



**STEAMED BROWN
RICE WITH
RENDANG
CHICKEN
(10 pax serving)**

ITEM	UOM	QTY
Chicken Boneless Leg	GRAM	800.00
Water	GRAM	1,700.00
Lemon Leaf	GRAM	1.00
Siew Pak Choy	GRAM	500.00
White Brown Rice	GRAM	250.00
Jasmine White Rice	GRAM	500.00
Rendang Paste (Knorr)		200.00

**Secondary School
Per Serving**

1. Brown Rice – 150g
2. Rendang Chicken – 70g
3. Siew Pak Choy – 50g

**Primary School
Per Serving**

1. Brown Rice – 75g
2. Rendang Chicken – 70g
3. Siew Pak Choy – 50g

Steps

Ingredient A

1. Remove the skin from chicken leg
2. Cut the chicken into strips

Ingredient B

1. Wash the brown rice and white rice and placed into a tray with the water to steam for 30 mins at 100°C

Ingredient C

1. Heat up pan and add in rending paste, water and lime leaf
2. Stir well the rending paste with water and Ingredient A.
3. Bring out the chicken when chicken is cooked

Ingredient D

1. Blanch the siew pak choy for 1 min and soaked in ice water



AYAM BAKAR WITH BROWN RICE (10 pax serving)

ITEM	UOM	QTY
Chicken Boneless Leg	GRAM	800.00
Water	GRAM	1,700.00
Xiao Bai Chye	GRAM	500.00
White Brown Rice	GRAM	250.00
Jasmine White Rice	GRAM	500.00
Kicap Manis	GRAM	100.00
Garlic	GRAM	20.00
Coriander	GRAM	10.00

Secondary School Per Serving

1. Brown Rice – 150g
2. Chicken – 70g
3. Xiao Bai Chye – 50g

Primary School Per Serving

1. Brown Rice – 75g
2. Chicken – 70g
3. Xiao Bai Chye – 50g

Steps

Ingredient A

1. Remove the skin from chicken leg
2. Cut the chicken strips

Ingredient B

1. Wash the brown rice and white rice and placed into a tray with the water to steam for 30 mins at 100°C

Ingredient C

1. Heat up pan and add in kicap manis, garlic, coriander
2. Stir well with water and Ingredient A.
3. Bring out the chicken when chicken is cooked

Ingredient D

1. Blanch the xiao bai chye for 1 min and soaked in ice water



**GRILLED ITALIAN
CHICKEN WITH
POTATO MASHED
(10 pax serving)**

INGREDIENT A

ITEM	UOM	QTY
Chicken Boneless Thigh	GRAM	800.00
Dried Oregano	GRAM	10.00
Dried Rosemary	GRAM	10.00
Salt	GRAM	5.00
Lemon Juice	GRAM	10.00
Canola Oil	GRAM	5.00
Black Pepper	GRAM	2.00

INGREDIENT B

ITEM	UOM	QTY
Garlic	LARGE CLOVE	7.00
Potatoes	GRAM	800.00
Salt	TEASPOON	0.50
Canola Oil*	TEASPOON	0.50
Egg Yolk	UNIT	1.00
Water	TABLESPOON	1.00
Long Beans	GRAM	800.00
Carrots	GRAM	200.00

**Secondary School
Per Serving**

1. Mashed Potato – 150g
2. Grilled Chicken – 70g
3. Long Beans & Carrots – 50g

**Primary School
Per Serving**

1. Mashed Potato – 75g
2. Grilled Chicken – 70g
3. Long Beans & Carrots – 50g

Steps

Ingredient A

1. Remove the skin from chicken leg
2. Cut the chicken into strips
3. Marinate the chicken with oregano, rosemary, salt, lemon juice, canola oil, black pepper
4. Placed the chicken into a tray and placed it in the oven 200° for 7 mins

Ingredient B

1. Lightly brown the garlic by pan frying them in ½ teaspoon of canola oil. Set Aside.
2. Boil Potato until it softened and peel the potato skin.
3. Mashed the potato with lightly brown garlic and salt
4. Blanched the carrots first then followed by the long beans



**PENNE CHICKEN
POMODORO
(10 pax serving)**

ITEM	UOM	QTY
Wholegrain Penne Pasta	GRAM	400.00
Canola Oil*	TABLESPOON	10.00
Garlic	GRAM	15.00
Onion	GRAM	60.00
Chinese Mushroom	GRAM	50.00
Carrot	GRAM	100.00
Fine Tomato Sauce	LADDLE	1.00
Shredded Chicken Ham	GRAM	300.00

**Secondary School
Per Serving**

1. Penne – 150g
2. Chicken – 70g
3. Carrots – 50g

**Primary School
Per Serving**

1. Penne – 75g
2. Chicken – 70g
3. Carrots – 50g

Steps

1. Prepare the whole meal penne
2. Heat up wok with oil and fry garlic and onion
3. Sautee mushroom and carrots
4. Add fine tomato sauce to penne and ingredients



**CAJUN RUBBED
CHICKEN PUMPKIN
MASHED
(10 pax serving)**

INGREDIENT A

INGREDIENT B

INGREDIENT C

ITEM

UOM

QTY

ITEM

UOM

QTY

ITEM

UOM

QTY

Chicken Boneless Thigh

GRAM

800.00

Garlic

LARGE CLOVE

7.00

Garlic

GRAM

50.00

Paprika

GRAM

5.00

Pumpkin

GRAM

800.00

Ginger

GRAM

30.00

Garlic Powder

GRAM

5.00

Salt

TEASPOON

0.50

Light Soy Sauce

ML

30.00

Dried Rosemary

GRAM

5.00

Canola Oil*

TEASPOON

0.50

Chilli Sauce*

ML

60.00

Salt

GRAM

5.00

Egg Yolk

UNIT

1.00

Dark Soy Sauce*

ML

20.00

Canola Oil

GRAM

2.00

Water

TABLESPOON

1.00

White Vinegar

TABLESPOON

2.00

Black Pepper

GRAM

1.00

Baby Romaine

GRAM

800.00

Corn Starch

TABLESPOON

2.00

Carrots

GRAM

200.00

Brown Sugar

TABLESPOON

2.00

White Pepper

TEASPOON

1/00

Water

ML

200.00

Steps

Ingredient A

Ingredient B

Ingredients C

1. Remove the skin from chicken leg

2. Cut the chicken into strips

3. Marinate the chicken with paprika, garlic powder, dried rosemary, salt, canola oil, black pepper

4. Placed the chicken into a tray and placed it in the oven 200° for 7 mins

1. Lightly brown the garlic by pan frying them in ½ teaspoon of canola oil. Set Aside.

1. Boil pumpkin (skinless) until it softened

2. Mashed the pumpkin with lightly brown garlic and salt

3. Blanched the carrots. Washed baby romaine and tossed dry.

1. Heat up pan.

2. Add in all the ingredients till it boils. Set Aside

**Secondary School
Per Serving**

1. Pumpkin Mashed – 150g

2. Chicken – 70g

3. Baby Romaine & Carrots – 50g

**Primary School
Per Serving**

1. Pumpkin Mashed – 75g

2. Chicken – 70g

3. Baby Romaine & Carrots – 50g