

Our Community Cookbook

暖心暖胃




ONE WISH

Recipe 1

Tomato Fragrant Rice

Ingredients:

- 2 cups jasmine or basmati rice
- 2½ cups water
- 4 tomatoes chopped, 200g tomatoes puree
- 4 garlic cloves, minced
- 2 tbsp ginger, minced
- 2 tbsp unsalted butter
- 1 onion big, finely chopped
- 2 tsp low in sodium salt
- 4 pandan leaves
- 1 cinnamon stick, 2 cloves, 2 cardamoms, 2 stars anise

Cooking instruction:

- 1) Rinse the rice and soak for half an hour.
- 2) Drain thoroughly and set aside the rice in the cooker.
- 3) Heat unsalted butter in a saucepan. Add cloves, cinnamon, star anise and cardamom into pan, saute over low heat.
- 4) Pour chopped onion, minced garlic and ginger into pan, continue to saute over low heat until onion turn soft and lightly brown in colour.
- 5) Add tomato chopped and puree into saucepan and stir well.
- 6) While stirring, add salt to taste.
- 7) Turn off heat.
- 8) Pour 2½ cups water into the rice cooker, transfer tomato mixture from saucepan to rice cooker.

9) Put pandan leaves into the rice cooker

and gently stir to make sure the mixture and rice mix evenly.

10) Cover the lid and set the rice to cook.

11) Serve the tomato rice with a bowl or plate.

Ps: You may substitute a cup of milk with water (ratio 1½ cup water to 1 cup milk). In this recipe, I choose to cook with only water.



Recipe 2

ABC Soup with Corn

Ingredients:

- 1.5lit of chicken stock (pre-cooked)
- 2 big potatoes, peel and cut into 2inch sized chunk.
- 1 white onion, cut into 1.5inch sized pieces
- 1 carrot, cut into 1.5inch sized chunks
- 1 corn, chop into 4 pieces
- 1 tsp of low in sodium salt.
- Dash of white pepper
- 1½ sesame oil
- 1 tsp coriander

Cooking instruction:

- 1) Pour the chicken stock into pot.
- 2) Put all the vegetables into the pot.
- 3) Bring it to boil on high to medium heat, skim off any scum on the surface.
- 4) Reduce to low heat, simmer for at least 45 minutes to one hour.
- 5) Season with salt, white pepper and sesame oil to taste.
- 6) Serve with a bowl and garnish with coriander.



Recipe 3

Airfry Chicken Mid-Joint with BBQ Sauce

Ingredients:

- 500g chicken mid joint
- 2 tsp baking powder
- 1 tsp low in sodium salt
- $\frac{1}{2}$ tsp black pepper
- 4 to 5 tbsp BBQ sauce



Cooking instruction:

- 1) Wash the mid joint with salt water.
- 2) Dry the mid joint with paper tower.
- 3) Place mid joint in a bowl, pour in the BBQ sauce, baking powder and black pepper.
- 4) Marinate for at least 1 hr.
Overnight would be better.
- 5) Air fry at 180°C for 12 to 15mins and flip over and air fry for another 10 to 15 mins.
- 6) Ready to serve.

Recipe 4

Pineapple Fried Rice

Ingredients:

- 2 cups jasmine rice
- 2½ cups water
- 2 tbsp vegetable oil
- 2 garlic cloves, finely minced
- 1 white onions, finely chopped
- 1 red bell pepper, diced
- 220g fresh pineapple, cubed
- 150g chicken breast diced
- 1 tbsp spring onion
- ½ tsp coriander
- 1½ tbsp fish sauce
- 1 tsp sugar
- 2 tsp light soy sauce
- 1 tsp sesame oil
- ½ tsp turmeric powder optional



Cooking instruction:

- 1) Mix fish sauce and sugar in a bowl, set the sauce aside.
- 2) Marinate chicken meat with light soy sauce and sesame oil, set aside.
- 3) Heat oil in wok over high heat.
- 4) Add garlic and onion, cook for 1 minute.
- 5) Throw in chicken meat and stir fry till just cook.
- 6) Add red bell pepper, stir fry for 30 second.
- 7) Add rice and sauce into wok, stirring constantly for 2 minutes.
- 8) Mix turmeric powder and continue stirring.
- 9) Add pineapple, stir for another 20 to 30 second to warm through.
- 10) Turn off the heat.
- 11) Serve pineapple rice on a plate and garnish with spring onion and coriander.

