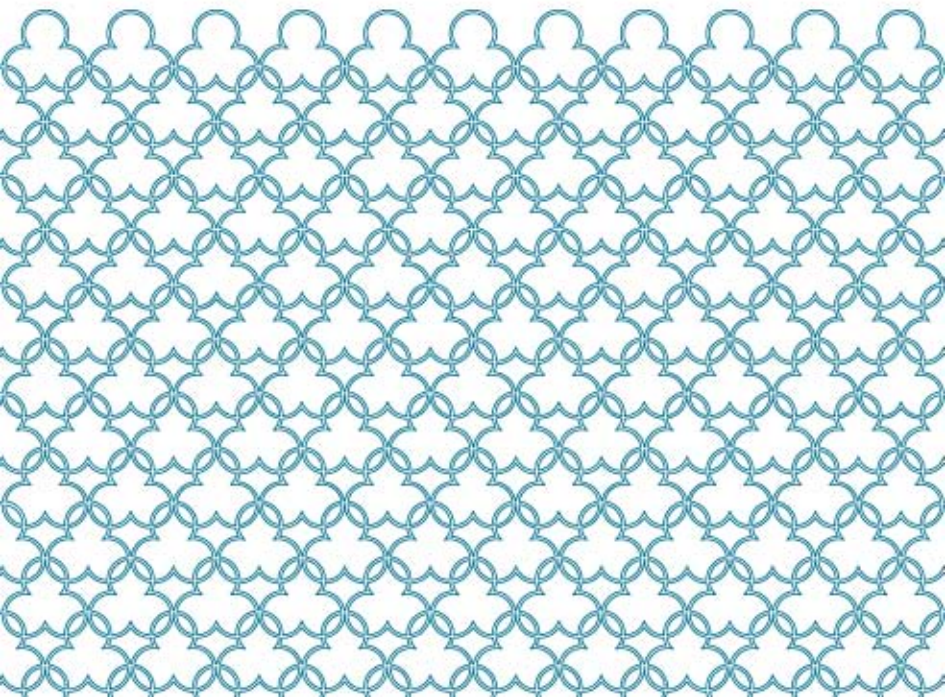


robin's eurasian recipes

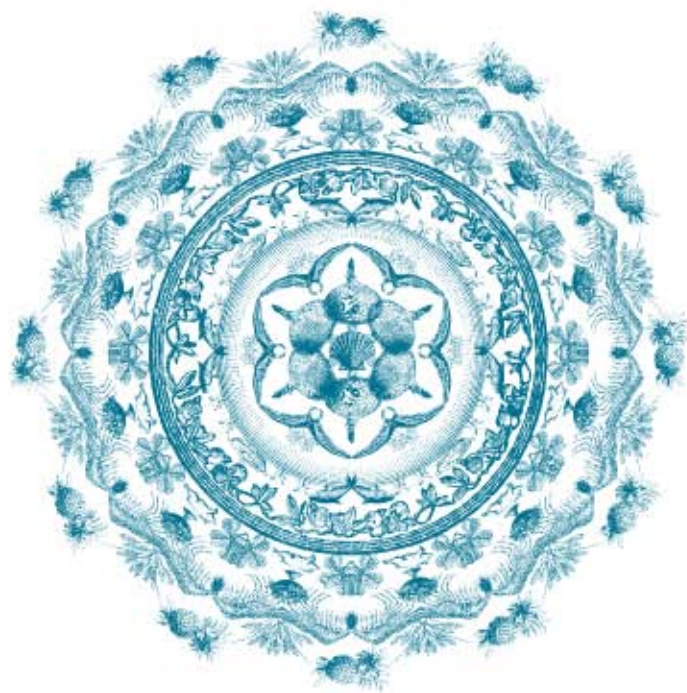


robin's
eurasian
recipes



Other books in the Heritage Cookbook series

irenes peranakan recipes
madam choys cantonese recipes



robin's eurasian recipes

Foreword

LIKE MANY LOCAL DISHES, with their rich and diverse culinary traditions that originated elsewhere, Eurasian cuisine has Portuguese, other European and Asian roots. I have personally savoured and enjoyed the Eurasian recipes in this book, which are used at “Quentin’s the Eurasian Restaurant” at the Eurasian Community House opposite my home at Ceylon Road. I have enjoyed the Eurasian cakes, especially the Sugee Cake and other desserts, not to mention the traditional dishes like Curry Debal.

