



ASEAN-EU

COOK BOOK

**A CULINARY JOURNEY
THROUGH THE TWO REGIONS**





ASEAN-EU

45 YEARS OF PARTNERSHIP

ACKNOWLEDGEMENT

This publication is produced with the collaboration of embassies of EU Member States and permanent missions of ASEAN Member States to ASEAN. Their contributions are sincerely appreciated and gratefully acknowledged.



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FOREWORD

Culture in general and food in particular are essential elements of the diversity in the European Union (EU) as well as in ASEAN.

On the occasion of this year's 45th Anniversary of EU-ASEAN Relations, the EU Delegation to ASEAN proudly presents this EU-ASEAN Cookbook, produced with the support of the embassies of EU Member States and the permanent missions of ASEAN Member States.

This EU-ASEAN Cookbook celebrates what unites us: food as an expression of our cultural identities and as the centre of our social lives.

I sincerely hope you will enjoy this culinary journey through the two regions.

Igor Driesmans
EU Ambassador to ASEAN



ASEAN-EU

**COOK
BOOK**

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AUSTRIA

KAISERSCHMARRN

Kaiserschmarrn (Emperor's Mess) is a lightly sweetened pancake that takes its name from the Austrian emperor Franz Joseph I, who was very fond of this fluffy shredded pancake. It is served as a dessert or as a light lunch.



FOR 4 PERSONS



PAN FRIED



PASTRY

INGREDIENTS

- 3 tablespoons raisins (or more to taste)
- 4 large eggs, separated
- 1 pinch salt
- 3 tablespoons granulated sugar
- ½ teaspoon pure vanilla extract
- 1 tablespoon lemon zest (optional)
- ¾ cups milk
- 1 cup cake flour
- 1 to 2 tablespoons unsalted butter
- 1 cup unsifted confectioners' sugar
- Applesauce or preserves of choice, for serving
- 3 tablespoons rum (optional)

INSTRUCTIONS

1. Place the raisins in a small bowl (optional: and pour in the rum. Microwave the rum and raisin mixture for 15 to 30 seconds and let them soak until the rum is absorbed, about 20 minutes. Set aside.)
2. In a medium bowl, beat the egg whites to soft peaks, adding a pinch of salt toward the end.
3. In a separate large bowl, beat the egg yolks, sugar, vanilla and lemon zest (if using) until the mixture is light yellow. Add the milk and flour, a little at a time to avoid lumps, and blend well. Fold in the egg whites and let the batter rest for about 10 minutes.
4. Melt 1 to 2 tablespoons of butter in a 10-inch to 12-inch frying pan. Stir the batter again gently and pour it into the hot pan. Sprinkle the soaked raisins evenly over the top.
5. Cover the pan and let the pancake cook for 7 to 8 minutes over medium heat, checking the bottom of the pancake by lifting it with a spatula. If light brown, it is time to flip. If not yet light brown, cook for an additional 2 to 3 minutes.
6. Flip the pancake over by carefully sliding the pancake onto a dinner plate, then invert the pan over the dinner plate and flip everything. Cook for about 10 minutes more on this side. Cut or pull the pancake apart into bite-size pieces while it continues to cook. When it has browned a bit, it is ready to serve.



This recipe was kindly contributed by the Austrian Embassy Jakarta. Recipe by Philipp Rössl, Deputy Head of Mission.



BELGIUM

OX TONGUE WITH MUSHROOM AND MADEIRA SAUCE

In Belgium, beef/ ox tongue is usually prepared with mushrooms in a Madeira sauce. The Madeira sauce is made with Madeira wine, a sweet red wine from Portugal that really gives the special taste to this recipe. It is not easy to find but it cannot be replaced by another wine.



FOR 4 PERSONS



STIR-FRIED



MEAT

INGREDIENTS

- 1 ox or beef tongue (ox tongue is better)
- 800 g mushroom
- 50 g butter
- 300 ml Madeira
- 30 g tomato paste
- 1 onion, cut in dices
- 6-8 shallots, cut in slices
- 1 carrot, cut in dices
- 1 celery, cut in dices
- 8 pickles, cut in slices
- 200 ml demi-glace
- 1 bouquet garni (herbs)

INSTRUCTIONS

1. Soak the tongue in a normal temperature salted water for one and a half hours. Immerse and blanch the tongue in boiling salted water with onion, carrot, celery and herbs for 1 hour (for ox tongue) to one and a half hours (for beef tongue). Keep boiling until blisters form under the skin of the tongue. Peel carefully the skin of the tongue, then cut the tongue in slices. Put it into the oven in low heat and set it aside.
2. Put butter in a pan, add the mushroom and brown them over moderate heat. Add pickles, shallots and herbs. Add 200 ml of demi-glace to have the adequate quantity of sauce at the right fluidity. Add tomato paste, madeira, and let cook for 15 minutes while mixing regularly. Pour the sauce to the tongue slices, it's ready!



This recipe was kindly contributed by the Embassy of the Kingdom of Belgium. Recipe by H.E. Stéphane De Loecker, former Belgian Ambassador to ASEAN.



BRUNEI DARUSSALAM

KEK BATIK

Kek Batik is usually served during Hari Raya Aidil Fitri. There are several varieties of Kek Batik as bakers incorporate new ingredients. Kek Batik's signature is the Marie biscuits that are crushed in between cake batter.



FOR 4 PERSONS



DOUBLE BOILER



PASTRY

INGREDIENTS

- 1 small can condensed milk
- 1¾ cups chocolate milk powder/ Milo® powder
- ¾ cup butter
- 4 eggs
- 1 tablespoon vanilla extract
- 250-300 g Marie biscuits

INSTRUCTIONS

1. Crush biscuits into small pieces. Set aside.
2. Prepare a cake pan and grease with cooking spray or butter.
3. Melt butter on medium heat.
4. Mix in condensed milk and chocolate milk powder/ Milo® powder. Stir well.
5. Add in eggs and stir continuously until it thickens.
6. Once thickened, add in vanilla extract. Stir to mix well.
7. Put in the crushed biscuits into the pan or pot and stir gently. Pour into the cake pan and flatten the top.
8. Leave the cake to cool for an hour, then cover and refrigerate overnight.



This recipe was kindly contributed by H.E. Hairani Tajuddin, Ambassador/
Permanent Representative of Brunei Darussalam to ASEAN.



