

ONAKA

VIBRANT  
RECIPES

— FROM A —

WHOLESOME  
RESTAURANT

ROSALIND

 LIM & 

JASON VITO

**ONAKA**

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# ONAKA

## VIBRANT RECIPES

— FROM A —

# WHOLESOME RESTAURANT

# ROSALIND LIM & JASON VITO

**E**

EPIGRAM BOOKS / SINGAPORE

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## WHAT IS ONAKA?

**ONAKA is Japanese for ‘stomach’, and the name of our restaurant. Like its dual meaning, ONAKA (an acronym for ‘Optimum Nutrition and Kitchen Arts’) is also a cooking school that aims to nurture the idea that ‘food is a better medicine’.**

But medicine doesn’t need to taste bad. At ONAKA, we don’t count calories. We advocate ‘conscious cuisine’: a realistic, sensible and pragmatic approach to eating healthily. To that end, we use fresh, all natural and wholesome ingredients. Organic produce is used whenever possible. Food is served close to its original state, without added preservatives, artificial colouring, flavouring, MSG and trans-fats. We bake, steam, grill, sauté, stir-fry and steam-fry. At least 50 per cent of our menu is vegetarian, with vegan, gluten-free, heart-friendly and diabetic-friendly options.

It isn’t all just greens and tofu. We find

joy in creating dishes that trump people’s expectations of what ‘healthy food’ is. We incorporate influences from all over: France, Japan, Singapore, China, Italy. We don’t shy away from ‘indulge’ ingredients and techniques. Chocolate cake is still served at ONAKA. The difference is that it’s made with the best chocolate we could find, and is gluten-free, all natural, homemade and contains reduced sugar. When we serve beef, we pick a flavourful, medium-fatty cut like the oyster blade, cook it sous vide, then lightly grill it without too much fat or butter. It’s our little way of illustrating the wisdom of eating in balance and moderation.

‘Balance and moderation’—these are as subjective concepts as they come. With the overwhelming array of nutritional information, research, trends, and diets making their way around, the right course of action is shrouded in uncertainty. “Which is the healthiest food? Which diet is healthier?” are questions we

are often bombarded with. Should one go low fat, high protein, low glycemic index or gluten free? The simple truth is that there is no one-size-fits-all diet. Each individual’s needs are unique and depend on many factors, from external (lifestyle choices) to internal (hereditary traits).

The most important thing is to learn to be sensitive to what our bodies are telling us. Optimum nutrition starts by understanding the body and providing it with the best combination of nutrients. For example, cravings for pizza and cheesy foods indicate a deficiency in fatty acids. Combat it by eating omega-3 fatty acid-rich salmon instead. Reaching for chocolate? That means you lack dietary magnesium, which can be solved by magnesium-rich foods like nuts and leafy greens.

Understanding your culture and environment is another important factor. In the Western world, juicing is extolled as a detox and diet panacea. But Traditional Chinese Medicine advocates believe that raw food is too ‘cold’, upsetting the body’s

natural yin-yang balance and ultimately weakening the digestive system. Our advice remains: listen to your body. When the weather is warm, no harm indulging in a juice or smoothie. Or pair cold juice with a warm, comforting meal like porridge or soup.

Finally, eating consciously extends to one’s attitude, too. Some rules are universal but are all too often forgotten in our work-laden, harried day-to-day lives: eat only when hungry, stop eating before you’re full, chew your food, don’t skip meals, and be present at each meal to fully appreciate the experience.

In this book, we hope to impart some tips on eating consciously: how to stock up your pantry, the best tools to use, choosing food that’s easy on the conscience and diets suitable for different needs. Our recipes are culled from years of teaching, cooking and eating. There are ‘green’ recipes, ‘indulge’ recipes, and everything in between, but they all have something in common—they’re delicious *and* good for you.

Our approach, after all, is to **eat consciously and live mindfully.**

# SALADS

**A** salad is not just a bowl of leafy greens with store-bought dressing from a bottle. It's not just iceberg lettuce, cucumber slices and cherry tomatoes thrown into a bowl, leaving you hungry two hours later. With the right attitude and imagination, a salad can be a well-balanced, wholesome and filling meal. The details matter—we make it a point to be conscious of all its elements, from the vegetables to the dressing used.