I join others in thanking Robin Pereira, father of Quentin Pereira, for graciously agreeing to share his authentic recipes with everyone. The recipes are straightforward and easy to follow. As Eurasian cuisine gains popularity and is widely embraced by Singaporeans and visitors alike, this collection of recipes will be a rewarding experience for all those keen to discover and enjoy the richness of Eurasian food that is so much a part of Eurasian heritage.

M. Nathan

Mrs S R Nathan

my dad, my mentor



"Dad enjoyed the look on people's faces when they enjoyed his food."

He was a consummate chef who wanted every dish just perfect.



GROWING UP, THE WHOLE FAMILY looked forward to Sunday lunch and dinner. Those meals were cooked by Dad, and even the simplest dish was cooked to perfection. Dad started his "cooking career" when he was 10. Having lost his father and brother during the war, he was "forced" to cook and look after his sister, while his mother went to work. All his recipes were passed down from his mother, Charlotte, who together with her sisters, used to cook for Eurasian weddings.

We were the recipients of those precious heirloom recipes. There were six of us—Harry the eldest, my only sister Marian, followed by Kevin, Jarrod, myself and Leon. For those wonderful Sunday meals, we would watch as Dad left for the market very early so as to have a wide choice of the freshest items. As soon as he got home, he would start preparing the ingredients. I enjoyed watching him peel the onions and garlic, cut up the meats and pound the spices. Once in a while, I would help him. (Helping him meant doing things his way. If he wanted the onions sliced thin, they had better be thin otherwise he would just select the thin ones and throw the others away!)

Dad's passion for cooking made him a fantastic chef. He was in great demand—cooking for the church whenever there was a function, cooking for friends' parties and cooking at home on Sundays. In 1995, he was approached by friends to become the pioneer chef at Casa Bom Vento, a straits cuisine restaurant, at Joo Chiat Road. He came up with the menu and did the cooking himself, with Mum by his side as always, aiding and assisting him, knowing exactly how he wanted things done.

In 2001, with the help of my eldest brother Harry, I opened a small stall selling Eurasian food in a kopitiam (food court) at Changi Business Park. Every day, I would pick Dad up



at 6.15 a.m. and head down to the market to buy the necessary ingredients before going to the stall. We would spend about \$100 at the market, go to the stall and cook from 7.30 a.m. to 11.30 a.m., then man the stall till the late afternoon. Sales would be just \$70. But we persevered. It was here that Dad instilled in me the discipline and passion needed to be a good cook. He explained the necessity of doing things right and why certain things were done in a certain manner. He taught me about the patience and timing needed to get the right texture, taste and presentation of a dish. I learned that to have the perfect dish, quality, freshness, uncompromising dedication and passion are needed. Dad enjoyed seeing the look on people's faces when they enjoyed his food. It gave him great satisfaction, and that was why he put in the effort. It took almost six months before people started appreciating Eurasian food, and our business venture started to pay off.

The term "Eurasian" comes from the marriage of two words—European and Asian. Literally, it means a person born of a European and an Asian. Eurasians generally have European surnames. In Singapore and Malaysia, the term Eurasian is recognised officially, and in 1994, then-Prime Minister Goh Chok Tong recognised Eurasians as a race of people in and of themselves.

Eurasian food is an exotic blend of East and West. It is food that has evolved in the kitchens of Eurasian homes. Ingredients were substituted with others that were more readily available, while traditional western dishes that were found to be too bland for the Eurasian palate were spiced up with fresh



Dad & Mum

and dried chillies. Many dishes were also given piquancy by the addition of tamarind or vinegar. Eurasian food is quintessential fusion food, going back to the 16th century.

In 2006, I started "Quentin's the Eurasian Restaurant" at East Coast Road. Once again, Dad played a pivotal role. He helped to design the menu and till this day, after our relocation in 2007 to the Eurasian Community House, he continues to drop by now and then to ensure that tradition, quality and freshness are still maintained.

This book is a collection of all of Dad's recipes. Eurasian family recipes are well-guarded secrets that are passed down from generation to generation. There are many examples where some of these recipes are brought to the grave. Each family is very protective over how their favourite dishes are prepared, but Dad has agreed to share his recipes in this book, so as to ensure that they will always be remembered. The dishes in this book are everything Dad used to cook for us, as recorded by Mum. Till today, she does the baking at home using these recipes. The recipes were made simple and easy to follow.

I hope you will enjoy preparing and cooking these dishes. Most importantly, never forget that in every dish you cook, the amount of effort, passion and dedication you put in will be rewarded with appreciation for the food you cook.