Recipe 5

Sweet & Sour Prawns

Ingredients:

- 500g prawns, wash and head removed
- 3 cloves garlic finely chopped
- 1 white onion big, sliced
- 1 small piece ginger finely chopped
- 1 green or red bell pepper cut into small pieces
- 120g pineapple, cubes
- 50ml water cornstarch
- 1 bowl sweet and sour sauce



Cooking instruction:

- 1) Heat the wok over high heat with oil.
- 2) Throw in garlic, ginger and onion toss with a spatula for 20 seconds.
- 3) Add in prawns, bell pepper and pineapple continue to cook for 1 minute.
- 4) Pour in sweet and sour sauce, and cornstarch, give a stir and simmer it for 3 to 5 minutes or until slightly thicken.
- 5) Turn off heat and ready to serve.

Recipe 6

Vietnamese Rice Paper Roll

Ingredients:

- 8pcs, large circle rice paper sheets
- 2 eggs
- 1 cucumber, peeled and thinly sliced
- 100g of butter lettuces, stems removed
- 30ml of roasted sesame dressing
- Warm water for soften rice paper



Cooking instruction:

- 1) Eggs fried and thinly sliced
- 2) Wash butter lettuces and mixed with roasted sesame dressing.
- 3) Soften rice paper sheet in warm water individually.
- 4) Place 1 to 2 pieces of butter lettuces on the rice paper, add eggs and cucumbers on top of the lettuce.
- 5) Fold and roll each wrapper.
- 6) Place 2 to 3 rolls on a plate to serve.

Recipe 7

Baked Potato

Ingredients:

- 1 tbsp olive oil
- $\frac{1}{2}$ tsp of black pepper
- $\frac{1}{2}$ tsp of low in sodium salt
- 3 to 4 potatoes peel and cubed
- 1 tbsp fresh/dried rosemary



Cooking instruction:

- 1) Preheat the oven at 200°C.
- 2) Oil a baking tray, mix olive oil, salt, black pepper and rosemary with potatoes, lay on the tray.
- 3) Bake the potatoes for 20 to 30mins.
- 4) Sprinkle finely chopped Parsley on the baked potatoes.
- 5) Ready to serve as side dish or snack.

Recipe 8

Winter Melon Soup

Ingredients:

- 1.5 lit chicken stock (pre-cooked)
- 6 dried red dates
- 450g winter melon, rind removed and cubed
- 1 tbsp wolfberries (gouqi)
- $\frac{1}{2}$ tsp salt low in sodium.
- Dash of white pepper



Cooking instruction:

- 1) Bring chicken stock to boil.
- 2) Add red dates and winter melon to pot at high heat.
- 3) Reduce heat to low when boil, simmer for about 1 hour.
- 4) Season with salt to taste.
- 5) Add in wolfberries and cook for 5mins.
- 6) Off the heat, serve in a bowl, sprinkle a dash of white pepper.

Recipe 9

Tofu with Bean Paste Minced Pork

Ingredients:

- 300g (1 pkt) silken tofu
- 150g minced meat (chicken or pork)
- 1 tbsp bean pastes
- 1 tsp sesame oil
- 1 tsp garlic minced
- 1 small red chillis, thinly sliced
- 1 tsp spring onion chopped
- 1 tbsp soy sauce
- 1 tbsp olive oil
- 2 tbsp water

Cooking instruction:

- 1) Steam tofu for 6 to 8 minutes in a steamer.
- 2) Marinate minced meat with bean paste.
- 3) In a small bowl, mix soy sauce, sesame oil and water, stir well.
- 4) Heat oil in a wok. Saute chopped garlic till light golden brown.
- 5) Add minced meat and sauce, give a toss until combined.
- 6) Pour minced meat paste on top the tofu, garnish with some spring onions and sliced chillis.
- 7) Ready to serve.



Recipe 10

Avocado Guacomole

Ingredients:

- 2 avocados, ripe
- $\frac{1}{2}$ small yellow onion, finely diced
- 6 cherry tomatoes, diced
- 1 garlics cloves, minced
- 1 lime, juiced
- $\frac{1}{2}$ tsp low in sodium salt.
- $\frac{1}{2}$ tsp pepper powder



Cooking instruction:

- 1) Slice the avocados into half, remove the pit, and scoop into a bowl.
- 2) Mash the avocado with a fork.
- 3) Stir in all onions, tomatoes and garlicks, combine and mix well.
- 4) Season with lime juice, salt and pepper to taste.
- 5) Cover and chill for 30mins to allow flavors to blend.
- 6) Ready to serve as dip, great for morning breakfast toast spread too.