Mix and match different vegetables, fruits, nuts and seeds. These days, pre-packed organic salad mixes offer all shades of green and red, fresh herbs and sprouts that yield wonderfully complex flavours and textures. Our personal favourite is rocket leaves tossed with mizuna, a Japanese green that's peppery like rocket but boasts a milder, sweeter flavour.

Don't be afraid to toss in grilled vegetables, grilled seafood and meat into your salad bowls. (For more information about obtaining the best proteins, please turn to p.148.)

This salad was on ONAKA's menu from day one. The trick to making this simple salad a mind-blowing one is to make sure the avocado has been ripened properly (see boxed text), the tofu has been marinated well, and the whole concoction is topped off with the delicate balance of grated daikon and shoyu (Japanese soya sauce) dressing.

## ONAKA SIGNATURE AVOCADO AND TOFU SALAD

1 tbsp grape seed oil  
1 to 2 slices marinated tofu (p.50)  
2 cups mixed salad greens  
1 avocado, chopped into 2 to 3cm cubes (see boxed tip)  
Handful of walnuts, lightly toasted  
Handful of sprouts (such as alfalfa, radish or wasabi sprouts)  
2 to 3 tbsp daikon-sesame oil dressing (p.214)

Serves 2



1. Heat the oil over medium-high heat in a frying pan. Add the tofu and cook for 5 minutes on each side, until well browned. Crumble the cooked tofu with hands and set aside.
2. Throw the salad greens into a large serving bowl. Top with the avocado, crumbled tofu, walnuts and sprouts. Toss the salad lightly in the dressing, and serve.

### AVOCADOS: CHOOSING, STORING AND RIPENING

Avocados are one example of how instant gratification isn't always rewarding. Never buy a ripe avocado from the supermarket. Nine times out of ten, it is overripe or not ripened evenly due to poor storage and handling. Instead, choose the hard, green ones and take them home to store and ripen properly.

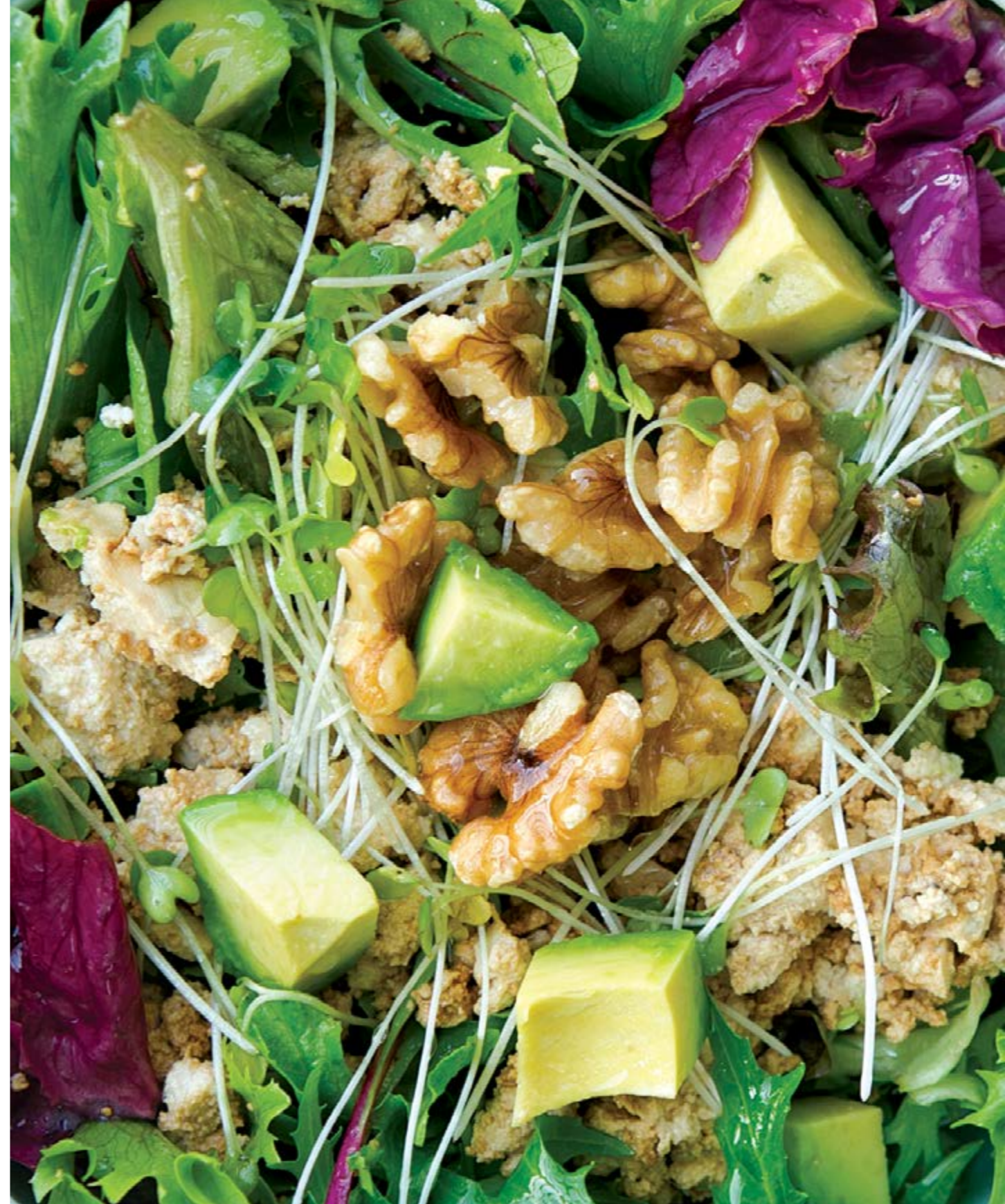
Once you've brought your new purchases home, don't refrigerate them as they will not ripen in the cold. Place them in a warm and dark place. We usually put them in brown paper bags and leave them for 3 to 5 days. Add an apple or banana to the bag as the ethylene gas produced speeds up the ripening process to 1 to 3 days.