CAMBODIA

SAMLAR KARKO (KORKO VEGETABLE STEW)

Korko Vegetable Stew, also known as samlor korko, is a traditional Khmer national dish, a pork ribs or spicy fish soup with various vegetables. In Khmer, samlar or samlor means soup, and karko or korko means to mix or to stir, so it is a stirred, mixed soup cooked with an abundance of vegetables with many greens and leaves according to preference. In making Samlar Korko, it might take time to prepare the vegetables and the Kroeung Khmer (Khmer Lemongrass Paste). Samlar Korko is usually served with warm rice, but it also can be served as a separate dish.



FOR 4 PERSONS



STEWED



MEAT & VEGETABLE

INGREDIENTS

- 500 g pork ribs, bite-size (can be replaced with chicken, veal, quail or fish)
- 3 tablespoons cooking oil
- 4 tablespoons kroeung (Khmer Lemongrass Paste)
- 3 tablespoons sugar
- 1 tablespoon salt
- 4 tablespoons fish sauce
- 3 tablespoons ground roasted rice
- 15 g chopped prahok (salted, fermented fish paste. Optional)
- 100 g shaved green papaya
- 100 g shaved young jackfruit
- 70 g eggplant, chunks
- 30 g pea eggplant
- 30 g moringa or ivy guard leaf
- 120 g pumpkin or squash, chunks
- 800 ml water
- Zucchini, turnip or any leafy greens can be added

INSTRUCTIONS

1. Heat the oil in a pan, add in the kroeung and stir fry over medium heat until fragrant. Add in the prahok (optional) and stir fry for 1 minute. Add in the pork ribs, fish sauce, sugar and salt, then stir fry for 5 minutes.
2. Next, add the hard vegetables such as pumpkin or squash, young jackfruit, green papaya and eggplant. Stir fry for 3 minutes.
3. Add in the water and simmer until the vegetables soften. Then add in ground roasted rice and soft vegetables like moringa leaves, ivy gourd leaves and pumpkin leaves. Bring to a boil. Serve with warm rice.



This recipe was kindly contributed by H.E. Yeap Samnang, Ambassador/Permanent Representative of Cambodia to ASEAN.



DENMARK

KØDBOLLER I KARRYSAUCE (MEATBALLS IN CURRY SAUCE)

Meatballs in curry sauce is a classic on Danish dinner tables, where it has been a favorite dish for children for generations. It is a simple dish of meatballs with curry sauce, served with rice. The dish can have endless variations with different spices and ingredients, and it can be made mild or strong to suit the family's taste.



FOR 4 PERSONS



STEWED



MEAT

INGREDIENTS

Meatballs

(approximately 24 pieces)

- 300 g minced meat (beef/poultry/pork, approx. 6% fat)
- $\frac{3}{4}$ teaspoon coarse salt
- 2 tablespoons finely grated zittauer onion
- freshly ground pepper
- 1 egg
- 100 ml cooking cream
- 6 tablespoons finely rolled oatmeal
- $\frac{1}{2}$ liters water
- 1 teaspoon coarse salt

Curry Sauce

- 20 g butter
- 50 ml finely chopped zittauer onion
- 2 tablespoons curry powder
- 1 small finely chopped, peeled apple
- $2\frac{1}{2}$ tablespoons wheat flour
- 150 ml cooking cream

Garnish for meatballs dish

- 320 g steamed rice
- mango chutney
- peanuts
- raisins

INSTRUCTIONS

1. Mix the minced meat with salt for approximately 1 minute. Add onions, peppers and eggs, and stir in the cooking cream little by little. Add oatmeal and stir the mixture well. Store it covered in the refrigerator for approximately $\frac{1}{2}$ hour. Bring water with added salt to a boil in a large saucepan with a large surface. Dip a tablespoon into the boiling water, and shape the meat mixture into a ball with a spoon and hand. Put it in the boiling water. Reduce the heat when approximately half of the meatballs are in the pan, and cook them for approximately 8 minutes, until they feel firm. Remove the meatballs from the pan with a slotted spoon and place them in a sieve to drain. Boil the rest of the meatballs - save 400 ml of the boiled water for the sauce.
2. Let the butter melt over high heat, but without browning. Sauté the onions for approximately 1 minute without changing colour. Reduce the heat, sprinkle curry powder and finely grated apple in, and let it simmer for approximately 1 minute. Sprinkle the flour over and stir until completely absorbed. Pour on the strained meatball water while constantly whipping. Add the cooking cream and let the sauce boil over low heat, while stirring for approximately 5 minutes.
3. Serve the meatballs and sauce over steamed rice and garnish.



This recipe was kindly contributed by H.E. Lars Bo Larsen, Ambassador of Denmark.



FINLAND

KARJALANPIIRAKAT (KARELIAN PIES)

Karelian pies or Karjalanpiirakat is a traditional dish from the Karelia region of Finland. Karelian pies were first introduced in the 17th and 18th centuries in eastern Finland and have since then spread to the rest of Finland and even to Sweden. The first written information about these pies dates back to the year 1686. The traditional side dish of Karelian pie is egg butter.



FOR 5 PERSONS



BAKED



PASTRY

INGREDIENTS

Dough

- 200 ml water
- 208 g rye flour
- 32 g white flour
- 1 teaspoon salt

Rice filling

- 208 g short-grain rice
- 2 liters milk
- 500 ml water
- 1 teaspoon salt
- 2 tablespoons butter

Egg-Butter Spread

- 2 hard-boiled eggs
- 50 gr butter, room temperature

INSTRUCTIONS

1. For the rice porridge, bring water to a boil in a saucepan with a thick bottom. Add the rice and cook until the water is absorbed. Add milk and bring to a boil whilst frequently stirring. Simmer at low heat for approximately 30-40 minutes, until cooked. Season the rice porridge with salt and butter and set aside to cool.
2. For the egg-butter spread, boil the eggs in water for at least 8 minutes. Rinse the boiled eggs under cold water and remove their shells. Use a fork to mash the eggs finely together with soft butter, in a mixing bowl. Add some salt. Cover the bowl with plastic wrap and place into the fridge to cool.
3. For the crust, stir the flour and salt into water and knead into solid dough. Form the dough into a bar on a well-floured baking board, and cut the bar into 20 pieces. Form little balls from the pieces and then flatten them.
4. Sprinkle some rye flour onto the baking board, and with a rolling pin, roll a piece of the dough into as thin a round crust as possible. Place the ready-made crusts into two piles and sprinkle them with rye flour. Cover the crusts with a kitchen towel to prevent them from becoming dry while the other crusts are being rolled.
5. When all the crusts are ready, fill the center of each crust with a thin layer of rice porridge. Fold the edges of the crusts and pinch tightly with your fingers forming oval shaped pies.
6. Place the pies onto a banking tray covered with greaseproof paper and bake at 275-300 °C for 10-15 minutes until golden brown.
7. When the pies are removed from the oven, brush them with melted butter or a butter and water/ milk mixture. Place the pies onto a greaseproof paper and cover with a kitchen towel to soften. Then cover with the egg butter and they will be ready to eat.