Quentin Pereira
Executive Chef / Owner
Quentin's the Eurasian Restaurant

Contents

| <u>Appetizers</u> | <u>Starters</u> | <u>Soup</u> | <u>Noodles</u> | <u>Meat</u> | <u>Seafood</u> | <u>Vegetables</u> | <u>Desserts</u> |
|-----------------------|------------------------|-----------------------|----------------------|------------------------|-----------------------|------------------------|-----------------------|
| Cucumber | Fried Tofu16 | Mee Sua Soup30 | Vegetarian | Dhall Kristang48 | Singgang Serani ...82 | Sambal | Soft Icing116 |
| Pickle.....2 | Meaty Cutlet17 | Tim Soup31 | Bee Hoon40 | Roasted | Sambal | Kangkong100 | Royal Icing117 |
| Acar | Prawn Fritters18 | Tofu & Pork | Fried | Lamb Leg49 | Petai Prawns83 | Fried | Agar-Agar118 |
| Timun Serani4 | Calamari | Bone Soup32 | Kway Teow41 | Lamp Chop with | Prawn | Kangkong101 | Sago |
| Chilli Cuka5 | Fritters19 | Prawn Ball Soup ..33 | Dry Mee Siam42 | Peppercorns50 | Chilli Garam84 | Fried | Gula Melaka 119 |
| Sambal | Devil Wings20 | Muruketwany34 | Birthday Mee43 | Pastry | Prawn Bostador ...85 | Beansprouts102 | Almond Balls 120 |
| Acar Nenas6 | Fried Chicken21 | Caldu Pescador35 | | Chicken Pie51 | Pineapple | Chap Chye103 | Watermelon, |
| Sambal Belachan....7 | Pang Susie22 | | | Kristang Stew52 | Prawn Curry86 | Patchri104 | Honeydew |
| Green | Seybak24 | | | Fried Permenta | Permenta | Fried Brinjals105 | & Sago in |
| Chilli Sambal8 | | | | Chicken53 | Fried Prawns87 | Fried | Coconut Milk121 |
| Salted | | | | Curry Seku54 | Sotong Black88 | Lady's Fingers106 | Pulut Hitam122 |
| Fish Pickle9 | | | | Curry Debal55 | Soi Lemang89 | Mixed Stir-Fried | Bubor Terigu123 |
| Cucumber Salad ..10 | | | | Curry Debal Iris ..56 | Sambal | Vegetables107 | Bubor Cha Cha ..124 |
| Cucumber & | | | | Curry Captain57 | Fish Tumis90 | Masak | Kueh Koswee126 |
| Pineapple Acar11 | | | | Chicken | Curry Moolie91 | Lodeh Serani108 | Putugal127 |
| | | | | Moeru Curry58 | Chuan Chuan92 | Baked Broccoli | Kueh Bingka128 |
| | | | | Roast Chicken59 | Pice93 | & Cauliflower109 | Pineapple Tarts ..129 |
| | | | | Keluak Curry60 | | | Bread Pudding ...130 |
| | | | | Fried | | | Tapioca & |
| | | | | Minced Pork61 | | | Coconut Cake131 |
| | | | | Vindaloo62 | | | Sugee Cake132 |
| | | | | Babi Tahu63 | | | Chocolate |
| | | | | Porku | | | Cake133 |
| | | | | Tambreyno64 | | | Butter Cake134 |
| | | | | Babi Assam65 | | | Cherry Cake135 |
| | | | | Ambilla Labu66 | | | Orange Cake136 |
| | | | | Feng Curry67 | | | Marble Cake137 |
| | | | | Pork Chops68 | | | |
| | | | | Gammon Curry ..69 | | | |
| | | | | Shepherd's Pie70 | | | |
| | | | | Beef Semore71 | | | |
| | | | | Ambilla Kacang ..72 | | | |
| | | | | Beef Steak73 | | | |
| | | | | Pot Roast Beef74 | | | |
| | | | | Oxtail Stew75 | | | |

robin's eurasian recipes

Published by Epigram – 1008 Toa Payoh North #03-08 Singapore 318996. Tel (65) 6292 4456. Fax (65) 6292 4414. www.epigram.com.sg
Copyright©2009 Epigram. All rights reserved. No part of this publication may be reproduced without prior consent from the publisher.
Printed in Singapore.