Recipe 11

Coffee Pork Ribs

Ingredients:

- 500g pork ribs
- vegetable oil for deep frying
- 1 tsp low in sodium salt
- 1 tsp sugar
- 2 tbsp oyster sauce
- 1 tsp sesame oil
- $\frac{1}{2}$ tsp bicarbonate soda
- 2 tbsp rice flour
- 2 tbsp potato starch
- 3 tbsp water
- 1 egg beaten
- 1 tbsp coriander chopped

Sauce:

- 1 pkt 3 in1 instant coffee
- 1 tbsp brown sugar
- 1 tbsp garlic minced
- 2 tbsp Worcestershire sauce
- 1 tbsp rice wine
- 1 tbsp soy sauce
- 3 tbsp water

Cooking instruction:

- 1) 500g pork ribs cut into strips.
- 2) Add salt, sugar, oyster sauce, sesame oil, bicarbonate soda, rice flour, potato starch, water and beaten egg.
- 3) Mix well and let it marinate for at least 1 hour.
- 4) Pour instant coffee in a bowl.

- 5) Add brown sugar, minced garlic, Worcestershire sauce, rice wine, soy sauce, water and mix well.
- 6) Heat sufficient oil in a wok, deep fry pork ribs till golden brown.
- 7) Drain and set aside.
- 8) Add coffee mixture into pan and cook until thickens.
- 9) Add pork ribs, toss and let the sauce mix and coat evenly.
- 10) Garnish with chopped fresh coriander.



Recipe 12

Baked Salmon with Broccoli

Ingredients:

- 2 shallots, trimmed and thinly sliced, extra for serving
- 1 garlics clove, crushed
- 1 red fresh chillis, thinly sliced, extra for serving
- 1 tsp ginger, finely chopped
- 1 tbsp soy sauce
- $\frac{1}{2}$ tsp olive oil
- $\frac{1}{2}$ tsp honey
- $\frac{1}{2}$ tsp lemon juice
- 150g salmon fillet
- 100g broccolis, cut into florets



Cooking Instruction

- 1) Combine shallot, garlic, chillis, ginger, soy sauce, honey and sesame oil in a ceramic bowl.
- 2) Add salmon fillet and turn to coat.
- 3) Marinate for 30 mins.
- 4) Preheat oven at 180°C.
- 5) Line a baking tray with baking paper.
- 6) Place broccolis in a bowl and toss with olive oil and season. Lay on baking tray and roast for 10 mins.
- 7) Move broccolis on the side of baking tray and salmon fillet at the center.
- 8) Bake for 12 to 15 mins.
- 9) Sprinkle extra shallots and chillis.
- 10) Ready to serve.

Recipe 13

Matcha Tea Infused Chickpea

Ingredients:

- 2 tbsp green tea leaves
- 1 tbsp matcha powder
- 2 tbsp sea salt
- 1 can chickpea
- 4 bags jasmine green tea
- 1 tbsp cranberries
- Matcha tea sea salt to taste
- Black pepper to taste
- Black sesame to garnish



Cooking Instruction

- 1) Combine the tea leaves, matcha powder and sea salt in a food processor. Blend the mixture until they are evenly mixed.
- 2) Drain the chickpeas, add to a pot.
- 3) Add 2 cans of water with the jasmine green tea bag and bring to a boil.
- 4) Reduce heat and simmer for about 15 minutes.
- 5) Cover the pot and steep the chickpeas in the tea-infused water overnight.
- 6) The next day, drain the chickpeas. Season with the tea-matcha-salt mixture to taste.
- 7) Mix with cranberries and garnish with black sesame seeds.

Recipe 14

Preserved Plum Cherry Tomatoes

Ingredients:

- 50g preserved plums
- 2 cups water
- 50g unrefined salt
- 500g cherry tomatoes
- 1 lemon (optional)



Cooking Instruction

- 1) Place the preserved plums in a pot with water and bring to a boil.
- 2) Simmer for about 15 minutes until the liquid turns into a light brown colour.
- 3) Add the unrefined sugar and turn off the heat and quickly dissolve the sugar.
- 4) Wash the cherry tomatoes.
- 5) Bring a pot of water to a boil.
- 6) Turn off the heat, put all the tomatoes in immediately. Let them sit in the hot water for a minute. You would see the peel breaks naturally.
- 7) Drain and peel the tomatoes. The skin should come off easily.
- 8) In a sealed container, put in all the peeled cherry tomatoes and pour in the plum syrup.
- 9) Optional: Squeeze in the lemon juice. Cover with cling film and keep in fridge overnight.