This recipe was kindly contributed by H.E. Jari Sinkari, Ambassador of Finland, with his chef, Ms Misgiyanti.



FRANCE

SOUFFLÉ AU FROMAGE (CHEESE SOUFFLÉ)

Cheese soufflé brings us immediately back to childhood. It is simple but so good! It is exactly what you would dream of for a light evening meal or a nice starter.



FOR 1 PERSON



BAKED



PASTRY

INGREDIENTS

- 25 g butter
- 25 g flour
- 250 ml milk
- 3 eggs (separate the yolks from the whites)
- 80 g grated emmental or comté cheese
- nutmeg, salt and pepper

INSTRUCTIONS

1. Pre-heat your oven at 200 °C.
2. Warm up the milk (do not make it boil). In another pan, melt the butter, add the flour and cook for 30 seconds. Pour the hot milk into the butter and flour mixture. Heat until boiling, keep whisking at all times. Remove the pan from the heat, add the egg yolks and mix. Season with nutmeg, salt and pepper.
3. Beat the egg whites firmly with a pinch of salt. Gently add the whites to the batter with a spatula. Add the grated cheese. Pour into the buttered terrine(s). Bake for 20 minutes for a large terrine, and 15-16 minutes for individual terrines. Serve right away.



This recipe was kindly contributed by H.E. Olivier Chambard, Ambassador of France.



GERMANY

KÖNIGSBERGER KLOPSE

This very traditional German dish finds its roots in the City of Königsberg (today's Kaliningrad) around 200 years ago. The word Klops means "little dumpling". Originally it is made with veal. This recipe uses beef.



FOR 4 PERSONS



STIR-FRIED



MEAT

INGREDIENTS

- 1 breakfast bun
- 125 ml lukewarm milk
- 1 onion
- 1 tablespoon cooking oil
- 600 g minced beef
- 1 egg
- 1 tablespoon mustard
- salt and pepper
- 700 ml beef broth
- 40 g butter
- 40 g flour
- 200 ml cooking cream
- 1 tablespoon fresh lemon juice
- 1-2 tablespoons capers
- parsley for garnish

INSTRUCTIONS

1. Peel off the bun's crust, cut the soft bun in pieces, soak in the milk, mash with a fork. Mince the onion and cook in the oil until translucent. Place cooked onions in the bowl with the bun and milk mixture, let it cool for a little bit (approx. 5 minutes). After that stir in the minced meat, the egg, mustard, salt, and pepper. Mash the meat-dough with your hands until well combined.
2. Shape the minced meat into 12 meat balls. Slowly put the meat balls into a gentle simmering water with 1 bay leave and let it cook for 10-15 minutes. After that, take them out and keep them warm while finishing the sauce.
3. Melt the butter in a saucepan, stir in the flour. Keep stirring the mixture while pouring in the beef broth to make a béchamel. Stir in the cream and let it reduce for 5-10 minutes. Stir in the lemon juice, capers, season with salt and white pepper.
4. Finally, place the meat balls into the steaming sauce, let them give a little heat and garnish with parsley. Serve with potatoes and your favourite veggies (for example: peas and carrots). Enjoy!



This recipe was kindly contributed by the German Ambassador H.E. Ina Lepel/ Embassy of the Federal Republic of Germany. Recipe by Ms Yvonne Schuh, wife of the Police Attaché, in real life a police captain in Germany.



HUNGARY

CHICKEN PAPRIKASH WITH HUNGARIAN DUMPLINGS

One of the most famous and beloved of all Hungarian dishes, this authentic Chicken Paprikash recipe features tender chicken in an unforgettably rich, flavorful and creamy paprika-infused sauce!



FOR 4-6 PERSONS



STEWED



MEAT

INGREDIENTS

Chicken Paprikash

- 50 g goose or duck fat
- 2 white onions
- 200 g bell paprika
- 200 g tomato
- 50 g garlic
- 800 g chicken leg
- 400 ml chicken broth
- 200 ml sour cream
- 1 tablespoon flour
- 3 teaspoons sweet paprika powder
- cumin
- salt, pepper

Hungarian Dumplings (nokedli)

- 4 eggs
- 400 g flour
- water
- salt

INSTRUCTIONS

1. For the chicken paprikash, chop finely the onion, bell paprika, tomatoes and garlic. Slowly caramelize the onion in the goose fat; and when it has a golden-brown color, add the finely chopped bell paprika, tomatoes and garlic. Cook the mixture at a lower temperature. When the water evaporates from the tomato, remove the sauce from the heat and blend it well.
2. Put the sauce back into the saucepan together with the chicken leg, salt, pepper, paprika powder and cumin, and the chicken broth. Cook the dish for another half an hour on medium heat. To thicken the sauce, mix the sour cream with a few tablespoons of sauce, then add the flour to it, and mix it well. When it is ready, cook it together with the rest of the sauce and the chicken until it starts to boil again.
3. When the chicken is well cooked, take it out of the sauce. Strain the sauce through a fine-mesh strainer into a bowl. Keep pressing on the solids until all of the sauce pass through.
4. For the Hungarian dumplings (nokedli), whisk the flour and salt together in a bowl. Add the eggs and stir the mixture to combine. Add in water 1 tablespoon at a time until your dough is soft, but not runny, it could be a little firmer.
5. When you are ready to make the nokedli, bring a large pot of salted water to a boil. Put the dough on a wet wooden board, and then use the back of a knife or a spoon to cut small dumplings into the boiling water. Do this in relatively small batches. When cooking the dumplings, give them about 30 seconds after they float to the surface to ensure they are cooked.
6. Serve the chicken paprikash with the dumplings and cucumber salad with sour cream.



This recipe was kindly contributed by H.E. Lilla Karsay, Ambassador of Hungary to ASEAN, the Republic of Indonesia and Timor-Leste.



INDONESIA

SOP BUNTUT (OXTAIL SOUP)

Originating from Java, this rich-tasting soup is very popular among Indonesians. It is best enjoyed with rice for a warm and hearty meal.