National Library Board Singapore Cataloguing in Publication Data

Pereira, Robin Bernard, 1934-

Robin's Eurasian Recipes/Robin Bernard Pereira. – Singapore : Epigram, 2009.

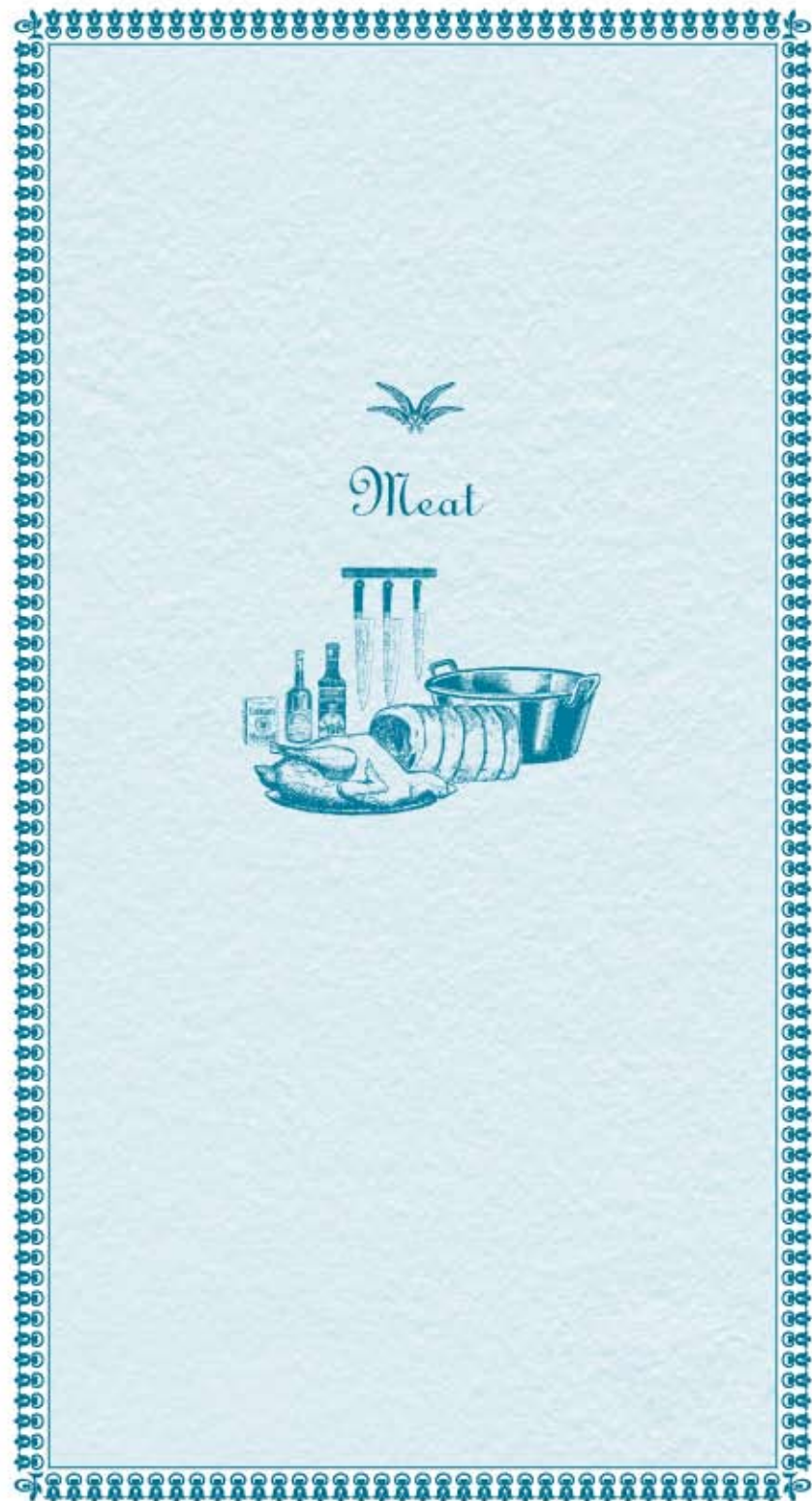
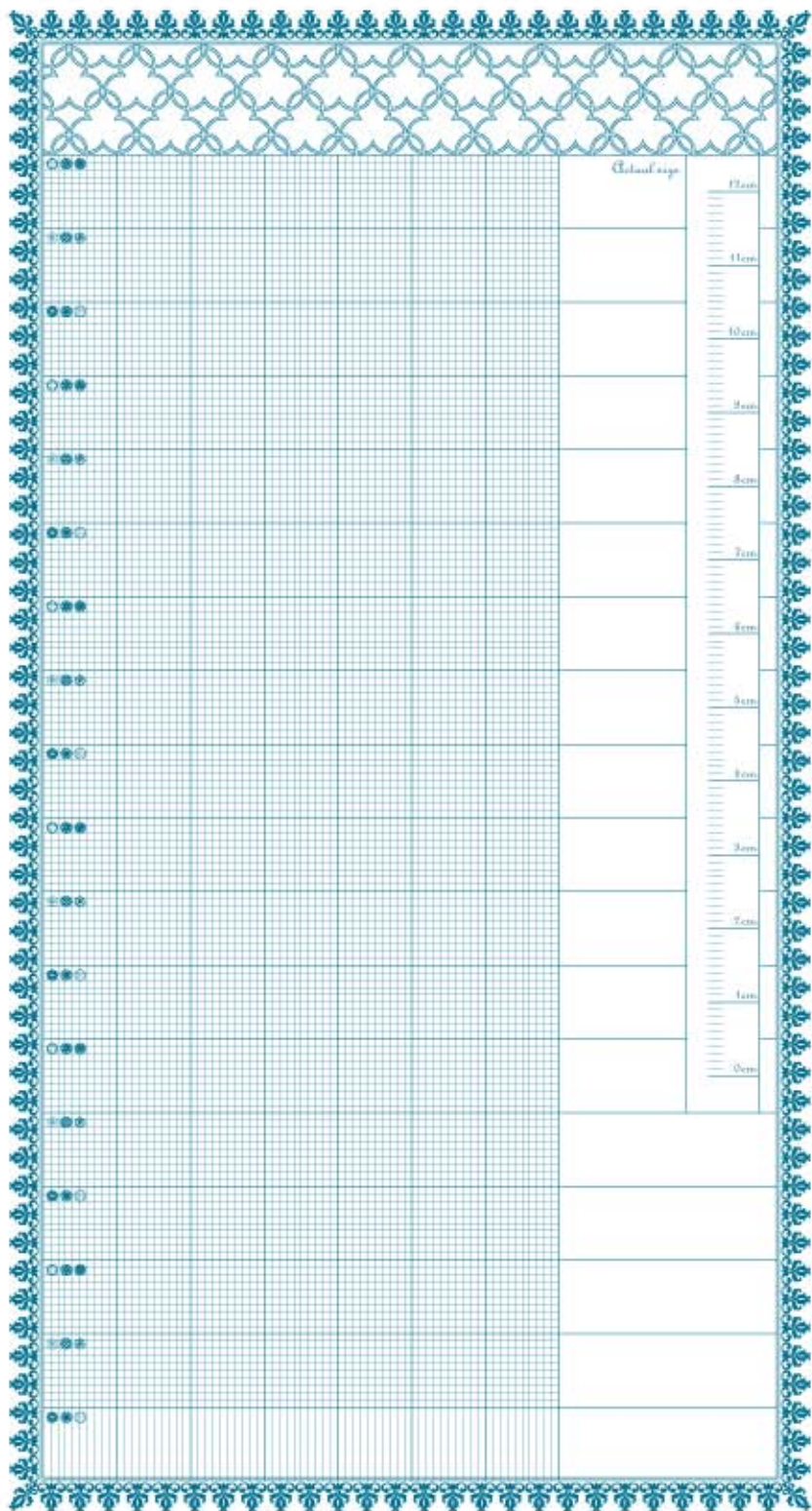
p. cm. – (Epigram heritage cookbook series)

