wok) and scramble the eggs.
2. Remove eggs and set aside.
3. Add oil to the pan (or a wok) and add the chives.
4. Cook until the chives on medium high until cooked through (should become less crisp and more limp).
5. Add salt to taste.
6. Add scrambled eggs to chives and mix for about a minute on low heat.



# CHINESE CHIVES AND EGG STIRFRY (METHOD 2)

## INGREDIENTS

- 1 bunch of Chinese chives
- 2 eggs (vary depending on desired chive-to-egg ratio)
- Cooking oil
- Salt

## DIRECTIONS

1. Wash chives and break off "old" parts of the tip of each chive plant. (The trick is to break off the limp parts of the tip of the chive leaving only the crisp young parts).
2. Cut chives into approx. 1 inch sections.
3. Break eggs into a bowl and mix until frothy.
4. Add salt to taste.

**Preparation Method 2:** Creates stir fry with chives incorporated into egg

1. Add oil to the pan (or a wok) and then add the chives.
2. As the chives are still cooking pour in the egg mixture.
3. Cook, stirring occasionally with a spatula until egg mixture is cooked through.

## WHAT THEY'D LIKE TO SHARE

I rarely see this recipe in restaurants because it is so homestyle. It's important that the chives are not old. Be careful when purchasing chives because they age very quickly. Most people I know make this recipe the second way, but I've always preferred the first so now my family always eats it the first way. Also if you have a new wok and are trying to season it, making chives is a great dish for seasoning a wok.

# BRAZILIAN FIJOADA

**COUNTRY OF ORIGIN: BRAZIL**

**SUBMITTER: JON HO WU**

## INGREDIENTS

2 cups of dried black beans  
4 applewood-smoked bacon slices  
1 lb of boneless pork shoulder trimmed and cut into 1/2" cubes  
3/4 teaspoon salt  
1/2 teaspoon of freshly ground black pepper  
3 trimmed bone-in beef short ribs (approx. 2 lbs)  
3 cups of finely chopped onion (approx. 2 medium onions)  
1.25 cups of fat-free, lower-sodium chicken broth  
4 minced garlic cloves  
9 oz of smoked ham hock  
(Optional) 8 orange wedges, 1 cup of green onions, 1 cup of cilantro

## DIRECTIONS

1. Brown the meats.
2. Add everything to the slow cooker.
3. Cover and cook on low for 8 to 9 hours until the meat is meltingly tender.
4. Pull out any bones from stew and discard them.
5. Shred the meat and add more broth if you prefer a soupier consistency.
6. Serve hot with steamed rice on the side.
7. (Optional) Sprinkle some green onions and cilantro.
8. Add some orange wedges on the side.

## WHAT THEY'D LIKE TO SHARE

This is a typical Brazilian dish that my housemates taught me how to make.

PICTURE SOURCE: SHADES OF BLUE INTERIORS



# STIR-FRIED EGG AND TOMATO

**COUNTRY OF ORIGIN: CHINA**  
**SUBMITTER: JENNY CHEUNG**

## DIRECTIONS

1. Chop up scallion and cut the tomatoes in wedges, try to keep as much of the juice in the tomato as possible, this will help the dish have that good consistency and liquidness that makes this dish so good!
2. Crack eggs into bowl and scramble together.
3. Heat up 2 tablespoons cooking oil on med/high heat.
4. Scramble eggs just until no liquid remains, then take out eggs and set aside.
5. Clean pan and heat another 2 tablespoons oil. Throw in scallions (and or garlic) for 10 seconds, then add the tomatoes.
6. Add salt and sugar then cover pan and let it cook for about 2 minutes.
7. Add in eggs, break eggs apart among tomatoes, make sure all the eggs are covered in the juice.
8. Cook for 30 seconds, garnish with uncooked scallions and serve over white rice! :)