FOR 3-4 PERSONS



BRAISED



MEAT

INGREDIENTS

- 750 g oxtail
- 200 g carrots, each peeled and cut into 4 cm rounds and sliced into quarters
- 250 g potatoes, each peeled and cut into 6 wedges
- 1 tomato, sliced
- 3 stalks scallion, finely chopped
- 2 stalks celery
- 6 tablespoons crispy shallots flakes, made from finely chopped and deep-fried shallots
- 2000 ml water

Spices

- 6 cloves garlic
- 6 cloves shallots
- 2 cm ginger, pressed until thin and bruised
- ½ teaspoon clove (4-6 pieces)
- 1 stick cinnamon
- ¼ teaspoon nutmeg powder
- ½ to 1 teaspoon salt
- ½ teaspoon ground white pepper
- ¼ teaspoon sugar
- 1 tablespoon cooking oil, for stir frying

INSTRUCTIONS

1. Wash the chopped oxtails, then boil the oxtails in a pot of water until the oxtails release its liquid fat (it is recommended to use a pressure cooker to reduce the cooking time considerably to around 30 minutes). Remove the oxtails from the stock and set aside. Remove the stock, and then add the same amount of clean water into the pot. Put the oxtails back into the pot and boil it.
2. While the oxtail boils, grind the garlic, ginger, shallots, nutmeg, pepper and salt into a spice paste. In a frying pan, sauté the spice paste, cinnamon stick and cloves with cooking oil for about five minutes.
3. Add the spice paste, carrot and potato into the pot and simmer steadily until the carrots and potatoes are cooked and the oxtails are more tenderised. Adjust salt and sugar as needed.
4. Serve the soup with a sprinkle of finely-chopped celery and crispy shallot flakes.



This recipe was kindly contributed by H.E. M. I. Derry Aman, Ambassador/ Permanent Representative of the Republic of Indonesia to ASEAN.



IRELAND

BOXTY

Boxty is a traditional Irish staple dish, a hearty pancake made from potato and flour, that can be eaten as a starter or side dish. It is a taste of childhood and reminder of home for those of us far from Ireland.



FOR 4 PERSONS



PAN FRIED



STARCH

INGREDIENTS

- 500 g floury potatoes
- ½ teaspoon salt
- 50 ml milk or cream
- 50 g plain flour
- 1 tablespoon butter
- pepper (to taste)

INSTRUCTIONS

1. Boil and mash 200 g of the potatoes.
2. Coarsely grate the remaining 300 g of potatoes into a clean tea towel, then squeeze out as much liquid as possible into a bowl. Let the liquid stand for about 20 minutes, while spreading out the grated potatoes to dry. Pour off the liquid from the bowl, keeping the starch left at the bottom.
3. Add the grated potatoes, milk, and salt (and pepper if desired) to the starch bowl. Stir in the flour until the mixture sticks together in loose clumps. Stir in the mashed potatoes.
4. Heat the butter in a small heavy frying pan, over medium heat. Add the mixture and pat it down to fill the pan. Cook over low heat for around 15 minutes. Flip it onto a plate, add some more butter to the pan and melt it, then slide the pancake back into the pan, cooked side up. Cook for around 15 minutes, until golden on both sides.
5. Cut into portions, serve and eat hot with sour cream and smoked salmon (ideally Irish) on top, or with a fried egg.



This recipe was kindly contributed by H.E. Pádraig Francis, Ambassador of Ireland.



ITALY

PASTA ALLA SORRENTINA

Pasta Alla Sorrentina comes from the Naples region, specifically from the tiny Sorrento Peninsula, or in Italian, Penisola Sorrentina.



FOR 2 PERSONS



SAUTEED



PASTA

INGREDIENTS

- 160 g short pasta (paccheri, rigatoni, penne, fusilli, torciglioni, mezze maniche, macaroni)
- 350 g cherry tomatoes (canned or pureed tomatoes for alternatives)
- 100 g mozzarella, drained from its liquid, cubed
- fresh basil leaves
- extra virgin olive oil
- salt and pepper
- garlic, chili paper (optional)

INSTRUCTIONS

1. Add cherry tomatoes into a pot of boiling water. Leave it for about 20 seconds until the skin cracks from the heat. Take out the tomatoes with a slotted spoon and place it into a bowl. Peel off the skin. Cut the tomatoes into four pieces.
2. Boil a pot of water for the pasta. Add salt once the water is boiled, then add the pasta and cook for about 10 minutes.
3. Add some olive oil and a little bit of salt to a pan. Optional: add a little bit of chili paper and one clove of garlic, bruised or as a whole (can be taken out later). Add the tomatoes to the pan and let it cook. Tip: While waiting for the pasta to finish cooking, once the tomatoes are cooked, remove the pan from the heat to avoid all the liquid in the sauce from being reduced.
4. Take out the pasta once it is al dente and add it to the pan. Keep the pasta water in case the sauce is too dry. Cook the pasta with the sauce, and mix it well. To finish the cooking, add a splash of the pasta water.
5. Turn off the heat. Add the drained and cubed mozzarella, and stir it evenly into the pasta. Tear some basils and sprinkle it on the pasta, mix it well.
6. Place the pasta onto a plate. Add a splash of olive oil and a sprinkle of parmesan to taste. Place a basil leaf as a finishing touch. Pasta Alla Sorrentina is ready to be served.



This recipe was kindly contributed by H.E. Benedetto Latteri, Ambassador of Italy.



LAO PDR

KOY PA (LAO MINCED FISH SALAD)

Lao Minced Fish Salad (Koy Pa) is one of the ultimate Lao food staples and is famous nationwide. It is heavy, healthy, and very easy to prepare and cook. It is served with fresh vegetables and sticky rice.



FOR 4 PERSONS



BOILED



SEAFOOD

INGREDIENTS

- 300 g Mekong fish
- 2 thinly sliced red shallots
- 3 thinly sliced fresh chilies
- 1 tablespoon sliced young galangal
- 1 teaspoon salt
- 1 teaspoon MSG (optional)
- ½ teaspoon roasted dried red chilies
- 2 tablespoons toasted rice powder (dry toast some sticky rice in a frying pan. Once it is cool, put it in a blender or food processor and try to grind it into the finest powder you can)
- 3 tablespoons cooked Lao fermented fish sauce
- 1 tablespoon fish sauce
- 2 tablespoons lime/ lemon juice
- a handful of sliced green onions and coriander
- a handful of mint

INSTRUCTIONS

1. Clean Mekong fish and cut it up into pieces. Prepare the rest of the ingredients and fresh vegetables of your choice for serving.
2. Boil a pot of water. Then add the sliced fish, and cook them for about 3 minutes. Take the fish out and put into a big bowl (with a bit of water), and let it cool down a bit. Add the remaining ingredients to the bowl, then mix it all together and adjust the taste as you like.
3. The dish should be served with fresh vegetable and sticky rice at room temperature.



