



Tongkat Ali Recipes

1. TONGKAT ALI HERBAL SPRING CHICKEN STEW

400 gms	SPRING CHICKEN
1 pc	TURMERIC LEAF
5 gms	SPRING GINGER (Crush)
3 gms	GALANGAL (Crush)
3 gms	LEMON GRASS (Crush)
1 gm	TURMERIC (Crush)
1 gm	KAFFIR LEAF
2 gms	RED CHILLI (Cut in half)
1 gms	GREEN CHILLI (Cut in half)
5 gms	TOMATO
5 gms	TONGKAT ALI SLICES (2 PIECES)
3 gms	SALT
3 gms	BLACK PEPPERCORN (Crush)
800 ml	CHICKEN STOCK LIQUID
30 gms	BUTTER or VIRGIN COCONUT OIL

METHOD

Place all herbs into chicken stock liquid. Let boil for 15 minutes, then put the chicken inside and let simmer until chicken is tender.

Lastly add in the butter or VCO, tomato, red and green chilli and season with salt.

Serve with rice or French bread.

2. OXTAIL SOUP WITH TONGKAT ALI

600 gms	OXTAIL	120 gms	ONION
20 gms	LEMON GRASS	100 gms	TOMATO
10 gms	GALANGAL	10 gms	TONGKAT ALI SLICES (4 PIECES)
1 gm	KAFFIR LEAF	1 gm	STAR ANISE
5 gms	BIRD'S EYE CHILLI	1 gm	CLOVE
120 mls	LIME JUICE	1 gm	CINAMON STICK
10 gms	LOCAL CELERY	30 gms	BUTTER or VIRGIN COCONUT OIL
1 litre	OXTAIL STOCK		
20 gms	BLACK PEPPERCORN		

METHOD

Boil the oxtail meat in plain water with a little salt, lemon grass and galangal until tender. When the meat is tender, take out and keep the stock in reserve.

In another pot, heat butter and fry aniseed, clove and cinnamon until fragrant. Then add in the crushed lemon grass, onion and galangal. Lightly fry then pour in the oxtail soup and Tongkat Ali root slices. Add in the Oxtail meat and simmer for 20 minutes. Season with salt at the last moment.

Serve with rice or French bread.

3. FRIED BITTERGOURD WITH LOBSTER

500 gms	BITTERGOURD	80 gms	ANCHOVIES
5 gms	TONGKAT ALI SLICES (2 PIECES)	3 gms	SALT
		1 gm	WHITE PEPPER POWDER
300 gms	LOCAL LOBSTER	3 nos	EGGS
30 gms	DRY CHILLI	100 gms	BUTTER or VIRGIN COCONUT OIL
20 gms	GARLIC		
30 gms	SHALLOT		

METHOD

Clean the bitter gourd then cut in halves lengthwise and slice thinly and soak inside salted water.

Heat up a pan and fry the shallots, garlic, anchovies & Tongkat Ali then add in the sliced lobster and fry until the lobster and bittergourd are cooked.

Then pour in the egg white and fry. Season with salt and pepper.

This dish combines the bitter goodness of Tongkat Ali and Bittergourd with the zinc, protein and mineral rich lobster and anchovies.