PICTURE SOURCE: WOKS OF LIFE

## INGREDIENTS

- 4 eggs
- 3 tomatoes
- 2-3 teaspoons of salt (depends on size of tomatoes)
- 1-2 tablespoons sugar (depends on your taste)
- 1 clove garlic (personal preference)
- 1 scallion
- Cooking oil

## WHAT THEY'D LIKE TO SHARE

My parents used to cook me eggs and tomatoes all the time. I feel like it is a dish that many other Chinese families make and have their own unique versions. There are so many variations to this recipe, you can add other things (my parents actually taught me how to make it with ketchup but alas I don't really keep ketchup in my home). It is one of the best comfort foods that I can easily make in my kitchen without crazy ingredients that reminds me of home. It's a really easy dish where you just throw everything in a pot!





# VEGETARIAN MAPO TOFU WITH MUSHROOMS

**COUNTRY OF ORIGIN: CHINA**

**SUBMITTER: JENNIFER HONG**

## DIRECTIONS

1. Cut tofu into small squares and pour some water with a little amount of salt into a container. Put the tofu cubes in to soak for about 12 minutes. Then move out and drain.
2. Chop the shiitake mushrooms, garlic, and scallion. Slice the ginger.
3. In a small bowl, mix the starch with water and set aside.
4. In a wok, heat the oil and stir fry the garlic, ginger, and scallion until you smell an aroma. Add the chopped mushrooms and stir-fry until soft. Move the contents to one side of the wok.
5. Add the doubanjiang and chili garlic sauce and continue frying for 1 minute on low heat.
6. Slide the tofu cubes in, add the starch mixture, and soy sauce.
7. Simmer for about 3-5 minutes and mix occasionally, being careful to not break the tofu.
8. Take off the heat and serve.

## WHAT THEY'D LIKE TO SHARE

It is one of my mom's most favorite dishes and it was made for Mother's Day!

I also am an oldie so I use Pinterest :)

<https://pin.it/3mlhBQl>



PICTURE SOURCE: JENNIFER HONG

## INGREDIENTS

- 1 package of soft tofu (I used House Foods, 538 g)
- 6 shiitake mushrooms
- 1 scallion
- 2 cloves of garlic
- 1 inch of ginger
- 1 tablespoon of chili garlic sauce
- 1 tablespoon of doubanjiang
- 1 tablespoon of oil
- 1 tablespoon of soy sauce
- 1/2 cup of water
- 1 tablespoon water
- 1 tablespoon tapioca starch

# KARE-KARE (FILIPINO OXTAIL STEW)



**COUNTRY OF ORIGIN:**

**PHILIPPINES**

**SUBMITTER: AARON LACAMBRA**

## **INGREDIENTS**

2 lbs of oxtail cut into serving size water

1 banana heart

2 large eggplant ends trimmed and cut into 1-inch thick slices

1 bundle of long beans, cut into 3-inch lengths

1 bundle pechay, ends trimmed and leaves separated

1/4 cup of rice flour

1-1/2 tablespoons of annatto powder

1-1/2 cups of chunky peanut butter

1 tablespoon of oil

1 medium onion peeled and sliced thinly

4-5 cloves of garlic peeled and minced

2 tablespoons of fish sauce

Salt and pepper to taste

Shrimp paste

## **WHAT THEY'D LIKE TO SHARE**

Source:

