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8	Pastes & Sauces
36	Snacks & Drinks
58	Salads
80	Soups
102	Curries
124	Grilled, Boiled, Fried
152	Stir Fries
184	Rice & Noodles
206	Dessert
216	Basic Recipes
220	Indexes

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# Stir-Fried Beef with Broccoli in Oyster Sauce

*Origin Central*

*Preparation time 10 minutes*

*Cooking time 5 minutes*

*Serves 4*

- 2 tablespoons vegetable oil
- 3 cloves garlic, finely chopped
- 5 oz/150 g sirloin or tenderloin beef, cut into ¼-inch/5-mm thick slices
- 2½ tablespoons oyster sauce
- 1 tablespoon soy sauce
- 14 oz/400 g Chinese broccoli, cut into 2-inch/5-cm lengths

Heat the oil in a wok over medium heat, add the garlic, and stir-fry for 1 minute or until fragrant. Add the beef and stir-fry for 1 minute, then season with the oyster sauce and soy sauce, and stir-fry for 30 seconds. Add the broccoli and 2 tablespoons water and stir-fry for another 2 minutes or until the broccoli has softened slightly. Serve.





# Phat Thai without Noodles

*Origin Central*

*Preparation time 15 minutes*

*Cooking time 15–20 minutes*

*Serves 2*

- 1 cup (9 fl oz/250 ml) vegetable oil, for deep-frying
- 3½ oz/100 g extra firm white or yellow tofu, cut into ½-inch/1-cm cubes
- 1 shallot, finely chopped
- 3½ oz/100 g shoulder or pork loin, thinly sliced
- 2 tablespoons pickled radish, chopped
- 10 uncooked shrimp (prawns), peeled and deveined, with tails still intact
- 2 eggs, beaten
- 2 tablespoons dried shrimp
- 4 teaspoons granulated sugar
- 1½ teaspoons lime juice
- 1 tablespoon fish sauce
- 2–3 tablespoons roasted peanuts, finely pounded, plus extra to garnish
- 3 red chiles, finely chopped
- ½ teaspoon chili flakes
- 1 cup (3½ oz/100 g) bean sprouts
- 2 Chinese chives, cut into 1½-inch/4-cm-long pieces
- cilantro (coriander) sprigs, to garnish

To serve

- raw vegetables, such as Chinese chives, bean sprouts, and banana blossom
- lime wedges

Heat the oil for deep-frying in a wok or deep fryer to 350°F/180°C or until a cube of bread browns in 30 seconds. Deep-fry the tofu for 4–5 minutes or until golden brown. Remove with a slotted spoon and drain on paper towels.

Drain all but 3 tablespoons of the oil from the wok, then put over medium heat, add the shallot, and stir-fry for 1 minute. Add the pork and stir-fry for 2–3 minutes or until cooked. Add the pickled radish and shrimp (prawns) and stir-fry for another 2–3 minutes or until the shrimp are cooked.

Add the eggs and cook for 10 seconds. Add the dried shrimp and tofu and stir-fry for another 1 minute. Increase the heat a little, add the sugar, lime juice, fish sauce, roasted peanuts, chile, and the chili flakes and quickly stir-fry for 1 minute. Add the bean sprouts and chives and stir 2–3 times. Transfer to a serving dish, sprinkle with the reserved peanuts and the cilantro (coriander) sprigs, and serve with raw vegetables and lime wedges.





# Tapioca with Longan

*Origin Central*

*Preparation time 5 minutes*

*Cooking time 12 minutes*

*Serves 4*

- 1 cup (5 oz/150 g) small tapioca pearls
- ½ cup (3½ oz/100 g) superfine (caster) sugar
- 1 cup (7 oz/200 g) peeled and seeded longans
- 1¼ cups (10 fl oz/300 ml) coconut milk
- ¼ teaspoon salt

Bring about 5 cups (2 pints/1.2 liters) water to a boil in a pan over medium-high heat.

Put the tapioca pearls in a strainer (sieve) and dip in water, then shake once. Add to the pan of boiling water and cook for about 7 minutes, stirring occasionally, until the tapioca pearls are cooked and translucent. Remove from the heat and drain. Return to the pan, add the sugar, and longans, and gently stir until the sugar has dissolved.

Heat the coconut milk and salt in another pan over low heat for about 5 minutes. Transfer the tapioca and longan mixture to a serving bowl and pour the coconut milk over it. Serve.

