

XCHANGE

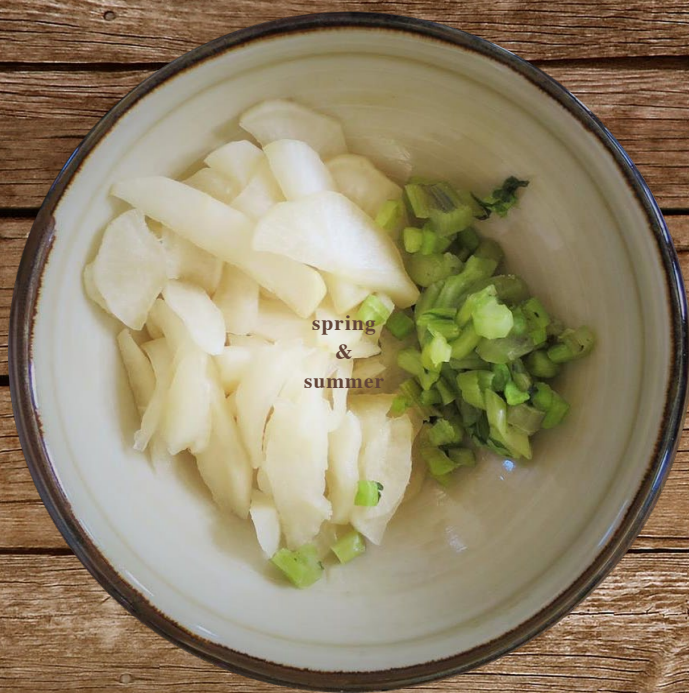
SOCIAL GASTRONOMY

Saturday Feast | The 24 Solar Terms Recipes

Awakening of Insects Spring Equinox

Qing Ming Grain Rain Grain Full Grain in Ear

Summer Solstice Minor heat Major Heat



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'XCHANGE: Social Gastronomy' expresses its concern on the food waste problem in our society by turning surplus ingredients into mouth-watering dishes with the aid of design.

Traditional Chinese culture values the interplay between climate and dining habits and a bodily inner balance through a 'dining calendar' designed according to the 24 solar terms, points in the lunar calendar that signify a series of natural phenomena. Begun with Awakening of Insects, 'XCHANGE: Social Gastronomy' invited Twins Kitchen to demonstrate various kinds of Recipes according to the 24 Solar Terms, and explore the relationships between climate, food and human.

Saturday Feast

The 24 Solar Terms Recipes



Awakening of Insects

12 & 19.3.2016

Awakening of Insects signifies a loud awakening of the spring season, it is also a reminder to the farmers of the scheduled transplanting and seeding for a fruitful harvest later in the year.

Cherry tomatoes and perilla are seasonal food in the Awakening of Insects. The fragrance of perilla leaf brings freshness to our dishes during such gloomy and rainy season. It can also enhance the taste of the dishes when used as a spice. However, they both are hard to preserve. The Twins Kitchen extended their shelf life by marinating the cherry tomatoes and candying the fresh perilla.

Marinated Cherry Tomato

- Cherry tomatoes
- Cloves of Garlic
- Sebastan plum cordia
- Bay Leaves
- Olive oil

1. Cut the washed and capped cherry tomato into half and bake them for 2-3 hours at 100 °C
2. Remove the skin of the garlics and slice them.
3. Put the cherry tomatoes, sliced garlic, sebastan plum cordia, bay leaves into a clean glass bottle
4. Add olive oil into the glass bottle until all the ingredients are soaked in the oil, close the glass bottle, wait for 3-5 days before use.



Candied Perilla

- Perilla
- Egg White
- Sugar

1. Wash the perilla
2. Apply egg white on both sides
3. Coat the perilla with sugar
4. Air-dry the candied perilla and preserve it in the fridge

Spring Equinox

26.3.2016

Spring equinox splits the first and the second half of the Spring season. Mildly sour food that increases appetite is suitable in this muggy period.

Spring onions are one of the seasonal ingredients. The fleshy root of the ripe spring onions could be preserved with sugar and vinegar, which give a mildly sour flavour and crunchy texture to this traditional snack. We collected the spring onions from the neighbouring market and turned it into sour pickled onion, which is one of the best appetisers under gloomy weather.