<https://www.kawalingpinoy.com/kare-kare/>

# KARE-KARE (FILIPINO OXTAIL STEW) (CONT.)

## DIRECTIONS

1. Rinse oxtail under cold, running water and with a knife, trim excess fat. In a deep pot, place oxtails and enough water to cover. Over medium heat, bring to a boil, skimming any scum that accumulates to top. Lower heat, cover and simmer, adding more water as needed to maintain 6 cups, for about 2 to 3 hours or until oxtails are easily pierced with a fork. Drain oxtail, reserving about 6 cups broth.
2. Peel and discard the outer, fibrous skin layers of banana heart until you reach the lighter, softer core. Trim off stem and discard. Cut banana core into half and into fourths. In a bowl of cold salted water, place cut banana and soak for about 15 to 20 minutes. Using hands, squeeze to release bitter sap. Rinse with cold water and drain well, discarding liquid.
3. In a pot over medium heat, bring about 4 cups water to a boil. Add banana heart and blanch for about 1 minute. With a slotted spoon, remove from liquid and set aside. Add eggplant and blanch for about 1 minute. With a slotted spoon, remove from liquid and set aside. Add long beans and blanch for about 1 minute. With a slotted spoon, remove from liquid and set aside. Add cabbage and blanch for about 30 seconds. With a slotted spoon, remove from liquid and set aside.
4. In a skillet over medium heat, add rice flour and cook, stirring occasionally, until lightly browned and toasted. In a bowl, combine toasted rice flour and 1/4 cup reserved broth and whisk until smooth.
5. In a small bowl, combine annatto powder and 1/4 cup reserved broth. Stir until powder is dissolved and color has dispersed.
6. In a bowl, combine peanut butter and 1/2 cup of reserved broth and stir until well-blended.
7. In a large pot over medium heat, heat oil. Add onions and garlic and cook until limp and aromatic. Add oxtail and cook, stirring occasionally, until lightly browned. Add fish sauce and cook for about 2 to 3 minutes.
8. Add the remaining 5 cups of reserved broth and bring to a simmer. Add annatto water, rice flour mixture and peanut butter mixture, stirring well to combine. Season with salt and pepper to taste. Continue to simmer for about 10 minutes or until it begins to slightly thicken. Add blanched vegetables and cook for about 2 to 3 minutes or until heated through and tender yet crisp. Serve hot with shrimp paste on the side.

PICTURE SOURCE: KAWALING PINOY



# HONG KONG STYLE MACARONI SOUP

## (午餐肉通粉)

**COUNTRY OF ORIGIN: HK**  
**SUBMITTER: CELINE**

## DIRECTIONS

1. Start by prepping your ingredients. Thinly chop your green onions and set aside.
2. Prep your spam by cutting it into thin pieces. Some people like to cube their spam too.
3. Cook your macaroni pasta according its box instructions. Drain when done and set aside.
4. Fry your spam in a flat pan to crispness (or your personal liking) and your egg to preferred doneness.
5. Boil your chicken broth and season with salt to your taste.
6. Assemble your dish! Start with your pasta. Add the spam and egg on top. Then pour your broth. Add some sesame oil for that \*extra\* depth of flavor. Finish it off with a garnish of some green onions. And that's all folks! This dish is great for when you need the most comfort. There are other variations on this dish, but this is how my family tends to make it. Since this dish is relatively simple, there's a lot of room for experimentation.

## INGREDIENTS

This recipe serves two people!

Adjust as necessary.

2 cups of macaroni

4 cups of chicken broth

1 can of 12 oz. spam

1 egg

1 green onion stalk

Salt to taste

Sesame oil to taste

## WHAT THEY'D LIKE TO SHARE

I feel like this is my version of the beloved chicken noodle soup. I ate this dish all the time in my childhood, (and still do!) so there's a strong sense of nostalgia that comes every time I have some. My mom made this when it rained, on lazy Sundays, or when we were tired from a full day trip outside. I fondly see this dish as the ultimate comfort food; it's not hard to make, nor super impressive, but it does hit a certain spot in the stomach. It's the ratatouille to my Anton Ego.

PICTURE SOURCE: ASIAN ASPIRATIONS



# PANDAN HONEYCOMB CAKE (BÁNH BÒ NUONG)

**COUNTRY OF ORIGIN: VIETNAM**

**SUBMITTER: SALLY PHAM**

## INGREDIENTS

Oil spray

2 cups of tapioca starch/flour

5 tablespoons of rice flour

1 ½ teaspoons of double acting baking powder

6 large eggs

1 ⅓ cups of sugar

2 tablespoons of coconut oil

1 teaspoon of salt

1 can of coconut milk (400 mL)

¼ teaspoon of pandan paste

## WHAT THEY'D LIKE TO SHARE

This was one of my favorite desserts growing up, and when we went to the store I'd always ask my mom to buy it. This was also my first time making it! I was so excited to find out it was relatively simple and inexpensive to make.