Recipe 15

Homemade BBQ Sauce

Ingredients:

- 4 tbsp oyster sauce
- 3 tbsp tomatoes sauce
- 1 tbsp Worcestershire sauce
- 3 tbsp black vinegar sauce
- 2 tbsp soy sauce
- 2½ tbsp brown sugar
- 25ml water optional



Cooking Instruction

- 1) Heat the pot and pour in all the ingredients.
- 2) Stir well and cook for 2 to 3 minutes or till slightly thicken.
- 3) Off the heat and pour the sauce into a bowl.
- 4) Ready to mix and cook with other dishes.

Recipe 16

Stuffed Mushroom

Ingredients:

- Cooking spray
- 1 1/2 lb baby mushrooms, rinsed
- 2 tbsp unsalted butter
- 2 cloves garlic, finely chopped
- 1/4 cup bread crumbs
- 1/2 tsp kosher salt
- Freshly ground black pepper
- 1/4 cup finely grated Parmesan, plus more for topping
- 4 oz. cream cheese, softened
- 2 tbsp. chopped fresh parsley, plus more for serving
- 1 tbsp. chopped fresh thyme

Cooking Instruction

- 1) Preheat oven to 190°C. Grease a baking sheet with cooking spray.
- 2) Remove stems from mushrooms and finely chop.
- 3) Arrange caps on prepared sheet.
- 4) In a medium skillet over medium heat, melt butter.
- 5) Add chopped mushrooms stems and cook, stirring frequently, until most of the moisture is evaporated, about 5 minutes.
- 6) Add garlic and cook, stirring, until fragrant, about 1 minute more.
- 7) Add bread crumbs and cook, stirring frequently, until slightly toasted, about 3 minutes; season with salt and pepper. Let cool slightly.

8) Transfer bread crumb mixture to a large bowl.

9) Add Parmesan, cream cheese, parsley, and thyme; season with salt and pepper and stir to combine.

10) Fill mushroom caps with filling and sprinkle with more Parmesan.

11) Bake stuffed mushrooms until softened and the tops are golden, about 20 minutes.

12) Transfer stuffed mushrooms to a platter, top with parsley (optional)



Recipe 17

Rice Ball

Ingredients:

- 3 cups 5 grains/white rice
- 4 cups Water
- 1 to 2 pieces carrots diced
- 1 to 2 cups corn, niblet
- 1 tsp sesame oil
- 1 tsp light soy sauces
- 1 cup seaweed chipped

Cooking Instruction

1. Wash 3 cups of rice in a bowl and throw the water out. Repeat washing the rice 2 or 3 times, throwing the water out between each rinse.
2. Soak the washed rice in a heavy bottomed pot, add 4 cups of water. Let rice soak for 30 minutes.

3. Cook the Rice in the rice cooker
4. In a mini pot, mix all vegetables, add sesame oil and sauce to taste. Optional.
5. Stir the rice with a flat spoon so that the rice does not completely stick together.
6. Form Rice Balls: Add seaweed chips into the rice and mix. Take 1-2 tablespoons of rice and 1 teaspoon of the vegetable, seaweed mixture and combine.
7. With moistened hands, roll into a ball, about the size of a golf ball.

8. Alternatively, you can add all of the vegetable mixture into the rice and then form balls, but make sure that the mixture isn't too wet or the balls will fall apart.

Serve as is or with nori sheets.



Recipe 18

Laksa

Ingredients:

- 1kg thick bee hoon
- 200g Dried Chilli paste
- 30g Galangal
- 2 tsp Turmeric
- 7 Candlenut
- 3 tbsp Toasted Belacan
- 300g Shallots
- 100g Garlic
- 5 stalk Lemongrass
- 80g Dried shrimp, rehydrated
- 1 tbsp Ground coriander
- 3 tbsp Cooking oil
- 1.5 litres Water
- 100ml Cooking oil
- 5 stalk Laksa leaves
- 1-1.5 litres Coconut milk
- 1 tbsp Sugar
- 1 tbsp salt
- 500g prawns



Ingredients:

- 250g (3pcs) fishcake
- 150g beansprouts
- 200ml chicken stock, optional

Cooking Instruction

1. Blend all dried ingredients with a blender into paste.
2. Heat up wok, stir fry the paste till darker colour.
3. Add water, chicken stock and coconut milk.
4. Sugar and salt to taste. Ready to serve.

Per portion:

180g Thick bee hoon (cut)

Slices Fish cake (cut into short strips)

2 to 3 pcs Prawns

1 tbsp full of beansprouts

Recipe 19

Coconut Chicken Soup

Ingredients:

- 1/2 chicken, cut into pieces
- two coconuts (water and flesh)
- 5 red dates
- 1 tbsp goli berries
- salt to taste

Cooking Instruction

1. Blanch chicken pieces in hot water, drain and set aside.
2. Extract coconut water and flesh from the coconuts.
3. Place washed red dates in the bowl.
4. Place washed goli berries in another bowl.