You'll know an avocado is ripe and ready to eat when its skin turns from green to a dark brown-greenish colour. There shouldn't be overly dark and sunken

spots. When you give it a gentle squeeze, it yields slightly under the pressure. The skin should peel easily, and the flesh should be soft, yet firm, and not overly mushy. If the fruit rattles when shaken, this means it is overripe, as the seed has pulled away from the flesh.

Once your avocados are ripe, you can refrigerate them for 5 to 7 days. If you need to store the fruit after it has been cut, store the half with the seed, drizzle some lemon juice on the exposed flesh, wrap tightly with cling film and refrigerate.

My favourite variety is the Hass avocado, which is grown in California. The cultivar comes in the size and shape of a pear and weighs about 200 to 300g. Its rough green skin turns dark brown when ripe, and the yellow flesh boasts a delightful buttery and nutty flavour.



This salad is super cool to serve at dinner parties. If you're really in it to kill it, use fresh diver scallops. These are fresh, sustainable and responsibly sourced, but are expensive. If budget is an issue, look for frozen US or Hokkaido scallops, which are good enough to be eaten raw.

## MANGO AND SCALLOP SALAD

### Mango salsa

1 cup finely chopped ripe mango  
1 cup finely chopped green mango  
1 tsp finely chopped red chilli  
Zest and juice of 1 lime  
3 kaffir lime leaves, finely chopped  
1 tbsp olive oil  
Sea salt and freshly ground black pepper

12 large scallops, cleaned and patted dry with paper towels  
Sea salt and freshly ground black pepper  
Grape seed oil, for searing  
1 to 2 handfuls rocket leaves  
2 to 3 tbsp tamarind dressing (p.218)

Serves 4



1. To make the salsa, mix all the ingredients together in a bowl. Season to taste with salt and pepper. Chill in the fridge.
2. Season the scallops generously with salt and pepper. Heat the oil in a heavy-based frying pan or ridged grill pan over high heat. When the oil is smoking, sear the scallops in batches anywhere from 30 seconds to 2 minutes on each side, till medium rare. It all depends on the type of scallops you're using. You'll know the scallops are perfect when they're slightly brown on the outside, and the flesh has just turned opaque. The scallops should still be slightly springy.
3. In a large mixing bowl, toss the rocket leaves with the tamarind dressing. Divide across four plates. Lay three scallops over each plate and dollop the salsa generously on top for a colour and taste explosion.

This salad was inspired by the gorgeous avocados found in San Francisco, California. Their creamy texture and fresh vegetal flavour were some of the best we've ever tried. This salad, coupled with the fragrance of our homemade citrus-spring onion dressing, has been a favourite at ONAKA since day one.