## DIRECTIONS

1. Preheat oven to 350°F and put bundt pan in.
2. Starting with the dry ingredients, sift the tapioca starch, rice flour, and baking powder together.
3. Sift the mixture 3x times and set it aside.
4. For the wet ingredients, crack 6 large eggs into a strainer and whisk through as best as you can.
5. Add the sugar, salt, coconut oil, coconut milk, and pandan paste to the eggs. You can add more pandan paste according to taste - careful, it's powerful!
6. Mix together until incorporated (it's okay if it's lumpy), then pour and whisk the mixture through the strainer to create a smooth batter.
7. Set aside for 10-15 minutes.
8. Take your hot pan out of the oven, coat it with oil spray, and quickly pour the batter into the pan.
9. Bake for 45-50 minutes (or longer if you prefer crispier edges) for 350°F. The cake is done once the top has bubbled and lightly browned. Transfer to a cooling rack and wait for about 5 minutes until cutting.

Recipe Video: [here](#)



PICTURE SOURCE: FEEDFEED

# HONG KONG EGG WAFFLES (GAI DAAN JAI)



PICTURE SOURCE: KIRBIE'S CRAVINGS

## DIRECTIONS

1. In a large bowl, sift together the flour, custard powder, baking powder, and tapioca flour.
2. In another bowl, combine the water, evaporated milk, salt, vanilla extract, oil, and eggs.
3. Whisk the wet ingredients until homogenized. Then, incorporate the dry mixture into the wet mixture.
4. Whisk again until there are no clumps found.
5. Preheat the egg waffle pan on medium heat.
6. Pour the batter over the pan, close the pan, and then flip. This allows the egg waffles to retain its shape. Cook each side for about 2 minutes or until golden brown.
7. Remove the egg waffles from the pan with a spatula. Allow the waffle to cool for 5 minutes. Eat it plain or add your desired toppings.

Recipe Video: [here](#)

**COUNTRY OF ORIGIN: HK, CHINA**  
**SUBMITTER: JANICE FUNG**

## INGREDIENTS

- 1 cup of all purpose flour
- 2 tablespoons of custard powder
- 1 1/2 teaspoons of baking powder
- 2 tablespoons of tapioca flour
- 1/2 cup of water
- 2 tablespoons of evaporated milk
- 1/4 teaspoon of kosher salt
- 1 teaspoon of vanilla extract
- 2 tablespoons of vegetable oil
- 2 large eggs
- 1/2 cup of sugar

## WHAT THEY'D LIKE TO SHARE

Egg waffles are a dessert or light snack found in the streets of Hong Kong and Macau. I nostalgically recall smelling these heavenly goodness blocks away and snacking on them right after school. They are known for their egggy and bouncy texture.



# TURON

**COUNTRY OF ORIGIN: PHILIPPINES**  
**SUBMITTER: MICHELLE TIANGCO**

## INGREDIENTS

Spring roll sheets/Lumpia wrappers

Brown sugar

Saba bananas

Cooking oil

(Optional: sliced jackfruit)

## WHAT THEY'D LIKE TO SHARE

Turon is a popular Filipino snack. It is a deep-fried banana roll. Before it is served in restaurants, it is commonly drizzled with caramel or paired with ice cream. This yummy dessert can usually be found with Filipino street vendors.

## DIRECTIONS

1. Slice the bananas half lengthways.
2. Roll and coat the banana on a plate with the brown sugar.
3. Lace the sugar-coated banana on the wrapper (along with the jackfruit if you have).
4. Fold and lock the spring roll wrapper using water to seal the edges.
5. Heat oil in a pan on medium.  
Fry the wrapped bananas in the pan and flip after about 3 minutes.
6. Cook until the wrapper turns golden brown.
7. Enjoy!