Sour Pickled Onion

- Spring onions
- Salt
- Water
- Crystal sugar
- Rice wine
- Vinegar

1. Mix the washed sliced spring onion roots with salt and pickled for one night
2. Melt the sugar with water on low heat then set aside for cooling
3. Mix the spring onion roots, sugar and vinegar and put them in a glass container
4. Refrigerate the pickles for 7 days, they can be then placed under room temperature



Qing Ming 9.4.2016

Qing Ming is the 15th day after the Spring Equinox. The warmer and more humid weather provide the best condition for farming. Garlic is an essential spice in Chinese cooking. Pickling the garlic could help extending their shelf life and prevent the garlic from sprouting under such weather.

Pickled Garlic

- Garlic
- Ginger
- Salt
- Crystal sugar
- Fruit vinegar
- Honey

1. Remove the skin of the garlic and ginger
2. Mix the washed garlic with salt and stand for 1 night
3. Soak the garlic in cold boiled water for 6 hours and drain the water afterwards
4. Heat the crystal sugar and fruit vinegar until all the crystal sugar are melted and add honey when the mixture is cooled down
5. Put all the ingredients in a glass container and put on the cap
6. Store for 1-2 months in room temperature before consuming



Grain Rain 23.4.2016

Grain Rain is the last solar term in spring with abundant rain to foster the growth of the newly sown grain seedlings, including the fresh and seasonal herbs. The prepared fresh herbs in mixture with tea and cooked rice can already be an excellent dish.

We demonstrated how to make 'herb salt' and 'Tea Rice with Herb Salt' to celebrate the spring season.

Herb Salt

- Salt
- Parsley
- Herbs
- Sakura Shrimp
- Dried Shiitake Mushroom
- Mustard Powder
- Green Tea Leaves

1. Roast the fresh herbs in the oven at 100 °C for 2 hours
2. Blend all the ingredients with electrical blender



Grain Full 21.5.2016

Grain Full refers to the state when seasonal seedlings are flourishing. It ignites farmers' expectation of the first round of harvest in the summer. Eggplant is one of the seasonal ingredients while 'Cold sour and spicy eggplants' is a perfect match with congee and noodle. We demonstrated the making of pickling eggplant with seasonal food.

Cold Sour and Spicy Eggplants

- Eggplant Condensed Soy :
- Sesame Oil - Glutinous Rice
- Chili Oil - Sugar
- Soy Sauce - Oil
- Chili
- Coriander
- Garlic
- Vinegar

1. Remove the peduncle from the eggplant
2. Boil it with water
3. Slice it into pieces after cooked
4. Place them in ice water
5. Shred the Coriander, garlic, and chili
6. Mix the sliced eggplants with sesame oil, chili oil, soy sauce, chili, Coriander, garlic, vinegar and condensed soy
7. Place in the fridge for 5-10 minutes



Grain in Ear 4.6.2016

The solar term Grain in Ear, usually falls around 6 June, announces the beginning of the heated weather when ears are growing from the mature grains. It is also a demarcation of crops production : the decrease in rainfall reduces the survival rate of plants. Yet, this period of time is the harvest season of juicy mangoes.

To extend the shelf life of mangoes during summer, we dried and pickled them with brown sugar, and enjoyed them with delicious ice cream.

Pickled Dried Mangoes with Brown Sugar

- Old Ginger
- Brown Sugar
- Water
- Dried Mangoes

1. Slice and peel the ginger and dried mangoes
2. Cook them in hot water for around 5 minutes
3. Remove the ginger slices from the when it is boiled
4. Add brown sugar, boil and stir the mixture until thickened
5. Mix the brown sugar sauce with dried mango slices and place them in the fridge



Summer Solstice

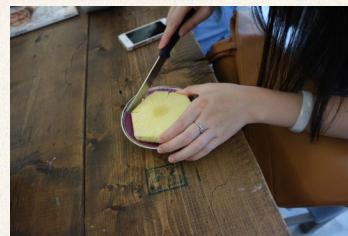
21.5.2016

Being the first confirmed solar term that falls around 21 June, Summer Solstice is the day when the sunlight reaches the Northmost point on the earth and the daylight lasts the longest in the year. This solar term also announces the beginning of the summer season.