5. In a pot add 1000-1500ml water chicken and red dates simmer for 30 minutes.
6. Add coconut water, coconut flesh and goli berries for 15 minutes.
7. Season with salt and serve.



Recipe 20

Peach Gum with White Fungus and Red Dates

Servings: 2–3

Prep Time: Overnight soak + 15 mins

Cook Time: 35 mins

Total Time: ~12 hours (including soaking)

Ingredients:

- 10 pcs peach gum
- 1 palm-sized piece white fungus
- 5 seedless red dates
- 10 dried longans
- Rock sugar, to taste
- 1 litre water

Cooking Instruction

Prepare the Ingredients

1. Soak the peach gum overnight in water until it becomes completely soft. Drain and rinse.
2. Soak the white fungus in water until it blooms. Remove and cut away the yellow, hard stem at the base.
3. Rinse the red dates and dried longans.

Cook the Base

4. In a pot, add the white fungus and 1 litre of water. Bring to a boil and simmer for about 20 minutes.
5. Stir in rock sugar to taste.

6. Add the softened peach gum, red dates, and longans.

7. Continue to cook for another 15 minutes, until all ingredients are tender and the soup is fragrant.

8. Serve, ladle into bowls and enjoy warm, or let cool slightly and serve chilled.



Recipe 21

Fish Scale Collagen

Ingredients:

- Fish scales 500g
- Salt (for soaking)
- Vinegar (for soaking)
- Pandan leaves at least 200g (for 500g fish scales)
- Rock sugar
- Brown sugar
- Dried longan
- Clean water (4-6 times the amount of fish scales)



Cooking Instruction

1. Add salt and vinegar, and soak fish scales for 30 minutes.
 2. Discard the dirty water, and rinse 2-3 times.
 3. Prepare pandan leaves to remove odor. For 500g of fish scales, use at least 200g of pandan leaves.
 4. Line the bottom of the pot with half of the pandan leaves. Add fish scales, cover with the remaining pandan leaves, then add 4-6 times the amount of clean water.
 5. Bring to a boil over high heat. Slightly open the lid, then simmer over low heat for 2 hours.
 6. Strain into a clean pot, add rock sugar, brown sugar, and dried longan, then bring to a boil again.
 7. Let it cool, then strain through cloth or a fine strainer into a container. Use a glass container if possible.
- Best to consume within 7 days.

Recipe 22

Spicy Dried Chili Pineapple Chicken Wings

Ingredients:

- Mid-section chicken wings (10 pieces)
- Philippine pineapple (24 - 32 small piece)
- Dried chilies (5–10 pieces)
- Ginger (5 slices, not chopped)
- Garlic (5 cloves, peeled but not chopped)
- Onion (1 piece, peeled and cut into chunks)
- Oyster sauce
- Light soy sauce
- Dark soy sauce (for color)
- Pepper powder

Cooking Instruction

1. Wash the chicken wings and pat them dry. Add some pepper powder, light soy sauce, oyster sauce, and dark soy sauce (for color). Mix well and marinate in the refrigerator for 3 hours.
2. Cut the dried chilies into two sections, soak them in hot water for 10 minutes, remove the seeds, and pat dry.
3. Peel and cut the onion into chunks, slice the ginger, and peel the garlic (do not chop).



4. Heat a little oil in a wok. Pan-fry the marinated chicken wings until both sides are golden brown. Remove and set aside.
5. Using the same oil, stir-fry the dried chilies, onion, and ginger slices until it is fragrant. Add the pineapple and stir-fry for 3 minutes. Then add the chicken wings and mix well. Pour in one bowl of water, cover, and simmer for 20–30 minutes.
6. Adjust the taste with more oyster sauce and soy sauce if desired.

Recipe 23

The Trio Harmony Bowl

Experience a vibrant balance of flavors and textures in one satisfying plate. Our signature trio features:

Sweet & Sour Glazed Chicken: Tender bites of chicken tossed in a bright, tangy sauce with crisp peppers and onions for that perfect classic zing.

Golden Ribbon Omelet: Fluffy, lightly seasoned egg ribbons that add a delicate, savory richness to every bite.

Garlic-Wilted Greens: Fresh seasonal vegetables flash-seared to maintain their snap and vibrant color, finished with a hint of toasted garlic.

The Foundation: Served over a bed of steamed Purple Berry Rice, offering a nutty aroma and a wholesome, hearty base.

Why it's a favorite:

This dish is designed for those who love variety. The acidity of the sweet and sour chicken is perfectly cut by the mild, buttery omelet, while the greens provide a fresh, earthy finish.



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