ISBN-13 : 978-981-08-4274-1

1. Cookery. 2. Cookery, Asian. 3. Cookery, European. I. Title. II. Series : Epigram heritage cookbook series.

TX714

641.5 -- dc22 OCN456029561



P48/Meat

DHALL KRISTANG MUTTON LENTILS CURRY



- 4 tbsp oil
- 2 onions, sliced
- 20 g ginger, thickly sliced
- 2 sticks cinnamon (5cm each)
- 10 cloves
- 2 star anise
- 3 cardamon pods
- 10 peppercorns
- 5 dried chillies, halved
- 1 kg mutton ribs, cut up individually
- 2 tbsp chilli powder
- 2 tbsp curry powder
- 1 tbsp tumeric powder
- 2 tbsp light soya sauce
- 50 g dhall, washed and soaked for at least 1 hr
- 1 l water
- 1 carrot, cut into 2cm pieces
- 2 potatoes, quartered
- 4 eggs

Heat the oil in a pot. Fry the sliced onions, ginger, cinnamon sticks, cloves, star anise, cardamon pods, peppercorns and dried chillies, till the onions start to brown.

Add the mutton and fry for 1 minute. Add the chilli powder, curry powder, tumeric powder and soya sauce, then fry the mutton for about 5 minutes more.

Add the dhall and water, and boil for 15 minutes, then put in the carrots and potatoes. Cover and cook till the carrots and potatoes are soft. Break the eggs in. Do not stir as the eggs should be whole.

Remove from heat and serve hot.

P49/

ROASTED LAMB LEG

- 1 bone-in lamb leg (4 kg), washed and drained
- 2 tbsp peppercorns, coarsely ground
- 10 g fresh mint
- 5 g fresh rosemary
- 20 ml olive oil
- 4 tbsp light soya sauce
- 2 onions, quartered
- 50 g garlic

Pre-heat the oven at 200°C.

Marinate the lamb with the peppercorns, mint, rosemary, olive oil and soya sauce for 1 hour.

Place the marinated lamb leg, onions and garlic in a baking tray. Cover with aluminium foil and bake in the oven for 75 minutes. Remove the aluminium foil and bake again in the oven for 25 minutes at 180°C.

Remove from oven and place on a dish for carving.

Serve hot.

P50/Meat

LAMB CHOP WITH PEPPERCORNS

- 1 tbsp olive oil
- 3 tbsp butter
- 1 onion, sliced
- 1 kg lamb chops
- 10 g fresh rosemary
- 1 tbsp dark soya sauce
- 1 chicken stock cube
- 4 tbsp peppercorns, coarsely ground
- 1 tbsp plain flour
- 150 ml water
- 100 g green peas

Heat the oil and butter in a wok. Fry the onions and lamb, stirring constantly until the onions start to brown.

With the lamb still in the wok, add the rosemary, soya sauce, chicken stock cube and peppercorns. Add the flour and as it becomes a paste, add the water and boil for 15 minutes, till the gravy becomes thick. Add the green peas.

Remove from heat and serve hot.

P51/

PASTRY CHICKEN PIE



- 2 tbsp oil
- 3 big onions, 2 sliced and 1 quartered
- 1 stick cinnamon (5cm)
- 1 kg boneless chicken breast, cut into 2cm cubes and marinated with 1 tbsp of light soya sauce and 1 tbsp of pepper for 20 mins
- 2 tbsp light soya sauce
- 100 ml water
- 325 g canned button mushrooms, sliced
- 2 carrots, peeled and cubed
- 2 potatoes, peeled and cubed
- 5 quail's eggs, boiled and shells removed
- 1 tbsp pepper

Pastry:

- 250 g plain flour
- 100 g butter
- 1 egg
- 1 tsp iced water, mixed with ¼ tsp of salt
- 1 egg white (for glazing)