To celebrate the arrival of summer and to stay energetic in the muggy weather, we turned fresh pineapples, apples and watermelon into refreshing pickles and brought out their flavour. We also went to the herb garden with the participants to learn more about them through drawing, and shared with the participants tomato salad with herb salt.

Pickled Pineapple with Salt

- Pineapple
 - Salt
 - Crystal Sugar
 - Fermented soya beans
 - Rice Wine
1. Peel and slice the pineapple into fan shape
 2. Wash the fermented soya beans with rice wine and drain the wine
 3. Mix the fermented soya beans, salt and crystal sugar
 4. In a glass container, apply a layer of sauce on a pineapple slice, repeat the layers
 5. Add small amount of rice wine and cap the glass container, edible after 2 months



Candied Watermelon Peel

- Watermelon Peels
 - Sugar
1. Remove the flesh from the watermelon, reserve the peels
 2. Slice them into small pieces and mix with sugar
 3. Blend the mixture with electrical blender
 4. Cook the mixture until softened



Wine-marinated Apple

- Apples
 - Sugar
 - Red Wine
 - Cinnamon
 - Lemon
1. Slice the apples
 2. Cook the apple slices with red wine and sugar until they are softened
 3. Add small amount of lemon juice and cinnamon

Glace Apple

- Apple
- Sugar
- Honey

1. Cut the apple into cube
2. Cook the apple cubes until slightly brown
3. Add sugar and cook until softened
4. Add honey



Tomato Salad with Herbs Salt

- Tomatoes
- Olive oil
- Pepper
- Herb salt

1. Slice the tomatoes
2. Season with olive oil, pepper and herb salt



Minor heat 2, 9 & 16.7.2016

Minor heat signifies mid-summer. With sufficient sunlight and moisture, various kinds of fruits and grains are growing fast and strong. The burning heat causes everyone to be soaked with sweat whenever staying outdoor. To reduce the heat, we made papaya tea, pickled green papaya with passion fruit, strawberry earl grey ice-cream and custard apple curry, turned the seasonal ingredients into delicious dishes that tempt everyone's palate.

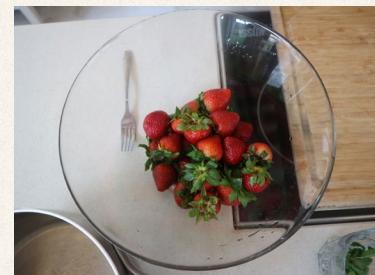
Pickled Green Papaya with Passion Fruit

- Green papaya
 - Passion fruit
 - Dried salted plum
 - Sugar
 - Salt
1. Slice the green papaya, marinate with salt
 2. Rinse the salt when the green papaya are soften
 3. Mince the dried salted plum
 4. Scrap the fruit flesh and seeds from the passion fruit
 5. Mix the green papaya, passion fruit paste dried salted plum and sugar



Strawberry Earl Grey Ice-cream

- Strawberries
 - Earl Grey tea bags
 - Sugar
 - Milk
 - Liquid Nitrogen
1. Cook the milk with earl grey and sugar
 2. Slice the strawberries into small pieces
 3. Blend the strawberry and milk mixture with electrical blender
 4. Mix the strawberry mixture with liquid nitrogen



Green Papaya Tea

- Green papaya
- Tea bag
- Cinnamon Powder

1. Cut the green papaya into cubes
2. Boil the green papaya cubes
3. Add tea bag and cinnamon powder

Iced Coconut Juice

- Pandan
- Coconut
- Sugar

1. Extract the coconut juice and meat
2. Cook the coconut juice with pandan and sugar
3. Blend the coconut meat with hot water into coconut milk with electrical blender
4. Filter the coconut meat from the milk
5. Blend ice, coconut milk and coconut juice



Custard Apple Curry

- Custard apples
- Onion
- Curry powder
- Olive oil

1. Slice the custard apples into small pieces and remove the seed
2. Slice the onion
3. Add olive oil and fry the onion slices and custard apple cubes until golden in color
4. Add Curry powder



Major Heat 23 & 30.7.2016

Major heat is the hottest period of the year. The proverb says ‘there is no gentleman in minor heat and major heat’, even the gentleman cannot bear the hot weather and choose to take off their clothes. Natural disasters such as typhoon, rainstorm and drought appear more frequently during this period. We cooled down ourselves different kinds of dishes made with winter melon, fresh fruits and lotus roots to help stimulating the secretion of body fluid.