## CALIFORNIA AVOCADO AND PRAWN SALAD

8 medium-sized prawns  
1 avocado, roughly chopped (p.36)  
2 to 3 tbsp citrus-spring onion dressing, plus additional for adjusting (p.217)  
2 cups herb salad mix, mesclun salad or lettuce  
½ small cucumber, sliced  
4 cherry tomatoes

Serves 2



1. Steam the prawns for 6 to 8 minutes, until they turn pink. Drain, de-shell and de-vein them.
2. Place the cooked prawns and avocado in a bowl. Add the dressing and mix well. Cover and chill for 1 hour.
3. To serve, put the salad greens, cucumber and tomatoes in a salad bowl. Top with the avocado-prawn mixture and serve with extra dressing, if desired.



# THE LITTLE ONES

**A**s parents, providing balanced meals for our children is a daily concern.

And getting them to like what they eat is a daily challenge. It's important to cultivate a sensitivity to taste in your children when they're young. Treat them like adults—refrain from tainting food with excessive sugar, salt and flavouring, just to get them to like it. Go back to whole foods, fresh herbs and spices.

As working parents ourselves, we understand the dilemma of preparing dishes from scratch after a long day at work. Some of the recipes here, such as the Sloppy Jane and the Tomato Pasta, require a bit of work. But we've specified larger yields, which can be frozen and reheated throughout the week for a quick meal. Kids will love the uncomplicated, enjoyable flavours here, with dishes such as Tempeh Meatballs, Pumpkin Pancakes and the Tofu Miso Melt.

Tomatoes are chock-full of vitamin A, whose benefits include a strengthened immune system and good vision. What could be better for your kids than making your own pasta sauce from scratch? That way you'll know exactly how much goodness goes into each mouthful; none of those pesky additives and chemicals. The fresh mozzarella gives the sauce another rich and robust dimension that kids will love; however, leave it out if you're looking for a vegan dish.

## VITAMIN A-BSOLUTELY TOMATO PASTA

### Tomato sauce

Olive oil, for frying

1 large onion, thinly sliced

4 cloves garlic, finely chopped

1 tbsp tomato paste

10 ripe tomatoes, finely chopped

1 tsp dried basil

1 tsp dried oregano

1 bay leaf

2 cups vegetable stock or water

1 bouquet garni

(a small bunch of thyme, rosemary and parsley sprigs tied together with string)

Sea salt and freshly ground black pepper

100 g pasta (any shape you or your kids desire)

Olive oil, for frying

10 cherry tomatoes, halved

1 ball fresh buffalo mozzarella, cut into chunks

Serves 2



1. To make the tomato sauce, heat the oil over medium heat in a saucepan. Add in the onion and garlic and sauté for 5 minutes until fragrant and the onions turn translucent. Throw in the tomato paste and fry for 5 minutes more till the mixture becomes sticky.
2. Add in the tomatoes, dried herbs and vegetable stock, then bring to a boil. Remove from the heat immediately. Using a blender or a hand blender, blend the mixture till smooth. Return the mixture to the stove and bring to a simmer. Throw in the bouquet garni, and season to taste with salt and pepper. Allow to simmer for about 1 hour, until a full robust flavour develops in the sauce. Strain the sauce to obtain a smooth, fine puree.
3. In the meantime, cook the pasta al dente, following the manufacturer's instructions on the packet.
4. To cook the cherry tomatoes, heat the olive oil in a large frying pan over medium heat. Throw in the tomatoes and fry for 3 to 5 minutes, until they turn soft. Throw in the tomato sauce to reheat it if necessary. Kill the heat before adding the pasta and mozzarella. Fold in the ingredients well so that the pasta is well coated and the cheese starts to melt. Serve when warm and gooey!



A Sloppy Joe is so 1980s. Here we have the Sloppy Jane—just as messy but not as sleazy. We substitute mystery meat with freshly minced chicken thigh for a version that's lighter on the palate and stomach. This recipe yields 4 to 5 cups of meat sauce. It can be tossed with pasta, served over rice, or used as a spread. Keep for up to 1 week in the fridge, or up to 3 weeks in the freezer.

