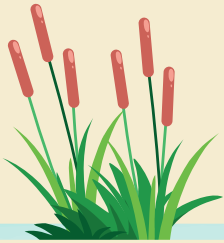


LAKE'S 30TH BIRTHDAY RECIPES



Renowned MasterChef Brendan Pang is cooking up a storm of fresh, seasonal, local produce. Taste your way through lakes and recreate these dishes at home!



Classic Pork & Ginger Dumplings (Makes 25)

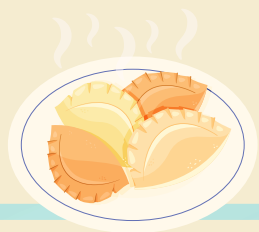
Ingredients

Pork Filling:

- 25x Round Dumpling Wrappers
- 3 Dried Shiitake Mushrooms
- 400g Fatty Chicken Mince
- 25g Ginger, Finely Grated
- 1 tbsp Oyster Sauce
- 1 ½ tsp Light Soy Sauce
- 1 ½ tsp Chinese Cooking Wine
- Dash of Sesame Oil
- 2 tsp Cornstarch
- ½ tsp Ground White Pepper

Fried Garlic Soy:

- 60ml Vegetable Oil
- 4 Medium Cloves of Garlic, Minced Finely
- 125ml Soy Sauce
- 1 Long Red Chilli, Finely Sliced
- 5ml Sesame Oil



Method

Pork Filling:

1. Mix the filling ingredients together.
2. Cover the filling and refrigerate for 30 minutes to rest.
3. Take one dumpling wrapper at a time and place it in your hand.
4. Spoon 1 teaspoon of filling into the center of the wrapper.
5. Hold the wrapper slightly cupped in your hand and fold it over into a half-moon shape (do not seal it yet).
6. Using your free hand, make a small pleat on the side of the wrapper closest to you by pinching the edge firmly.
7. Continue pleating along the edge of the wrapper until the dumpling is sealed and shaped like a crescent.
8. Steam or boil the dumplings on high heat for 8–10 minutes.
9. Serve immediately with fried garlic soy sauce.

Fried Garlic Soy:

1. Heat vegetable oil in a small pan over medium-low heat.
2. Add minced garlic to the pan.
3. Cook until the garlic is fragrant and golden, about 5 minutes.
4. Stir occasionally to prevent the edges from browning too much.
5. Remove the pan from heat.
6. Transfer the garlic and oil to a small bowl.
7. Mix in!

Roast Chicken Banh Mi (Makes 4)

Ingredients

Pickled Vegetables:

- 2 Carrots, Peeled & Cut into Matchsticks
- ½ Large Daikon Radish, Peeled & Cut into Matchsticks
- 1½ Cups Boiling Water
- ½ Cup White Sugar
- 4 tsp Salt
- ¾ Cup Rice Wine Vinegar

Banh Mi:

- 4 Crusty White Rolls 20 cm Long
- Salted Butter to Spread
- Chicken Pâté (or Pâté of Your Choice)
- Whole Egg Mayonnaise or Kewpie
- 400g Shredded Roast Chicken
- 2 - 3 Spring Onions, Cut to the Length of the Rolls (3 Per Roll)
- 1 Cucumber, Thinly Sliced Lengthwise
- 1½ Cups Coriander Sprigs, Loosely Packed
- ¼ tsp Maggi Seasoning Per Roll
- 2 - 3 Birds Eye or Thai Red Chillies, Finely Sliced

Method

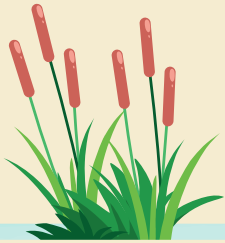
Pickled Vegetables:

1. In a large bowl, combine boiling water with sugar and salt.
2. Stir until the sugar and salt are fully dissolved.
3. Mix in the vinegar.
4. Add the carrots and daikon to the bowl.
5. Ensure the vegetables are just about covered by the liquid.
6. Let the mixture sit for 2 hours to pickle.
7. Once ready, drain the vegetables well.
8. Set aside until ready to use.