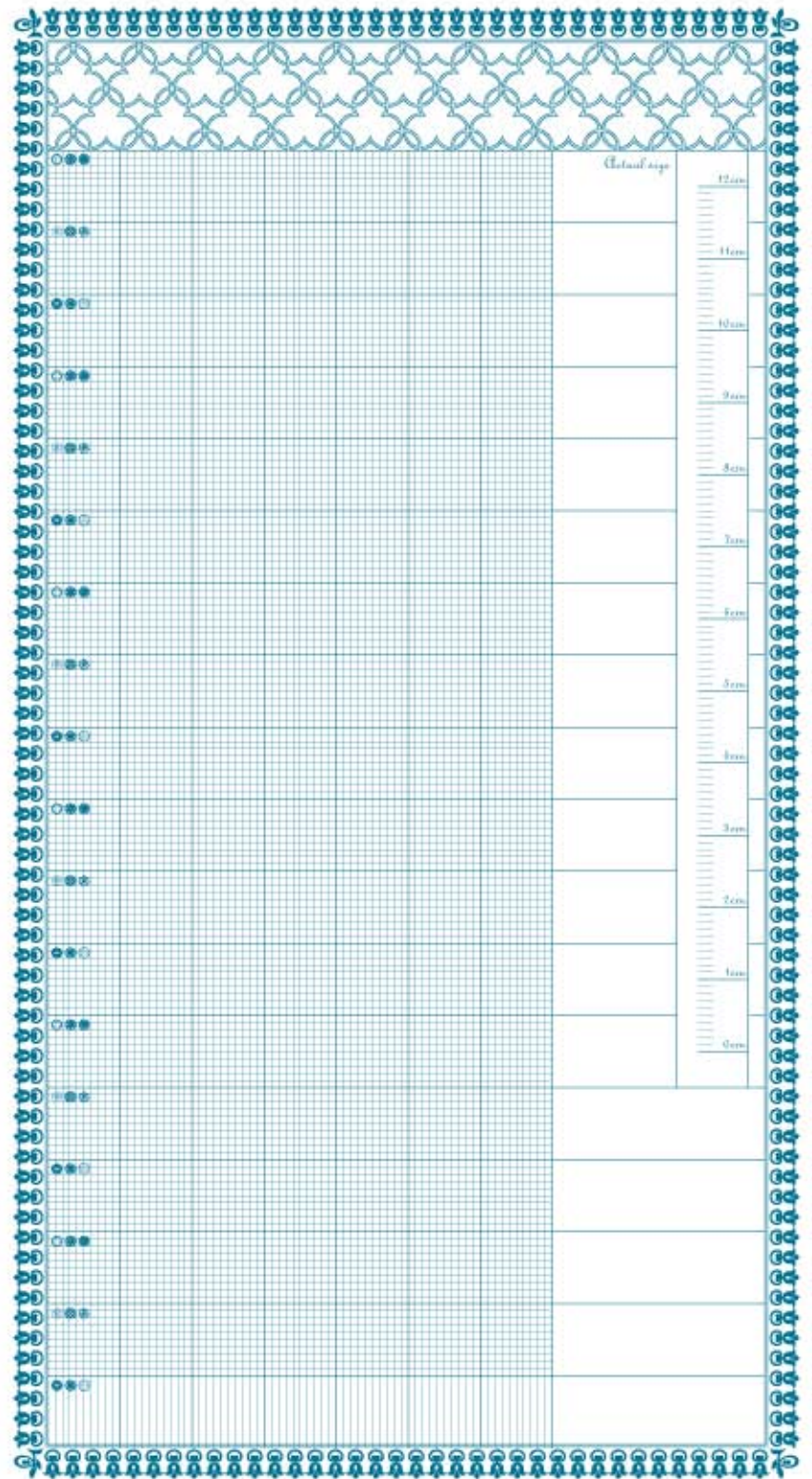
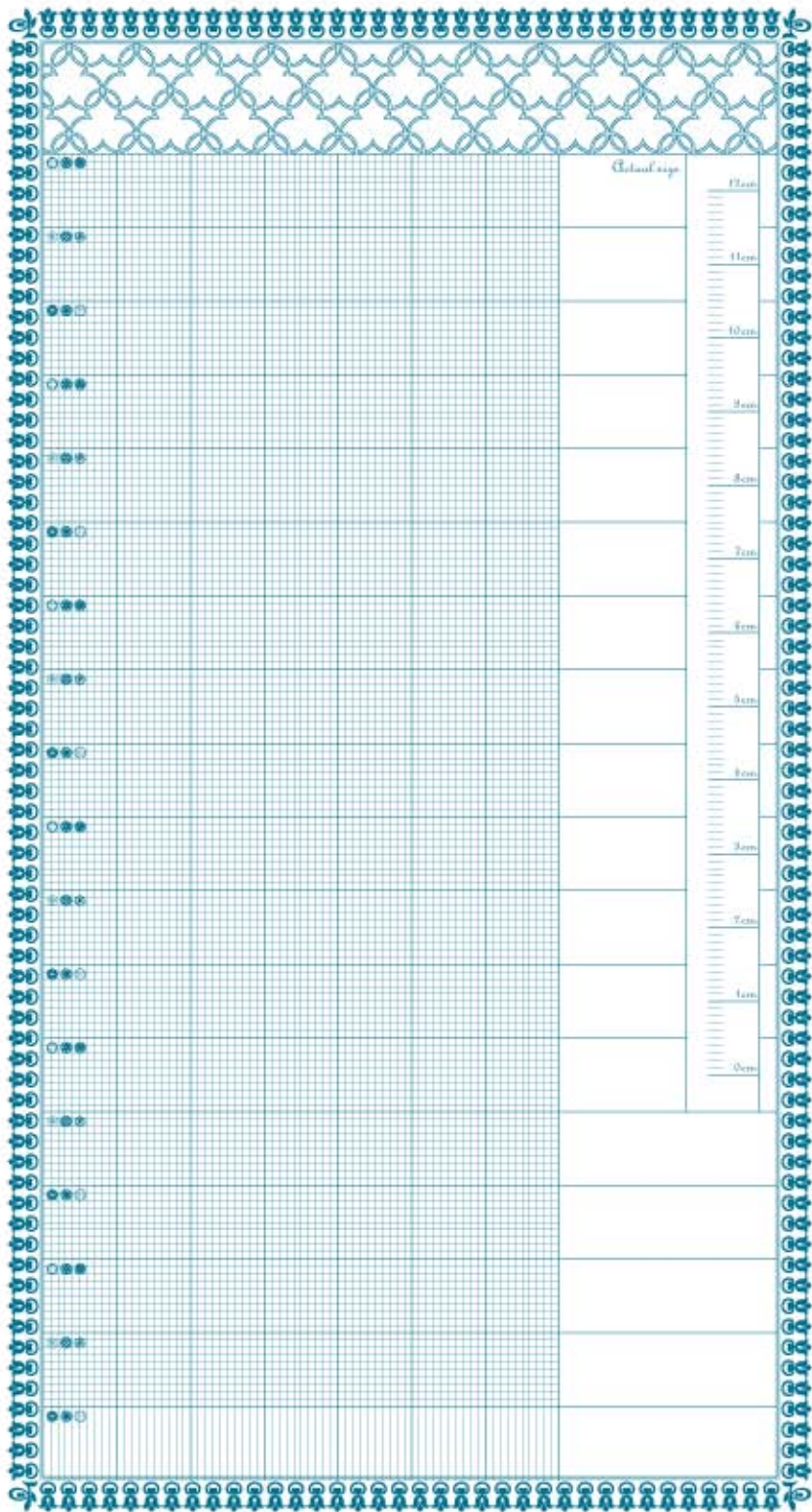
Pre-heat the oven at 160°C.