Winter Melon Strawberry Smoothie

- Winter melon
 - Strawberry
 - Ice
 - Honey
1. Slice the winter melon and strawberries into cubes
 2. Blend the winter melon and strawberries cubes with ice
 3. Add honey



Orange Winter Melon

- Winter melon
 - Orange
 - Sugar
1. Slice the winter melon into cubes and cook them
 2. Juice the orange
 3. Soak the winter melon cubes in the orange juice



Winter Melon and Apple Jam Marmalade

- Winter melon
- Apple
- Crystal Sugar

1. Slice the winter melon and apple
2. Cook the winter melon and apple slices
3. Add sugar
4. Cook all the ingredients until softened into marmalade

Fried Lotus Roots

- Lotus roots
- Oil
- Salt

1. Wash, dry and slice the lotus roots
2. Heat the oil to 180 degree
3. Fry the lotus root slices into golden colour
4. Season with salt



Ideas from Kai-fong

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可以驅蚊

薄荷、香茅濃味
山水
橙皮擦身
zest on skin

1) Rubbing orange peels, mint and lemongrass on skin drives mosquitos away

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清潔焗手法：

- ① 用紙將焗內的污物清除。
- ② 用一些salt放入焗內慢火炒，剩餘的污物就會全部清除。

2) Method of Pot Cleaning

1. Rub the pot with paper
2. Remove all remaining stains in the pot by stir-frying salt on low heat

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減慢薯仔發芽的方法：

把薯仔跟蘋果放在一起，就能減慢發芽了。

4) Store potatoes with an apple to prevent them from sprouting

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把薑放入帶孔的紙盒放到地上可以保存更長時間。

* 紙盒替代品：筲箕 / 士多啤梨包裝盒

3) To extend the shelf life of raw gingers, place them in a paper box with holes and put it on the ground.

*Substitution for Paper Boxes: Sieve / Strawberry packaging box

The project XCHANGE: Social Gastronomy has exchanged a number of fresh ingredients and secret recipes with the public with our signature drinks. We have selected 17 simple recipes that make good use of the ingredients, with the wish to stimulate even more cooking creativity.

Stuffed Portobello Mushrooms

- 4 Large Portobello Mushroom caps, stems and gills removed
 - 4 Slices of bacon
 - 80g Cheese (use mozzarella if you want it stringy!)
 - Salt and pepper
1. Preheat oven to 200°C
 2. Rinse the mushroom caps. Dice the bacon and pan fry until half-cooked. Shred or chop the cheese.
 3. Evenly distribute bacon and cheese on the caps
 4. Put the stuffed mushrooms on a baking tray sprayed with oil and pop them in the oven
 5. Bake for 15-20 minutes, until the top is golden and bubbling
 6. Season with salt and pepper



Fresh Tomato and Cheese Sausage Penne

- 400g Penne
 - 12 Cheese sausages
 - 1 Carrot
 - 3 Fresh tomatoes
 - 2 Onions
 - 1 Celery
 - 5-6 Gloves of garlic
 - 2 Tablespoons of tomato paste
 - 1 Tsp of white wine
 - 2-3 Pieces of basil
 - 1 Bay leaf
 - ¼ Tsp of oregano
1. Preheat the oven to 200°C
 2. Rinse and peel carrot, onions and celery
 3. Finely chop onions, carrot and celery, add them to pan and fry for 6-7 minutes. Add minced garlic to pan
 4. Add tomato paste and cook for few minutes, followed by half cup of water
 5. Dice fresh tomatoes, add to pan and cook for 1-2 minutes. Add water until all ingredients are covered. Add bay leaf and oregano, bring it back to boil
 6. Cover with foil or lid, bake for minimum 1.5 hours. If you don't have an oven, put it on low heat
 7. Add the penne to salted boiling water and cook according to package directions
 8. Fry the sausages. Slice and add them to the tomato sauce
 9. Drain the penne and add the tomato sauce. Garnish with basil leaves



Pumpkin Soup (serves 6)