Banh Mi:

1. Split each roll in half, being careful not to cut all the way through.
2. Spread a generous amount of butter on the top half of the roll.
3. On the bottom half, spread some pâté, then add mayonnaise.
4. Pile on the shredded roast chicken.
5. Drizzle with ¼ teaspoon of Maggi seasoning.
6. Add a generous amount of pickled carrots and daikon.
7. Place two slices of cucumber on top.
8. Add three lengths of spring onion.
9. Top with a good handful of coriander sprigs.
10. Add as much sliced chilli as you like.
11. Press the roll closed and enjoy immediately.

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Chopped Broccoli & Grain Salad (Serves 4)

Ingredients

Pork Filling:

1 Head Broccoli, Chopped into Small Pieces
1 cup of Grains (Freekeh, Barley or Farro)
1/3 cup of Pepitas Seeds, Toasted
1/3 cup Sunflower Seeds, Toasted
1/3 cup Slivered Almonds, Toasted
1/4 Red Onion, Finely Chopped
3 Spring Onion, Chopped
1 Handful of Parsley, Chopped
1 Handful of Mint, Chopped
1/3 cup Dried Cranberries
150g Feta, Crumbled
Juice of 1 Lemon (or to taste)
1/4 cup Olive Oil
Salt, to taste

Method

Pork Filling:

1. Bring a medium to large pot of salted water to a boil.
2. Add the chopped broccoli and cook for 2 minutes, until slightly softened but still crisp.
3. Remove the broccoli with a slotted spoon and drain well.
4. In the same pot, add the grains (freekeh, barley, or farro).
5. Simmer for 25 to 30 minutes, or until tender (check package instructions, as times may vary).
6. Drain the grains well and transfer to a large bowl to cool slightly.
7. Once the broccoli and grains are cooled, add them to a mixing bowl.
8. Add toasted seeds and nuts, red onion, spring onion, parsley, mint, raisins, and 100g crumbled feta.
9. Squeeze in lemon juice to taste, add a drizzle of olive oil, and season with a pinch of salt.
10. Toss everything until well combined.
11. Taste and adjust the seasoning if needed.
12. Sprinkle the remaining feta on top before serving.



Mango Sago: Mango Tapioca Pudding (Serves 6)

Ingredients

Pickled Vegetables:

2L Water
155g Small Tapioca Pearls
250ml Whole Milk
175ml Full-Fat Canned Coconut Milk
3 ½ tbsp Honey, Divided (can sub with sugar or maple syrup)
3 Medium-Sized Mangoes (about 775 to 800 grams)
1 cup Sliced Strawberries

Method

Pickled Vegetables:

1. Bring a large pot of water to a boil over high heat.
2. Reduce heat to medium-high and add the tapioca pearls, stirring to prevent sticking.
3. Cook for 15 minutes, stirring occasionally.
4. Turn off the heat and cover the pot with a lid.
5. Let the pearls sit for 10 - 15 minutes, or until mostly translucent (a few specks in the center are okay).
6. Drain the pearls and rinse under cold water.
7. Transfer them to a large bowl filled with cold tap water to cool and prevent sticking.
8. In a separate saucepan, combine 250ml whole milk and 175ml full-fat canned coconut milk.
9. Bring to a boil over medium heat, uncovered (watch carefully to prevent boiling over).
10. Turn off the heat and stir in honey to taste.
11. Let the mixture cool for 5 to 10 minutes.
12. Slice each mango along the large central pit.
13. Score a crosshatch pattern into the flesh of each half, then invert and slice off the cubes.
14. Peel and trim any remaining mango flesh from around the pit.
15. Measure out 225g of mango flesh for the puree.
16. Add the 225g mango flesh to a blender.
17. Pour in the slightly cooled milk and coconut milk mixture.
18. Blend until smooth.
19. Pour the mango puree into a large mixing bowl.
20. Drain the tapioca pearls from the cold water.
21. Add them to the mango puree and stir to combine.
22. Fold in the remaining mango chunks and 1 cup of sliced strawberries.
23. Taste and adjust sweetness by adding more honey, if desired.
24. Chill the pudding in the fridge for at least 2 hours before serving.