This recipe was kindly contributed by the Permanent Mission of the Lao PDR to ASEAN. Recipe by Ms Soudalath Phonphouthone, member of the Lao Hotel and Restaurant Association.



LUXEMBOURG

RIESLINGSPASCHTÉIT (PÂTÉ EN CROÛTE RIESLING STYLE)

In Luxembourg, the 'Rielingspaschtéit' is the queen of pies, a culinary tradition and heritage of a kind. A meat pie with wine jelly, somewhat longish in shape like a log, with a hole on the top, decorated with a crown. Cut a slice, and discover its deliciousness: a marinated veal filling, accompanied by a perfectly matching Riesling jelly, from Luxembourg of course. To be enjoyed cold and, in terms of drinks, best accompanied by a glass of Riesling, naturally! E gudden Appetit!



FOR 6 PERSONS



BAKED



MEAT

INGREDIENTS

- 290 g flour
- 120 g soft unsalted butter
- 6 g fine salt
- 80 ml warm water
- 6 ml distilled white vinegar
- 200 g veal rump
- 100 g veal mince (coarse)
- 20 g minced beef fat
- 20 g vegetable brunoise (carrot, leek, celery, shallots)
- 25 ml white wine vinegar
- 75 ml water
- 200 g veal consommé
- 2 g gelatine
- 32 g Riesling vinegar
- salt, ground white pepper, white wine vinegar

INSTRUCTIONS

1. For the pastry dough, combine the flour and the butter, and mix until all the butter is incorporated. Add the salt, water, and vinegar; and mix until everything is combined. It is important not to overwork the dough as it will become tough. Leave the dough to rest in the refrigerator for 1 hour.
2. Roll the dough out very thinly using only a little flour for dusting. Cut into ovals of 48 cm long and 14 cm wide, as well as 3 round rings with a diameter of 45 mm. Keep covered in the refrigerator until needed.
3. For the meat stuffing, combine the minced veal with the minced beef fat. Trim the veal rump and cut into small cubes of 0.5 cm x 0.5 cm. Mince the trimmings. Combine the diced veal rump with the vegetable brunoise, add the white wine, vinegar and the water, leave to marinate for 3 hour. Strain off the liquid, and leave to drain for 10 minutes.
4. Combine the minced meat and the marinated veal, and weigh. For every 1 kg of meat add 19 g fine salt, 2 g ground white pepper, 3 g white wine vinegar. Mix well and divide into 300 g portions and shape into long bars of 42 cm in length (keeping similar width and height). Keep in the refrigerator until ready to mould.
5. For the sour veal jelly, reheat the consommé. Add the vinegar and gelatin, and season it. Pour it over the pâté once it has been out of the oven for 5 minutes. Store the pâté in the refrigerator and top up with jelly again 3 hours later.
6. Place the long piece of dough in front of you and brush off the excess flour. Cut 3 small holes in the middle of the dough at the same distance from each other using a 2.5 cm ring cutter.
7. Put the meat stuffing in the middle of the dough. Brush the top, left and right edges with a very light layer of egg wash. Fold the bottom over the stuffing while keeping it nice and firm (do not stretch too much as it might rip). Tuck in the sides and fold over the top edge, keep it nice and tight and press it down lightly.
8. Turn over the whole pâté and place it onto a baking tray lined with parchment, be careful not to rip or stretch the pâté. Brush lightly with egg wash. Put one pastry ring over each hole. Brush the rings lightly with egg wash. Score lightly using a fork. Bake at 220 °C for 14 minutes. Take out of the oven and leave to rest for 5 minutes.
9. Fill with the sour veal jelly through the holes and leave to rest in the refrigerator for 3 hours. Top up again with the jelly and leave to set overnight in the refrigerator. Serve cold.



This recipe was kindly contributed by the Embassy of Luxembourg: borrowed from "The Schengen Lounge - Recipe Book" published by the Luxembourg Hotel and Tourism College in the run up to its participation at the Expo 2020 Dubai.



MALAYSIA

STEAMED BANANA DATES WITH COCONUT CUSTARD

In Malaysia, this easy, healthy banana coconut custard dessert recipe is perfect for dessert and teatime. Served warm, cold or at room temperature, this creamy, tropical-tasting dessert is also healthy, plus low in fat and calories. This recipe is gluten-free as well as dairy-free.



FOR 4-6 PERSONS



STEAMED



FRUIT

INGREDIENTS

- 1 box of 200 ml coconut milk
- 1/3 cup brown sugar (or to taste)
- 1 pinch of salt
- 5 ripe banana
- 4 dates, de-seeded and cut into pieces
- 1-2 pandan leaves for flavouring
- raisins and cashew nuts for garnishing (optional)

INSTRUCTIONS

1. Pour the coconut milk into a bowl with 3 tablespoons of water to dilute it and mix it with a pinch of salt.
2. Cut the bananas lengthwise into halves and lay it in a casserole dish. Pour the coconut milk into the casserole dish. Then add the dates and sprinkle brown sugar over it and cover it.
3. Place the casserole in the steamer basket for 15-20 minutes. Remove the dish from the steamer and garnish with raisins and cashew nuts (optional).



This recipe was kindly contributed by H.E. Kamsiah Kamaruddin, the late Ambassador/ Permanent Representative of Malaysia to ASEAN.



MYANMAR

NAN KYEE TOTE (RICE NOODLE SALAD)

Nan Kye Tote is a popular choice for breakfast in Myanmar. Its richness of flavour and texture is brought by the softness of the noodle and the doughy flavour from the chickpea powder, making it a perfect match to be enjoyed with tea.



FOR 2 PERSONS



STIR-FRIED



NOODLE

INGREDIENTS

- 45 g rice noodle
- 90 g skinless chicken
- 2 eggs
- 3 onions (eschalots), chopped
- 3 cloves garlic
- 3 cloves minced garlic
- 1 small piece of ginger
- parsley leaves
- 6 tablespoons vegetable oil
- 2 tablespoons paprika
- 1 tablespoon salt
- 2 tablespoons fish sauce
- 2 tablespoons chickpea powder

INSTRUCTIONS

1. Boil the chicken in low heat along with 3 cloves of garlic, ginger and 1 tablespoon of fish sauce until the chicken can be shredded easily with a fork (45-60 minutes), and tear the chicken into thin shreds.
2. Heat the oil and stir-fry the chopped onions and minced garlic until they turn gold. Add the shredded chicken together with paprika, salt and 1 tablespoon of fish sauce (4-7 minutes).
3. Mix the noodle with oil and chickpea powder, chicken, and boiled egg. Add parsley leaves as garnish. Additional seasoning (lime juice, MSG, chicken powder, salt and fish sauce) can be added to the salad as your taste suits.



