



# Cook Love Eat

with Sarab

## Fish

### Steamed Fish with Spicy Ginger Sauce

#### Ingredients

- ◆ 500g Whole sea bass
- ◆ 3 tbsp Oyster sauce
- ◆ 2 tbsp Light soya sauce
- ◆ 1-inch knob Young ginger, *peeled and thinly sliced*
- ◆ 1 Red chili, *sliced*
- ◆ 1 Tomato, *sliced*
- ◆ ¼ cup Spring onions, *chopped*

#### Method

- ◆ Rinse fish with AOX water to lean and deodorise.
- ◆ Make 3 horizontal slits in the whole sea bass on both sides.
- ◆ Mix oyster sauce and light soya sauce in a bowl.
- ◆ Smear the sauce on the fish including inside the stomach cavity and slits.
- ◆ Place fish on a steaming tray. Sprinkle ginger, tomato, and spring onions over the fish.
- ◆ Steam for 15 minutes or till the fish is cooked through. Serve hot.

## Soup

### Smashed Lemongrass Soup with Coconut Swirls

#### Ingredients

- ◆ 3 cups AOX water
- ◆ 2 Lemongrass, *smashed*
- ◆ 2 Kaffir lime leaves, *shredded*
- ◆ 2 Fresh long red chilies, *pounded*
- ◆ 2 Birds' Eye chilies, *pounded*
- ◆ 1-inch knob Ginger, *thinly sliced*
- ◆ ½ cup Baby corn, *blanched*
- ◆ 1 Carrot, *diced*
- ◆ ½ cup Cherry tomatoes
- ◆ 200g Baby spinach
- ◆ 1 tbsp Palm sugar
- ◆ 1 tbsp Light soya sauce
- ◆ 1 tbsp Lime juice

#### Method

- ◆ Cook all of the above except final 3 ingredients for 5 to 7 minutes.
- ◆ Add palm sugar, light soya sauce and lime juice.
- ◆ Simmer for a few minutes.
- ◆ Adjust seasoning and swirl through coconut cream before serving.
- ◆ Alternatively, omit coconut cream for a lighter soup.

## Salad

# Arugula Salad with Raspberries and Coconut Gremolata

### For Gremolata

#### Ingredients

- ◆ ¼ cup Unsweetened coconut flakes, *toasted*
- ◆ 2tbsp Fried shallots
- ◆ 1 tbsp Lemon zest
- ◆ ½ cup Mint leaves
- ◆ Salt and pepper

#### Method

- ◆ Mix the above ingredients and set aside.

### For Salad Dressing

#### Ingredients

- ◆ 2 tbsp Lemon juice
- ◆ 1 tbsp Sugar
- ◆ 3 tbsp Olive oil
- ◆ Salt and black pepper

#### Method

- ◆ Mix the dressing ingredients and refrigerate till ready to use.

### For Salad

#### Ingredients

- ◆ 200g Arugula or rocket leaves
- ◆ 1 cup Raspberries
- ◆ 100g Pea shoots
- ◆ Mint leaves to garnish

#### Method

- ◆ Toss arugula, peashoots and raspberries in salad dressing.
- ◆ Place on a serving platter.
- ◆ Top with coconut gremolata and serve immediately.

## Drink

# All-Natural Pomegranate Cordial

### Ingredients

- ◆ 4 cups Pomegranate juice
- ◆ 1 cup Sugar
- ◆ 2 tbsp Lemon juice
- ◆ Fresh mint leaves
- ◆ AOX water (*for serving*)

### Method

- ◆ Boil pomegranate juice with sugar for about 15 to 20 minutes on a medium to low flame till you get a syrup-like consistency.
- ◆ Add lemon juice and switch off the flame. Cool and refrigerate.
- ◆ To serve, pour about 3 to 4 tbsp of the pomegranate syrup in a glass.
- ◆ Top with chilled AOX water.
- ◆ Garnish with fresh mint before serving.