## SLOPPY JANE

### Meat sauce

Olive oil, for sautéing

2 cloves garlic, finely chopped

1½ carrots, peeled and chopped very finely (2 to 3mm cubes)

3 large celery stalks, peeled and chopped very finely (2 to 3mm cubes)

1½ large onions, peeled and chopped very finely (2 to 3mm cubes)

750 g boneless chicken thigh, skinned and minced

Sea salt and freshly ground black pepper

500 ml vegetable stock

1½ tbsp tomato paste

1 cup tomato sauce (p.98)

1 bouquet garni (a small bunch of thyme, rosemary and parsley sprigs tied together with string)

Pinch of unrefined sugar (optional)

Unsalted butter or olive oil, for toasting

2 multigrain whole wheat burger buns, halved

Parmesan cheese, grated, to serve

Serves 4

1. Heat the olive oil over medium-high heat in a heavy-based saucepan. Add in the garlic, carrots, celery and onions and saute for 5 to 6 minutes, until the vegetables turn tender and aromatic.
2. In a separate pan, heat some olive oil over high heat. When the oil is hot enough (i.e. it starts to smoke), cook the minced chicken for 10 minutes to ensure its fully cooked. You may have to do this in batches. Season each batch well with salt and pepper.
3. Transfer the browned chicken mince to the saucepan with the vegetables. Pour some of the vegetable stock into the frying pan used to fry the chicken, leaving the heat on medium to medium-high. As the liquid starts to boil, use a wooden spoon to stir in all the 'browned' chicken bits stuck to the pan. Once you've broken up as much solid particles as you can, transfer the deglazing liquid into the saucepan with the vegetables.
4. Keeping the heat at medium, add in the tomato paste and cook for 5 minutes more until the sauce thickens. Add in the rest of the vegetable stock, tomato sauce and the bouquet garni. Simmer for 1 hour, then season to taste with salt and pepper if necessary. Add in some sugar to round out the acidity, if desired.

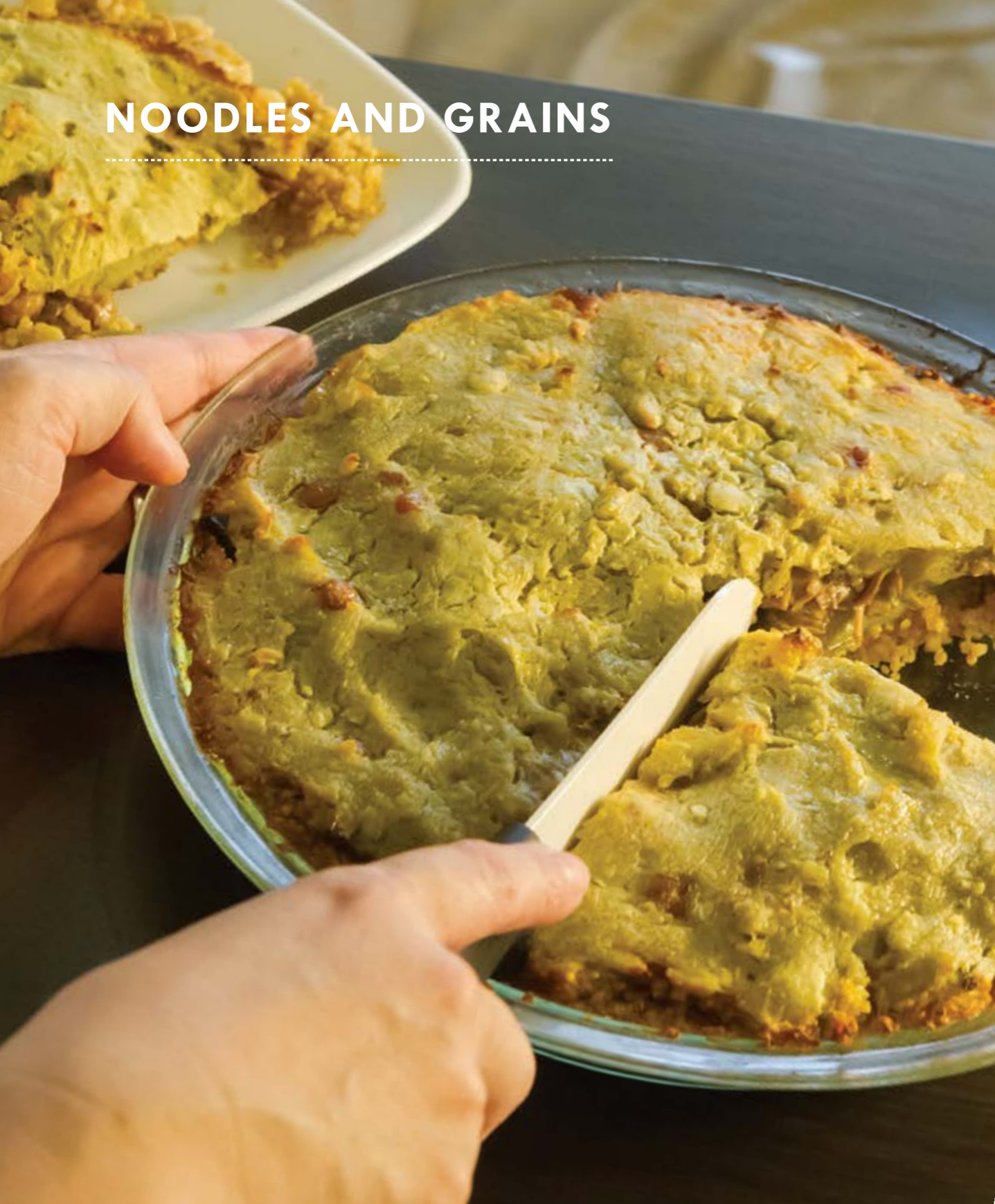
5. To serve, heat the butter in a non-stick frying pan over medium heat. Toast the cut sides of the buns for 2 to 3 minutes. Spoon some of the warm meat sauce on the bun halves, then sprinkle some Parmesan on top. Make sure your kid is wearing a bib!