- 2 Pumpkins
 - 2 Onions
 - 2 Carrots
 - 2 Apples
 - 1L Chicken broth
 - 20g Garlic
 - 3g Basil, julienne
1. Peel the pumpkins, onions, carrots and apples. Deseed the pumpkins and apples
 2. Cube the pumpkins and bake them in the oven at 180°C for 30 minutes
 3. Slide the onions and cube the carrots and apples
 4. Stir fry the onions until golden, add the carrots and apples to fry
 5. Put chicken broth on low heat, add onions, carrots, apples and pumpkins and cook for 25 minutes
 6. Add garlic to the soup and cook for another 5 minutes
 7. Switch off the heat and slightly blend the soup with a blender



Indonesian Dessert Soup (serves 30)

- 1 kg Sweet potatoes
 - 1 kg Taro
 - 1 kg Pumpkin
 - 250g Tinned sweetcorn
 - 100g Sago
 - 800g Coconut milk
 - 10 Fresh Pandan leaves (darker colour preferred)
 - 500g White caster sugar
1. Peel and dice sweet potatoes and taro
 2. Peel and dice pumpkin, retain the pumpkin seeds
 3. Drain tinned sweetcorn and soak sago in water
 4. Pile 3-4 Pandan leaves up and tie a knot
 5. Add Pandan leaves to boiling water and cook for 5 minutes
 6. Add taro to the pot and cook for 5 minutes
 7. Add sweet potatoes to the pot and cook for 5 minutes
 8. Add pumpkin and pumpkin seeds and cook for 20 minutes
 9. Add sweetcorn to the pot; drain sago
 10. After 5 minutes, add coconut milk and sugar
 11. Add salt and bring it back to boil
 12. Add sago and keep stirring, until it is boiling again
 13. Put the lid on, switch off the stove, and let it sit for 15 minutes



Sausage & Egg Noodle Pizza

- 1 Dried instant noodle block
 - 2 Sausages
 - 3 Eggs
 - Little bit of spring onion, julienne
1. Crush the noodle block
 2. Cook noodles in boiling water. Drain the water upon removing from heat
 3. Crack an egg and slice the sausages
Add egg, sausages, spring onions, seasoning powder to the cooked noodles
 4. Pour the mixture in the frying pan, put on the lid and fry it on medium low heat for few minutes
 5. Slice into 12 slices



Masala Dosa

Dosa Batter:

- 250ml Regular rice
- 250ml Parboiled rice
- 125ml Spilt black lentils
- 65ml Poha/flattened rice
- ¼ Tsp fenugreek seeds (methi)
- Salt to taste
- Water as required

Preparing the Dosa Batter:

1. Rinse the rice and split black lentils separately
2. Soak the parboiled rice, regular rice and flattened rice in a bowl or pan
3. Soak the spilt black lentils and fenugreek seeds in another bowl
4. Grind the spilt black lentils with fenugreek seeds to a fine and fluffy batter
5. Grind the rice and flattened rice to a smooth batter
6. Mix both kinds of rice batter with lentil batter, season with salt
7. Cover and let the batter ferment for 12 hours

Masala - Potato filling:

- 4-5 Potatoes
- 12 Curry leaves
- 1 Onion
- 2 Green chillies
- ½ Tsp mustard seeds
- 1 Tsp cumin seeds
- 2 Dry red chillies
- 1.5 Tsps grated fresh ginger
- 2 Tsps turmeric powder
- 1 Tsp asafoetida

Preparing the potato filling-(sabzi):

1. In a large pot of boiling water, boil potatoes until they become soft. Peel and smash them
2. Chop green chillies and onions
3. Heat oil in a small pan and fry curry leaves, dry red chillies, mustard seeds, cumin seeds
4. Fry the onions till they become soft. Add the green chillies and ginger
5. Add asafoetida and turmeric powder and mix well
6. Mix the tempering with the potato smash. Season with salt

Preparing the Masala Dosa:

1. Heat a flat non-stick pan. Smear some oil
2. Spread the dosa batter in a circular way on the pan
3. Flip and cook the other side
4. Spread around 1½ table spoons of potato sabzi filling on one side of the dosa
5. Fold and cover the filling with the other half and let the dosa cook for 15-30 seconds
6. Serve masala dosa hot with sambar



