

Recipe: Ah Tan's Chwee Kueh

Side dish

A spin off of the local's favourite Chwee Kueh topped with mushroom and black fungus.

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves 15 children

Ingredients (Chwee Kueh (make 20 small pieces, per piece 45 g)):

- Ingredients A:
 - 150g rice flour
 - 13g wheat starch
 - 13g corn flour
 - 1 teaspoon canola oil*
 - 1 teaspoon table salt
 - 200ml room temperature water
- 500ml boiling water

Ingredients (Mushroom Topping (15 g per piece)):

- Ingredients B:
 - 100g finely diced dried Chinese Black Mushrooms (soaked & drained)
 - 50g black fungus, (soaked, drained)
 - 50g garlic, peeled and chopped
 - 15g light soya sauce*
 - 15g dark soya sauce*
- 30ml canola oil*
- 15g white sugar



**Nutrition Information
(Per serving 60gram):**
Energy 102.8 kcal
Protein 1.6 g
Total fat 2.7 g
 Saturated fat 0.2 g
Carbohydrates 18.1 g
Dietary fibre 0.5 g
Sodium 285 mg



* Choose products with the Healthier Choice Symbol

Method

To make the Kueh

1. Pre-heat the steamer and the cups.
2. Mix well ingredients A.
3. Add boiling water and stir until smooth.
4. Pour the mixture into the cups immediately.
5. Steam for about 25 - 30 minutes until mixture firmed and cooked.
6. Put aside and let it cool for at least 30 minutes.

To make the Topping

1. Mix ingredients B well.
2. Heat oil in wok till hot. Add ingredients B and stir regularly. Add enough oil to almost cover the mixture.
3. Continue to stir, frying over medium heat until garlic is golden brown.

Cost per serving \$ 0.20.

4. Reduce to low heat. Add sugar and stir till dissolved.
5. Turn off heat. Taste and if necessary adjust seasoning.
6. To serve, unmould chwee kueh and add toppings.

Tips

- To get a smoother paste, make sure that ingredients A are completely dissolved and blended before adding boiling water.
- Pre-heating the steamer and the cups before pouring the mixture helps to cook the kueh evenly.
- Spraying or brushing a light film of canola oil on the cups before pouring in the mixture helps retain shape of kuehs when removing from cups.