# MAINS

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# NOODLES AND GRAINS



This vegetarian version of shepherd's pie is as hearty as the real thing. The protein-rich filling of millet and quinoa will fill you up. Have with a serving of salad on the side for a complete meal.

## VEGETARIAN SHEPHERD'S PIE

WITH QUINOA, MILLET AND SWEET POTATO CRUST

### Sweet potato crust

500 g sweet potato, peeled and cut into chunks  
4 tbsp milk or unsweetened soymilk  
1 tbsp unsalted butter  
Sea salt and freshly ground black pepper  
Pinch of ground cinnamon and nutmeg (optional)

### Filling

2 tbsp olive oil  
1 cup onion, finely chopped  
2 cloves garlic, finely chopped  
1 cup leek, finely chopped (use only the white portion)  
1 cup chopped carrot  
1 cup white mushrooms, finely chopped  
½ cup cooked quinoa  
½ cup cooked millet  
1 cup vegetable stock  
1 sprig rosemary, chopped  
3 to 4 sprigs flat leaf parsley, chopped  
2 to 3 sprigs thyme  
Sea salt and freshly ground black pepper

2 tbsp brown rice powder or multigrain breadcrumbs (p.83, see boxed tip)  
1 tbsp unsalted butter, melted  
1 tbsp finely chopped garlic  
Zest of 1 lemon

Makes 1 pie  
Serves 6 to 8



1. To make the sweet potato crust, bring a large pot of water and sweet potato to a boil. Cover and boil for about 10 minutes until the sweet potato is tender and well cooked. Drain. Add soymilk and butter to the potatoes and mash well. Season to taste with salt, pepper, cinnamon and nutmeg. Set aside.
2. To make the filling, heat the oil over medium heat in a frying pan. Add the onion and garlic and sauté for 4 to 5 minutes, until tender and translucent. Add the leek, carrot and mushrooms and cook for 5 to 7 minutes, until the carrot is slightly soft. Add the quinoa, millet, stock and herbs and bring to a boil, covered. Reduce heat immediately to a simmer and cook for 15 to 20 minutes, until the filling resembles a thick stew. Season to taste with salt and pepper.
3. Preheat your oven to 200°C. Remove the sprigs of herbs from the filling and pour it into a baking dish. Spread the sweet potato mash over the top.
4. Mix the brown rice powder, butter, garlic and lemon zest. Sprinkle the mixture over the mash. Place the dish in the oven for 10 to 15 minutes until the mash becomes a golden-brown crust.