Vegetable Sambar

- 2 Tomatoes
 - 2 Red onions
 - 3 Drumsticks
 - 1 Pumpkin (small)
 - 1 Carrot
 - 3 Green chillies
 - 2 to 3 Cloves of garlic, minced
 - 4-5 Slices of fresh ginger
 - 2 Tsps of turmeric
 - 4 Dried tamarinds soaked in ½ cup of warm water
 - 1 Tsp of asafoetida
 - 15- 20 Fresh curry leaves
 - 2 - 3 Dried red chillies
 - 2 Tsps of mustard seeds
 - 2 Tsps of cumin seeds
1. Rinse all vegetables and curry leaves
Chop all vegetables in cubes
 2. Add the chopped vegetables, asafoetida, turmeric powder, and salt to boiling water
 3. Cook on medium heat for 20 minutes
 4. Add the tamarind juice and let it simmer for 10-12 minutes on low heat
 5. Heat oil in a small pan and fry curry leaves, garlic, dry red chillies, mustard seeds, cumin seeds, fresh ginger
 6. Pour the fried tempering in the pot of hot sambar. Put on the lid and let it simmer for another 10 minutes
 7. Best serve hot with steamed rice or masala dosa!



Japanese White Radish Pickles

- 1 White radish
 - Water
 - Nukazuke (rice bran pickles) that contains salt
 - Sea salt or natural coarse salt
1. In a zip lock bag, mix 1:1 ratio of water and nukazuke and add a sip of beer (optional).
 2. Rinse white radish and radish stalks
 3. Peel the white radish (if necessary) and chop them in small chunks, sprinkle salt on top
 4. Add white radish and stalks to the nukazuke mixture, seal the bag
 5. Leave it in the fridge for at least 1 day
 6. Pick white radish and stalks from the pickling bed, rinse the excess nukazuke with water
 7. Slice the radish pickles and dice the stalk pickles



No-Knead Onion Bread

- Basic Bread Dough
 - 150g Bread flour (approx. 1 cup)
*and some for dusting your hands
 - ½ Tsp of instant yeast
 - 1 Tsp of salt
 - 1 Tsp of sugar
 - 1 Tsp of olive oil
 - 100-110g of Warm water
 - Spring onions, julienned
 - ½ Onion, shredded
 - Bread Seasoning
1. In a large mixing bowl, mix flour, yeast, salt, sugar, oil, water and spring onions. Mix well until they form a moist dough
 2. Leave the dough to rise in room temperature for 2 hours. Use a spatula to flip the dough for couple of times to let the air out
 3. Pop it in the fridge and let it sit for 0.5-1 day
 4. Take the dough out of the fridge 1-2 hours before baking to let it return to room temperature
 5. Fry the shredded onions with a bit of oil and salt, cook for 5-7 minutes until they are caramelised. Remove from heat and let it cool down
 6. Dust your hands with flour. Press the dough until it is flat and top with shredded onions. Cut the dough into your preferred shapes. Place them on an oven tray and let them rise for another hour
 7. In a pre-heated oven, bake the dough at 220°C for 20 minutes



Okara Pancake

- Leftover mixed vegetables
 - Okara
 - Corn starch (if necessary)
1. Julienne the vegetables, and mix with okara and seasoning. If necessary, add corn starch to bind the mixture together.
 2. Press and shape the mixture into patties. Pan-fry or bake.

Seasoning:

- Salt, Black Pepper, Sesame oil, Light soy sauce (optional)



Spinach and Bacon Quiche

- 6 Small pie crust (home-made or ready-made / 7.5cm diameter)
 - 2 Cloves of shallots
 - 80g of Mozzarella cheese (grated)
 - 60g of Spinach
 - 80g Bacon
 - 2 Large eggs
 - 150ml Milk
 - Salt
 - Olive oil
1. Chop the bacon and pan fry with shallots until crispy
 2. Blanch the spinach and chop into shreds
 3. Whisk eggs, add milk. Season the mixture with salt
 4. Add cheese, fried bacon and spinach into the mixture
 5. Pour the mixture into the ready-made crust. Bake for 20-25 minutes at 180°C



Cheesy Potato Balls (Serve 6)