This recipe was kindly contributed by H.E. Aung Myo Myint, Ambassador/Permanent Representative of the Republic of the Union of Myanmar to ASEAN.



PHILIPPINES

PANCIT MOLO

Pancit Molo is a traditional dumpling soup that originated in Molo, Iloilo City. The soup is usually served during special occasions. Pancit Molo is frequently compared to the Chinese wonton soup. Although Pancit is the Filipino word for noodles, there are no traditional noodles in this soup. Ambassador Noel Servigon is a native of Molo and remembers his grandmother calling this dish as "Sopas de Molo."



FOR 4-6 PERSONS



BOILED



MEAT & SEAFOOD

INGREDIENTS

Filling

- 250 g ground chicken, preferably thigh fillet part (ground pork may also be used)
- 10 pieces shrimps, shelled and chopped
- 6 cloves garlic, minced
- 4 sprigs of spring onions/ scallions, finely chopped
- 1 egg, beaten
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 20-24 pieces wonton wrapper

Sautéing

- 6 cloves garlic, minced
- 1 medium-sized onion, finely chopped
- 2 tablespoons oil
- 1 tablespoon butter
- 1 tablespoon fish sauce
- ¼ teaspoon finely ground white pepper
- salt (to taste)

Broth/ Soup

- 3 pieces medium-sized chicken legs
- 10 cloves garlic, crushed
- 1 tablespoon peppercorn
- 2 tablespoon salt
- 16 cups water
- Optional: May use chicken cubes/ powder for added flavour. May also use ready soup stock available in the market

For toppings/ garnishing

- toasted fried garlic
- chopped spring onions

INSTRUCTIONS

1. To make the filling, combine all ingredients in a deep bowl. Blend well. Set aside.
2. The secret of a very good pancit molo is a good broth. To make the broth, make sure to use chicken parts with bones. Clean chicken legs by rubbing it with salt. Rinse well. In a deep pot, add water and chicken, salt, cloves of garlic and peppercorns, make sure the aroma of the garlic can be smelled. Do not make the soup stock too salty as it will have to be seasoned again with fish sauce before adding the wonton balls.
3. Boil the broth with high heat for 15 minutes, then lower the heat to simmer. Simmering it slowly for a long time makes the soup more flavourful, but take note that the more the soup is boiled, the more it gets salty. Remove any impurities that floats while simmering. Once the chicken is tender remove it from the pot. Let it cool then separate the meat from the bones, shredding them into bite pieces. Using a strainer, drain the broth to make a clear soup.
4. To make the wonton balls, scoop about 1/3 teaspoon of the meat mixture into the corner of the wrapper and fold two corners creating a triangular shape. Seal each side by dabbing it with water or egg yolk then roll it over to make a ball-like shape. Arrange the finished product on a tray drizzled with flour to prevent it from sticking together. Repeat the process for all the dumplings.
5. In another deep pot, heat oil. Sauté onions until translucent, then add garlic and butter. Do not burn. Once you smell the aroma of the garlic, add the shredded chicken and continue sauteing. Season with fish sauce then add the broth. Let it boil. Season with more fish sauce/ salt if needed. This time, add white ground pepper. Once the broth is boiling, drop the wonton balls and simmer until it floats.
6. Serve while it is hot and garnish with scallions and toasted garlic. To prepare homemade toasted garlic, coarsely chopped garlic then fry in oil until brown. Remove from heat and drain oil. Remember not to overcook the garlic as it will continue cooking even after removing it from the flame.
7. To make the soup spicy, crushed chillies go well with the pancit molo.



This recipe was kindly contributed by H.E. Noel Servigon, Ambassador/ Permanent Representative of the Philippines to ASEAN, and Marichu T. Servigon, spouse of Ambassador Servigon.



POLAND

POLISH PIEROGI WITH POTATOES AND QUARK CHEESE

The Polish pierogi are the most recognisable Polish food. They are half-circular dumplings usually made from flour noodle dough. The Polish pierogi “concept” allows for endless opportunities to experiment with stuffing: meat, sauerkraut dried forest mushrooms, fruit, quark cheese and potatoes, etc. People love them because they can be eaten warm, cold, baked, fried or boiled. The ones stuffed with potatoes and quark cheese are one of the most popular varieties nowadays. Pierogi arrived in Polish territories in the 13th century. They were probably imported from the Far East. The first written pierogi recipes came from Compendium Ferculorum, a book published in 1682.



FOR 4 PERSONS



BOILED



STARCH & VEGETABLE

INGREDIENTS

- 4½ cups all-purpose flour
- 2 teaspoons salt
- 2 tablespoons butter, melted
- 2 cups quark cheese
- 2 eggs
- 2 tablespoons vegetable oil
- 8 potatoes, peeled and cubed
- 2 big onions

INSTRUCTIONS

1. To make the dough, stir together the flour and salt in a large bowl. In a separate bowl, whisk together the butter, eggs and oil. Stir the wet ingredients into the flour until well blended. Cover the bowl with a towel and let it stand for 15 minutes.
2. For the stuffing, cut the onions into small pieces and fry it. Cook the potatoes, drain and mash with quark cheese and fried onions while still hot. Season with salt and pepper. Set aside to cool.
3. Separate the dough into two balls. Roll out one piece at a time on a lightly floured surface. Cut into circles using a cookie cutter or a glass. Spoon some filling into the center. Fold the circles over into half-circles and press to seal the edges.
4. Bring a large pot of lightly salted water to a boil. Drop pierogi in one at a time. They are done when they float to the top. Remove with a slotted spoon.



This recipe was kindly contributed by H.E. Beata Stoczyńska, Ambassador of the Republic of Poland to Indonesia, Timor Leste and ASEAN.



ROMANIA

PAPANAȘI

Papanași is a dessert made from sweet cottage cheese or ricotta, eggs, flour and sugar. They are usually served with sour cream and jam, but they can also be served sprinkled with sugar. Their origins are coming all the way from Denmark where the papanași were boiled. They were found for the first time in this form, fried, in Bucovina. Papanași is a traditional Romanian dessert enjoyed by Romanians usually when they are making a trip to the Carpathian Mountains, in a cold environment or when they are enjoying dishes in a traditional Romanian restaurant.