The inspiration for this supremely healthy dish sprang from Japanese Zen temple cooking, in which eating all types of meat, as well as garlic, spring onions, onions, shallots and leeks is disallowed.

## ZEN BOWL

### Miso gravy

1½ cup kombu dashi (p.219)  
3 to 4 tbsp miso paste (depending on the saltiness of the brand)  
1 tsp Dijon mustard  
½ cup grape seed oil  
2 tsp potato starch mixed with 2 tsp water  
Sea salt

### Crispy tofu coating

½ cup nutritional yeast (p.29)  
½ cup toasted brown rice powder (p.43, see boxed tip)  
¼ tsp sea salt  
¼ tsp black pepper

4 pieces marinated tofu (p.50), sliced into triangles  
Olive or grape seed oil, for frying  
1 zucchini, sliced on the bias  
2 tomatoes, sliced thick  
4 cups mixed salad greens or lettuce, shredded  
1 cup sunflower sprouts (p.21), or any other sprouts you like  
2 tbsp wasabi soy dressing (p.216)  
4 cups cooked brown rice  
Sesame seeds and/or shredded nori, to garnish

Serves 4



1. To make the miso gravy, mix the dashi, miso and mustard well in a saucepan. Whisk in the oil until the gravy emulsifies into a thick sauce. Simmer over low heat and add in a little potato starch to thicken the gravy. It should be able to coat the back of a spoon. Keep warm.
2. Make the crispy tofu coating by mixing all the ingredients together.
3. Toss the marinated tofu in the coating. Heat the oil in a frying pan over medium heat and add the tofu. Pan-fry for 2 to 3 minutes on each side, until well browned. Set aside.
4. Heat a little more oil over medium heat and add the zucchini and tomatoes. Grill for 3 to 5 minutes, until lightly browned.
5. Toss the salad greens and sprouts with the wasabi dressing.
6. To assemble the bowls, scoop one cup of brown rice in the middle of a large bowl. Pour ¼ cup of miso gravy over the rice. Arrange the grilled tofu and vegetables around the rice, then pile the salad greens on top. Sprinkle with some sesame seeds and nori. Serve immediately.



# DESSERTS

**F**reshly made pastries and desserts made with wholesome ingredients are a great way to indulge without feeling guilty. So what if you're gluten-intolerant? Or on a low-sugar diet? Or averse to dairy products? The wonderful world of sweets is still open to you.

Making your own ice cream from scratch is a challenge, but the satisfaction (and the 1 litre reward) knows no bounds. Eat this with the Banana Pastillas.

## EGGLESS BANANA AND CARDAMOM ICE CREAM

200 ml whole milk  
45 g corn flour  
250 g bananas,  
peeled and sliced  
600 ml double cream  
150 g caster sugar, plus  
additional for caramelising  
1 tsp vanilla extract  
Seeds scraped off 1 vanilla pod  
(reserve the pod)  
4 to 5 whole cardamom pods

Makes 1 litre



1. Put the milk, corn flour and banana slices in a blender and blend till smooth.
2. In large saucepan over low heat, add the banana puree, double cream, sugar, vanilla extract, vanilla seeds and pod, and cardamom pods. Bring to a simmer. Keep whisking gently to ensure the mixture doesn't stick to the pan. Continue simmering for 10 to 15 minutes, until the mixture is thick enough to coat the back of a spoon. Remove from the heat and remove the vanilla pod and cardamom pods.
3. Now for the tricky part. If you have an ice cream maker, this step is easy. Transfer the mixture to the machine and churn. Transfer to an airtight container and freeze for at least 5 to 6 hours. For those with no machines, there's a simple but labour-intensive method: transfer the mixture to a baking dish or mixing bowl, and place in the freezer. After 30 to 45 minutes, remove from the freezer. The mixture should have started to freeze around the edges. Use a spatula, whisk or hand blender to stir it vigorously. Essentially, you want to prevent ice crystals from forming, as these will compromise the smoothness of the ice cream. Repeat every 30 minutes for the next 2 to 3 hours, till the ice cream is frozen.

Here we have a combination of two disparate elements: pisang molen (an Indonesian banana-stuffed pastry) and pastilla, a Moroccan meat pie wrapped with filo pastry. Banana is tossed with a fragrant mix of sugar, cinnamon, fruits and nuts, and wrapped with delicate, thin filo pastry instead of the thicker, crustier Indonesian version. Eat this with a generous scoop of Banana and Cardamom Ice Cream. The pungent cardamom zing pairs well with the cinnamon in this dessert.