- Cheddar cheese (stronger cheddar recommended)
 - 3 Potatoes, medium size
 - 1½ Cups of chopped vegetables, e.g. carrot, cucumber, sweetcorn, celery, mushroom
 - ¼ Cup spring onions
 - ½ Cup chilly, deseeded
- Deep Fry Batter:
- 2 Cups of bread crumbs
 - 1 Cup of all-purpose flour
- 1 egg
- Seasoning:
- 1 Clove of minced garlic, dried chili flakes, dried oregano or Italian herb mix, lemon juice, black pepper, salt, skimmed Parmesan cheese(optional)

1. In a large pot of boiling water, boil potatoes until they become soft. Peel and mash
2. Julienne vegetables and cut cheddar cheese into small cubes (5cm x 5 cm x 1cm)
3. Heat olive oil, add minced garlic and sauté chopped vegetables (except spring onions and sweet corn) on low heat
4. Mix vegetables into potato mash, season with herbs, salt and pepper
5. To make the cheesy potato balls: get one soup-spoon of potato mash and roll into small balls. Stuffed each potato ball by pushing a hole in the centre and place in a cheese cube. Seal the potato balls well by pinching them back together
6. When the potato balls are ready, prepare the batter ingredients: a) Dust flour; b) Dip into beaten egg; c) dust bread crumbs
7. In a pan, heat until boiling and deep fry the battered potato balls until they are golden brown. Remove from the pan and place on paper towel



Apple Cake in a Pan

- 2 Red apples
 - 2 Eggs
 - 100ml of Milk
 - 100g of Flour
 - ~14g of Butter
 - ~50g of Caster sugar
 - 15ml of Calvado or other spirits
 - Icing sugar
1. Rinse and chop apples into small pieces
 2. Mix flour, eggs, milk and Calvados into batter
 3. In a pan, melt butter and sauté apples. Add caster sugar
 4. When apple turns brown, add batter to the pan
 5. Mix well before putting the lid on. Pan fry for 8 minutes on medium heat
 6. When the cake mix is set, tip and remove the whole cake from the pan
 7. Melt butter and return the cake to the pan. Fry the other side of the cake
 8. Sprinkle icing sugar on top after cooled down



Cheesy White Radish Gratin (Serves 2)

- 1 White radish
 - 10-12 Pickled white radish
 - 400 ml Heavy cream
 - 3 Cloves of garlic
 - 40g of Butter
 - Grated cheese
 - Black pepper
1. Peel and chop white radish into pieces. Cook in boiling water for 15 minutes
 2. Rinse pickled white radish, drain and julienne. Mince garlic
 3. In a pan, add butter to sauté garlic and pickled white radish
 4. Grease a baking tray with butter
 5. To assemble, arrange a layer of white radish pieces and top with pickled white radish. Arrange another layer of white radish pieces and sprinkle cheese
 6. Repeat step 5 until the baking tray is filled up
 7. Add heavy cream to the tray and sprinkle more cheese on top. Let it sit for 2 minutes
 8. Bake it for 45 minutes at 180°C or until it's golden



Veggie Tofu Rice Fritters (Serves 8)

- 200g of Rice
 - 30g of Carrots
 - 2-3 Stems of choy sum
 - 200g of Hard tofu (ideally from wet market)
 - 2 Soupspoons of cornstarch
1. Steam the hard tofu for 20-30 minutes julienne carrots and choy sums
 2. Mash the tofu with a fork or your hands. Add rice, carrots and choy sums. Season with salt.
 3. Press and shape the mixture into 8 patties
 4. Heat the oil in a non-stick saucepan. Pan fry each side of the patty for 2-3 minutes.



Mini Veggie Pie

- 12 Dumpling wrappers
 - Half bowl of melted butter
 - Any leftover vegetables from your fridge
 - Potatoes
 - Sweetcorn
 - Sea salt
 - Black pepper
1. In a large pot of boiling water, boil potatoes until softened, peel and smash, mix sweetcorn in
 2. Chop and stir-fry vegetables with salt and pepper
 3. Place wrappers in cupcake moulds, press slightly to fit
 4. Brush melted butter on wrappers and pop them into the oven for a few minutes until hardened into cup shapes
 5. Fill the wrapper cups with potato mash and vegetables.



Ginger Miso Dressing

- 2 Soupspoons of white miso
 - 2 Tsps of grained ginger
 - 2 Tsps of maple syrup
 - 2 Tsps of sesame oil
 - 4 Tsps of lemon juice
 - Olive oil
- Mix all ingredients well and add olive oil

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