Recipe Video: [here](#)

PICTURE SOURCE: THE LITTLE EPICUREAN



# INGREDIENTS

3/2 cups of all purpose flour  
Pinch of salt  
1/2 cup of sugar  
200 grams unsalted butter  
2 tablespoons of cold water  
1 cup of hot water  
3 eggs  
1/2 cup of evaporated milk  
3/4 teaspoon of vanilla

# DIRECTIONS

1. Combine flour, salt, and 1 tablespoon sugar. Add butter and break it up with your fingers. Add 2 tablespoons of cold water and refrigerate covered dough for 20 minutes.
2. Knead and roll dough away from you forming a 20cm x 50cm rectangle.
3. Fold the top third of the dough down to the center, then the bottom third up and over that. Turn dough left or right by 25 degrees and roll out again to three times the length. Fold the same way as before, cover, and chill for 30 minutes.
4. For the filling dissolve the sugar in the cup of hot water, then cool to room temperature. Whisk eggs and evaporated milk. Then whisk in the sugar water and vanilla. Strain through a fine mesh strainer.
5. Roll out dough and cut circles to fit your tins. Fill each egg tart shell until it reaches the edge of the outside crust. Bake for 15 minutes at 400°F. Then reduce the temperature to 350°F and bake for another 10-12 minutes.
6. Allow it to cool and enjoy.

Recipe Video: [here](#)

PICTURE SOURCE: ASIAN FOOD NETWORK

# EGG TARTS

**COUNTRY OF ORIGIN: CHINA**  
**SUBMITTER: VINH**

# WHAT THEY'D LIKE TO SHARE

Use cupcake liners for easy removal & clean up.







# THE MORE YOU KNOW: PHỞ

**WRITTEN BY: HENRY NGUYEN**

Nothing exemplifies Asian comfort food like a piping hot bowl of phở on a Sunday morning. The aroma of the fragrant broth, rare meat, and bouncy noodles have become a staple of Vietnamese cuisine both domestically and internationally. Phở originated in the early 1900s, a product of Vietnamese, French, and Chinese influences. Prior to the French arrival, cows were only used for manual labor on agriculture fields. Inspired by French cuisine, the Vietnamese began utilizing beef in their dishes, including using the flavor-rich bones as the base for the phở broth. Nowadays, phở has made its way across the globe. It's a staple at Vietnamese restaurants and a cornerstone for Asian communities around the world.

**Sources:**

<https://www.vietworldkitchen.com/blog/2018/03/the-history-of-pho.html>

<https://vocal.media/feast/history-of-pho-the-national-dish-of-the-vietnamese>

**Image:**

<https://www.recipetineats.com/vietnamese-pho-recipe/>

# HISTORY OF DIM SUM



# THE MORE YOU KNOW: DIM SUM

WRITTEN BY: CASSANDRA LI

DIM SUM ORIGINATED IN HONG KONG & GUANGDONG PROVINCE IN THE LATE 19TH CENTURY.



CHINADISCOVERY.COM

IT WAS DISCOVERED THAT DRINKING TEA HELPS DIGESTION, SO SMALL PIECES OF FOOD WERE OFFERED WITH THE TEA. THE TRADITION OF DIM SUM OR "YAM CHA" (DRINKING TEA) BEGAN.



TEAGUARDIAN.COM

IN ANCIENT CHINA, TRAVELERS ALONG THE SILK ROAD TOOK BREAKS IN THEIR JOURNEY BY STOPPING AT TEA HOUSES.



Source: Chinese government

BBC

## FIVE (5) POPULAR DIM SUM DISHES:



PORK AND SHRIMP DUMPLINGS (SI MAI)



RICE NOODLE ROLLS (CHEUNG FAN)



CONGEE (JUK)



BBQ PORK BUNS (CHAR SIU BAO)



CHICKEN FEET (FUNG ZAO)

# THANK YOU AND ENJOY!

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