## BANANA PASTILLAS

4 to 6 bananas,  
peeled and sliced  
2 tbsp unsalted butter, room  
temperature, plus additional  
for brushing and pan-frying  
2 tbsp unrefined sugar  
1 tbsp cinnamon powder  
1 cup mixed berries  
½ cup walnuts,  
toasted and crushed  
2 tbsp honey  
2 to 3 sheets filo pastry,  
cut lengthwise into half

Serves 4



1. Preheat your oven to 180°C. Mix the banana slices well with the butter, sugar and cinnamon powder. Place on a baking tray and bake for 10 minutes. Allow to cool slightly, then mix with the berries, walnuts and honey.
2. To make the pastillas, brush the filo pastry lightly with butter. Dollop a generous spoonful of the banana mixture unto the bottom left corner of a sheet of filo, leaving a border of about 1cm. Lift the pastry corner with the filling and fold diagonally to create a tight triangle. Continue folding, making sure to retain the triangle shape. Seal the 'packet' with butter. Repeat till the filling is used up.
3. Smear a pan with some butter and heat over medium-high heat. Pan-fry the pastillas for 1 to 2 minutes on each side, till brown and crispy.





In a bid to modernise ice kachang, we came up with this dish. It's a clean, refreshing dessert, swapping out thick syrups, colouring and heavy elements (corn, red beans, attap seeds, etc.) for fruit puree, homemade coconut jelly and lime granita.

## COCONUT IN COCONUT

### Lime granita

2 cups water  
2 tbsp unrefined sugar  
Juice of 4 limes

### Coconut jelly

4 young coconuts  
20 g konnyaku powder  
Dash of lime  
or calamansi lime juice

### Pomegranate sago

½ cup sago pearls, soaked for  
10 minutes and rinsed  
1 cup pomegranate juice

### Coconut mango puree

1 cup mango flesh  
½ cup coconut milk  
1 kaffir lime leaf, chopped

Serves 4



1. To make the lime granita, put the water and sugar in a pot or saucepan. Boil for 1 to 2 minutes, until the sugar is completely dissolved, and allow to cool slightly. Add in the lime juice and mix well, then transfer to another container and freeze till completely frozen (preferably overnight).
2. To make the coconut jelly, remove the water and flesh separately from the coconuts, reserving the coconut husks. Chop the coconut flesh roughly. In a pot or saucepan, add in the coconut water and konnyaku powder. Bring to a boil, then remove from heat. Immediately add in the coconut flesh and lime juice. Transfer the mixture to a tray. Chill in the fridge for 1 hour till the jelly sets. Cut into 1.5cm cubes. Allow to chill in the fridge.
3. To make the pomegranate sago, put all the ingredients in a pot or saucepan. Bring to a simmer for 10 minutes, until the sago pearls are swollen and fully cooked. Set aside and chill in the fridge.
4. To make the coconut mango puree, put all the ingredients into a blender and blend till smooth.
5. To assemble the dessert, scrape the iced lime with a fork to form little crystals. Divide the coconut jelly and pomegranate sago across the four empty coconut husks. Fill with the coconut mango puree till the husk is full, then top with spoonfuls of the granita.





## EAT CONSCIOUSLY, LIVE MINDFULLY

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Scrap the notion that healthy is boring. Founder Rosalind Lim and head chef Jason Vito of ONAKA restaurant present more than 100 vibrant recipes that embody the concept of 'conscious cuisine'—combining nutritional science, culinary creativity and a deep appreciation for fresh produce. Advocating a holistic approach to eating well, these dishes cater to almost everyone: from the meat eater to the vegetarian; from the gluten intolerant to the sugar averse; from the vegan to the pescetarian. Creations such as the Chilli Crab Pasta, Eggplant Bacon and Roasted Mushroom Soba sit alongside desserts like the sugar-free Double Chocolate Torte and gluten-free Hazelnut Chocolate Mousse Cake. With practical tips on eating consciously supplementing the recipes for juices, salads, sandwiches, mains, breads and pastries, this book promises to do equal good for the waistline, heart and soul.



Rosalind Lim, founder of ONAKA     Jason Vito, ONAKA's head chef

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