FOR 1 PERSON



DEEP-FRIED



PASTRY

INGREDIENTS

- 250 g ricotta
- 1 egg
- 80 g sugar
- 5 ml vanilla essence
- 5 g of lemon zest
- 300 g flour
- 10 g baking powder
- a pinch of salt
- 300 g vegetable oil
- blueberry jam (to taste)
- sour cream (to taste)

INSTRUCTIONS

1. In a large bowl, using a spatula, mix the ricotta cheese with sugar, vanilla essence, egg and lemon zest. Sieve the dry ingredients (flour, salt and baking soda) before adding them to the cheese. Mix the dry ingredients into the cheese with a spatula for about 3 minutes. When the ingredients are coming all together, transfer them to a floured surface and gently knead it for about 3 minutes.
2. Roll it into a 1.5 cm thickness. Cut out the papanas with a round doughnut cutter, concentric cookie cutters or a drinking glass and then make the holes with a smaller cookie cutter. At the same time, make a ball of dough the size of a cherry for each papanas.
3. Heat vegetable oil in a frying pan over medium heat. Make sure that when frying the papanas, the oil level reaches half of each piece. When the oil has heated up, fry the papanas and the balls of dough. Try not to crowd the papanas, because they will swell quite a lot and will need space to avoid sticking together. Remove from the pan to a paper towel to absorb the excess oil. Powder with powdered sugar and serve with jam and sour cream, as desired.



This recipe was kindly contributed by the Embassy of Romania to Indonesia. Recipe by Ms Roxana Grădinaru, Financial Officer of the Embassy of Romania.



SINGAPORE

FENG CURRY

Eurasians are one of Singapore's earliest residents, whose origins are linked to various ports in the region where Europeans had settled. This ethnic group is made up of people who have mixed European and Asian lineage and have been present in Singapore since the early 19th century.

The history of this Eurasian dish goes back some 500 years. It was said that the Portuguese ships would carry livestock such as pigs so the crew would have fresh meat to eat during the voyage to Southeast Asia. The best cuts of meat were reserved for the officers while the poorer cuts and offals were chopped up, cooked into a stew, and given to the deck hands. Spices were later added to the stew and it became what we know today as Feng Curry.



FOR 8-10 PERSONS



STEWED



MEAT

INGREDIENTS

- 6 tablespoons cooking oil
- 3 onions, peeled and diced
- 100 g ginger, peeled and diced
- 2 tablespoons light soy sauce
- 200 ml water
- ½ tablespoon salt
- 2 tablespoons white vinegar

Pork

- 1 lt water, mixed with 1 tablespoon salt and 3 tablespoons cooking oil
- 300 g pork shoulder
- 300 g pork belly
- 200 g pig's heart
- 200 g pig's liver
- 200 g pig's kidney

Spices

- 3 tablespoons cumin seeds
- 1 tablespoon fennel seeds
- 5 tablespoons coriander seeds
- 1 tablespoon black peppercorns
- 1 tablespoon aniseed
- 1 stick cinnamon, about 5cm
- 4 cloves
- 1 star anise

INSTRUCTIONS

1. Using a spice mill, grind spices into a fine powder and set aside.
2. To prepare the pork, boil water in a pot and blanch meats separately for 5 minutes each, ending with the pig's kidney. Remove and drain the meats. Cut meats into 0.5 cm cubes. Set aside.
3. Heat oil in a pot and fry onions and ginger until oil rises and the mixture is fragrant. Add diced meats, soy sauce, and water. Mix thoroughly and leave to boil until gravy thickens. Add salt and vinegar. Remove from heat.
4. Dish out and garnish as desired. Serve hot with warm French loaf or rice.



This recipe was kindly contributed by H.E. Kok Li Peng, Ambassador/Permanent Representative of Singapore to ASEAN. Recipe by Chef Quentin Pereira.



SLOVAKIA

SLOVAK POTATO PAGÁČE

Pagáče are great to enjoy with a glass of wine and friends. A perfect happy hour snack!



FOR 6 PERSONS



BAKED



STARCH

INGREDIENTS

- 500 g potatoes
- 7 g dried yeast
- 1 teaspoon crystal sugar
- 350 ml milk
- 500 g flour
- 2.5 teaspoons salt
- 1 egg yolk
- 100 ml oil
- 125 g butter
- sunflower seeds (or sesame seeds, caraway seeds or cheese to sprinkle)

INSTRUCTIONS

1. Boil the potatoes with the skin until semi-soft.
2. Mix the dry instant yeast with 150 ml of warm tepid milk and crystal sugar. Let that sit to foam for 10-15 minutes (if the milk is cold, the yeast will stay inactive and if too hot, the yeast will die).
3. Sift the flour into a bowl. Add salt, oil, egg yolk, the foamed yeast, and mix together. During the mixing, add the rest of the milk gradually. Work the mixture into a soft, non-sticky dough, and set it aside to sour in a warm place for about 1 hour.
4. Roll the dough out to approximately 1cm thickness on a floured board. Butter the dough. Remove the skin of the potatoes and grate thinly. Spread the grated potatoes evenly along the dough (they must not be cold from the fridge). Fold the dough into square. Cover with a cloth and leave it for 10-15 minutes. Roll the dough to 1.5 cm thickness and fold it again. Repeat the process 3 times.
5. Roll the dough to the 1.5 cm thickness again and cut circles out of it. Place them on a baking pan lined with baking paper. Brush the circles with a beaten egg with salt and sprinkle with sunflower seeds (or sesame seeds, caraway seeds or cheese). Leave them on the pan for another 10 minutes to let them rise a little bit before baking.
6. Bake in a 200°C oven for 20 minutes until golden. Enjoy!



This recipe was kindly contributed by the Embassy of Slovakia to Indonesia. Recipe by Ms Viktoria Estvanikova, Trade Counsellor's spouse of the Embassy of Slovakia.



SPAIN

GAMBAS AL AJILLO (GARLIC SHRIMP)

Sharing tapas is a wonderful way to enjoy food with your friends and family. Among them you cannot miss gambas al ajillo, a dish served straight from the stove to the table in the same pan that it is cooked in only 10 minutes. Perfect with some crusty bread!



FOR 2 PERSONS



SAUTEED



SEAFOOD

INGREDIENTS

- 5-6 gambas (large shrimps or prawns) peeled and de-veined
- 30 g olive oil
- 60 g seed oil
- 1 g fresh coriander
- 1 g sage
- 5 g chilli
- 2 g pimentón (paprika)
- 30 g white wine
- 10 g garlic
- salt

INSTRUCTIONS

Peel the shrimps and de-vein them. Warm up the oil in a pan. Add the shrimps and the crushed garlic (leave the skin on). Season with salt. When the shrimps are half-cooked flip, them all onto the other side. Add sliced chilli, herbs and white wine. Cook for 3 more minutes and once the shrimps are ready, sprinkle some paprika on top. Serve!



