

2023

Mother's Day

**Ma, have you
eaten yet?**

Recipe Book

sodexo

It all starts with the everyday

Food is our love language

How often has your mom asked if you've eaten yet?

In celebration of Mother's Day, our Chefs in Malaysia and Singapore have put together a recipe book filled with their childhood recipes and memories.

When you cook these recipes, we hope you feel the love that fed our Chefs.

**Ma, have you
eaten yet?**

Chef Jordi

CHICKEN "OFEGAT" WITH ONION AND "PICADA"

Ingredients:	50g Fresh Parsley	4 Pieces Bone-in Chicken Leg
	2 Pieces Bay Leaves	500g White Onion
	1 Cinnamon Stick	150g Garlic
	80g Bread	200ml White Wine
	Olive Oil	100ml Chicken Stock or Water
	Salt And Black Pepper	50g Roasted Almond

The Story behind the Recipe...

This recipe has been passed down to me from my mother, and it was also passed down to her by her own mother.

It's a recipe that my mother prepares whenever we have guests over at our house.

In Catalan, "Ofegat" means drowned, so this dish is a "drowned" chicken in our unique Catalan-style pesto, and the aroma of this dish never fails to remind me of my childhood.

A lesson I learnt from my mom...

To be humble, to work hard, to take care of your family and to speak up with respect when it's needed.

Jordi Noguera
Head of Food Services, MY-SG

Process:

1. Season the chicken with salt and pepper.
2. In a deep pan, pan sear the chicken with hot oil. Once it is golden brown, remove and keep aside.
3. Slice the bread and fry it in that oil. Reserve.
4. In the same pan and oil, add the garlic and cinnamon stick. After 2min add back the chicken.
5. Slice onion to "julienne" and add on top of the chicken. Cook with the chicken for 5min.
6. Add the white wine and chicken stock or water to cover the ingredients.
7. Cover the pan and lower the fire, cook for 15min till almost $\frac{3}{4}$ of the liquid is gone.
8. Chop the parsley, add the bread, 3 garlic cloves and the roasted almonds. Blend it all together.
9. Add to the chicken and let it cook for 5min low fire.

Chef Alan

ONE-POT CABBAGE CHICKEN RICE

Ingredients: (Serves 4 pax)	2 Cups Rice	2 Pieces Garlic
	400g Boneless Chicken Leg	15g Old Ginger
	1 Can Button Mushroom	15g Low Sodium Oyster Sauce
	200g Baby Kai Lan	10g Salt
	200g Cabbage	20g Cooking Oil

Process:

1. Wash the rice.
2. Place all ingredients on top of the rice and add seasoning.
3. Add water.
4. Place into rice cooker to cook for about 25 minutes.

The Story behind the Recipe...

This is my all-time favourite dish by my mother.

My family wasn't well off when I was younger, and my mom had to work to help support the family. But no matter how busy she was, she would prepare a meal so that my siblings and I would have a hearty lunch after school. Often, she would cook this dish in the rice cooker, and it would be kept warm all day for us. Now that I have my own family, this dish always brings back fond memories for me whenever I cook it too.

A lesson I learnt from my mom...

Never feel bad about yourself when you are behind others. Just don't give up. And eventually you will reach where you want to be, even if you need to take extra steps.

Alan Tng
Culinary Manager

Chef Seenivasan

NANDU MILAGU VARUVAL & NAATUKOZHI MASALA (Crab Pepper Masala with Country Chicken)

Ingredients:

Shallots Paste

Cumin Seeds

Ginger & Garlic Paste

Curry Leaves

Tomato

Turmeric Powder

Black Peppercorn

Green Chili

Nallennai (Sesame Oil)

Coconut Oil

Poppy Seeds

Cleaned Crab / Nattukozhi

Rock Salt

Coriander Seeds

Garam Masala

Process:

1. Clean crab by rubbing it with turmeric powder and sea salt and drain excess water.
2. Pound all the spices in a stone grinder (Atukal) to prepare a freshly made masala coarse paste.
3. Heat oil in the mud pot. Add cumin seeds and curry leaves and temper until it splutters. Using woodfire for cooking will be more authentic.
4. Add the ginger garlic & shallot paste. Sautee for a few minutes until the paste turns translucent. This indicates that it is cooked.
5. To the pan, add prepared fresh masala, add salt, turmeric, coriander powder and chopped tomatoes.
6. Close to simmer until tomatoes appear smashed, and masala turns golden over a medium flame.
7. Stir fry the masala well until the oil separates from the masala. This is an indicator that the masala is cooked.
8. On a low flame, add some water and coconut milk to the cooked masala and mix it well.
9. Add crab to the masala, mix it well and cover the pot with lid.
10. Cook for another 12 to 15 minutes until the crab is cooked well and coated with nice semi masala.
11. Serve with steamed rice / Ragi Mudde.

The Story behind the Recipe...

My mother is the first chef I have ever seen.

She never fails to serve delicious food and she always puts her soul into every dish, even if it's just a small snack.

This recipe is a non-vegetarian treat that she would whip up during special occasions, festivals and especially when I achieved good grades or won sports medals!

A lesson I learnt from my mom...

Never cause trouble to others and always strive to aid those in need.

Seenivasan Ramakrishnan
Chef Manager

Chef Ian

GULAI TUMIS Peranakan Fish Curry

Ingredients:

50g Chilli Paste

30g Shallot

10g Dried Chilli

5 Pieces Fresh Chilli

3 Stalks Lemongrass

50g Galangal

50g Turmeric

15g Belacan

10 Pieces Red Snapper Cut In

10g Ladies Finger

30g Daun Kesum

1 Piece Bunga Kantan

50ml Cooking Oil

50g Tamarind

300ml Water

Salt and Sugar to taste

The Story behind the Recipe...

My mother always cooks and prepares delicious Peranakan meals for our family.

Gulai Tumis was always a must have in all our special family meals, get-togethers and when hosting guests.

I loved it as a kid when my late grandma's generation cooked it. It's a recipe that was passed down to my mother's generation, and now, I am sure that my own children love it and will continue to enjoy it in the future.

A lesson I learnt from my mom...

When preparing Peranakan dishes, prepare them with pride by following the tradition.

Ian Lim
Executive Chef, Corporate Services

Process:

1. Heat up 50ml of cooking oil in a pan and cook the chili paste until fragrant.
2. Add in 30ml of water and add the Ladies Finger, Daun Kesum, Tamarind Juice and Red Snapper. Add salt and sugar to taste.
3. Cook for 8 minutes over medium high heat.

LONTONG GORENG

Ingredients:	Blended items (Dry Chilies 10 stalks boiled, shallots 10 pieces, garlic 4 cloves)	Oyster Sauce 2 Tbsp
	1 Roll Lontong, cut into cubes	Salt to taste
	5 Eggs	Sugar to taste
	Minced Meat / Minced Chicken (Either one of the meat)	Fried Shallots for Garnish
		Chinese Parsley

The Story behind the Recipe...

My mother, Mdm Manisah Bte Masrom always feels that traditional recipes need to be passed on to the next generations, so it won't die down.

Lontong Goreng is one of her specialties that she has passed down to me. Normally we will prepare the paste in bulk & separate it into portions & keep it in the fridge. Whenever any guests visit during Hari Raya, we will just fry it as needed. It's delicious & convenient!!

A lesson I learnt from my mom...
When cooking anything, always cook it with your heart.

Iskandar Zulkarnain
Executive Chef

Process:

1. Heat up pan with 8 tbsp Cooking Oil.
2. Fry all the blended items till cooked.
3. Add the meat and fry until all the meat is cooked.
4. Season with salt & sugar.
5. Add Oyster Sauce.
6. After all the paste is cooked, we can portion it, let it cool then portion it to keep it in freezer. As and when you needed it, just take a portion to thaw & reheat it & add the cube Lontong.
7. In a different pan whisk eggs & season with salt.
8. Fry the eggs like a thin omelette.
9. Roll the omelette & cut. Garnish on top of the Lontong Goreng with Fried Shallots & Chinese Parsley.

2023

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as-tu mangé? Ibu, sudah
妈, 你吃了吗? makan?

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The Sodexo logo features the word "sodexo" in a lowercase, sans-serif font. A small, white, five-pointed star is positioned above the letter "o".

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