Heat the oil in a pot. Add the sliced onions and cinnamon stick. When the onions start to brown, add the marinated chicken and the soya sauce. Fry the chicken for about 1 minute, then pour in the water, mushrooms, carrots and potatoes.

When the carrots are soft, add the quail's eggs and pepper. Remove from heat and pour into a pie tray.

To prepare the pastry: Sift the flour into a bowl, then cut the butter into the flour and mix with fingers till crumbly. Add the egg and water and mix well. Roll out the dough thinly and cover the pie tray. Pinch the edge and using a fork, draw a few lines for design. Use egg white to brush the top of the pie, then bake the pie for 30 minutes.

Serve hot.



P82/Seafood

SINGGANG SERANI

EURASIAN SPICE BLENDED LIGHT CURRY

- 4 tbsp oil
- 1 onion, sliced
- 1 stalk lemon grass
- 2 tbsp sugar
- 1 tbsp light soya sauce
- 700 ml water
- 1 wolf herring (1.5kg), cut into 5cm pieces
- ½ tsp salt
- 3 tbsp tamarind, mixed with 50ml water

Grind together:

- 150 g onions
- 30 g dried chillies, cut and soaked for 10 mins
- 50 g belachan
- 30 g fresh tumeric
- 3 stalks lemon grass

Heat the oil in a pot. Fry the sliced onions and lemon grass, then add the ground ingredients and fry till fragrant. Add sugar and soya sauce. Continue frying for another minute then pour in the water and bring to boil.

Put the fish in, lower the heat and cover the pot. After 7 minutes, add the salt and tamarind.

Remove from heat and serve hot.

P83/

SAMBAL PETAI PRAWNS

PRAWNS AND PETAI IN CHILLI PASTE



- 4 tbsp oil
- 1 onion, sliced
- ¼ tsp salt
- 1 tbsp sugar
- 1 tbsp light soya sauce
- 1 kg prawns (26 to 30), washed, shell removed and deveined
- 200 g petai
- 2 tbsp tamarind, mixed with 20ml water

Grind together:

- 1½ onions
- 30 g dried chillies, cut and soaked for 10 mins
- 20 g fresh red chillies
- 30 g belachan

Heat the oil in a wok. Add the sliced onions and fry till soft. Add the ground ingredients. Fry till the oil rises, then add the salt, sugar and soya sauce. Fry for about 1 minute more, then add the prawns and mix thoroughly.

When the prawns changes colour, add the petai and tamarind. Remove from heat after another 2 minutes and serve hot.

ISBN 978-981-08-4274-1



9 789810 842741