This recipe was kindly contributed by H.E. Francisco Aguilera Aranda, Ambassador of Spain, and Caspar Jakarta's Chef Rafael Martínez Millán.



SWEDEN

POACHED SALMON SERVED WITH BOILED POTATOES, CARROTS AND GREEN BEANS, PICKLED CUCUMBER AND SOUR CREAM SAUCE

Poached salmon is an old traditional dish in Sweden, specifically enjoyed in the springtime. Commonly served at bigger events or special occasions. The salmon is eaten cold which makes it easy to serve to many people. It has lasted over generations because of its simplicity and pure flavours.



FOR 4 PERSONS



POACHED



SEAFOOD & VEGETABLE

INGREDIENTS

Poached Salmon

- 800 g salmon fillet with skin
- 1 liter water
- 50 ml vinegar 24%
- 1.5 tablespoons salt
- 2.5 tablespoons sugar
- 2-3 bay leaves
- 1 bunch dill stalks
- 1 sliced red onion
- 1 sliced white onion

INSTRUCTIONS

1. Cut the salmon into smaller pieces/ portions and place in an ovenproof dish. Boil the water with onions and spices for the salmon. Pour the hot water over the salmon so it covers the fish and cover the dish quickly with plastic wrap (preferably 2 layers). Let stand next to the stove for about 30 minutes and then allow to cool in the fridge for at least 1 hour before serving.
2. Serve with boiled potatoes, sour cream sauce, boiled carrots, dill stalks and pickled cucumber.



This recipe was kindly contributed by H.E. Marina Berg, Swedish Ambassador to Indonesia, Timor-Leste, Papua New Guinea and ASEAN.



THAILAND

MANGO STICKY RICE

Rice is a staple food for Asia. Stalks of rice form an integral part of the ASEAN emblem. Khao Niaow or Sticky Rice is common for dessert in ASEAN countries. When paired with mango, it is among the most popular traditional Thai desserts enjoyed in every household in Thailand.



FOR 6 PERSONS



STEAMED



FRUIT & RICE

INGREDIENTS

- 250 g sticky rice
- 150 g coconut cream
- 100 g sugar
- 1 teaspoon salt
- 2-3 pandan leaves
- ripe mango

INSTRUCTIONS

1. Wash the sticky rice 5-6 times by lightly rubbing to scratch off most of the starch and rinsing it with water. After that, soak the rice in water for at least 3 hours. Put the sticky rice in a bamboo basket steamer and steam for 30 minutes. While the sticky rice is steaming, add coconut cream, salt, sugar and pandan leaves in a sauce pan and bring the ingredients to a boil. Cook until the sugar is fully dissolved and turn off the heat. Once the sticky rice is ready, put it in a large bowl, add the coconut mixture and mix them together.
2. For the mango, choose a ripe mango and wash it. Peel and cut the mango.



This recipe was kindly contributed by H.E. Urawadee Sriphiromya, Ambassador/ Permanent Representative of the Kingdom of Thailand to ASEAN.



VIETNAM

PHỞ BÒ VIỆT NAM (BEEF RICE NOODLE)

"Pho", among many other dishes, is deemed one of the most popular Vietnamese dishes around the world. Nam Dinh is said to be the homeland of "Pho". However, Hanoi is where this delicious food is largely consumed and becomes a famous specialty. "Pho" is the favourite breakfast, lunch or late night snack of many Hanoians and becomes a must-try food for any tourist who comes to Viet Nam.



FOR 4 PERSONS



BOILED



NOODLE

INGREDIENTS

For stock

- 1 kg chopped beef bones
- 4 cloves garlic
- 30 g root ginger, sliced
- 2 shallots, peeled and cut in half
- 3 cm piece of cinnamon stick
- 3 star anise
- 4 tablespoons fish sauce

For serving

- 300 g beef rump steak, sliced
- 400 g fine rice noodles
- 2 spring onions, finely sliced
- 2 small red chillies
- 2 limes
- sweet basil
- coriander
- beansprouts

INSTRUCTIONS

1. Peel the onions and cut them into quarters through the root. Peel the ginger and slice it into quarters down its length. Char the onions and ginger on all sides over a high flame on a gas stove, oven or air fryer to create the char. Rinse the pieces under cool water to remove any loose, gritty, overly charred bits.
2. Dry-roast the cinnamon, star anise, and cloves over medium-low heat for 1 to 2 minutes, until toasty and very fragrant.
3. Put the chopped beef bone and the prepared ingredients into the pot. Bring the broth to a boil over medium-high heat, then reduce the heat to medium-low. Cover the pot and continue to let the broth simmer for 30 minutes to give time for all the spices and aromatics to infuse into the broth. When the broth is ready, set a strainer over another bowl or saucepan, and strain the solids from the broth. Discard the solids. Place the broth back over low heat and keep it just below a simmer; the broth needs to be adequately hot to cook the beef.
4. While the broth is simmering, put the beef on a plate, cover it with plastic wrap and freeze for 15 minutes. The edges of the beef should feel firm to the touch, but the beef should not be frozen through. This will make it easier to thinly slice the beef. After 15 minutes, remove the beef from the freezer and immediately use your sharpest knife to slice the beef into very thin slices. Slice across the grain, and aim for slices no thicker than 3 mm. Once sliced, keep the beef covered and refrigerated until ready to serve.
5. Bring a saucepan of water to a boil, put in the rice noodles and cook according to the package instructions. Strain the noodles and run them under cool water to stop cooking. (The noodles will start to stick together after cooking, so either divide them immediately between serving bowls or toss them with a little neutral-tasting oil to prevent sticking.) Divide the noodles between serving bowls and top with a few slices of raw beef. Arrange the beef in a single layer so that the slices will cook evenly in the broth; slices that are stacked or clumped may not cook all the way through.
6. For the topping, thinly slice the scallions and the chillies. Cut the lime into wedges. Place the bean sprouts in a serving dish. Roughly chop the herbs or tear them with your hands. Arrange all the toppings on a serving dish and place it on the table.
7. Ladle the steaming broth into each bowl, pouring it evenly over the beef for medium to done beef. Serve the pho at the table and let each person top their bowl as they like.



This recipe was kindly contributed by H.E. Nguyen Hai Bang, Ambassador/Permanent Representative of the Socialist Republic of Viet Nam to ASEAN.

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ASEAN-EU

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