

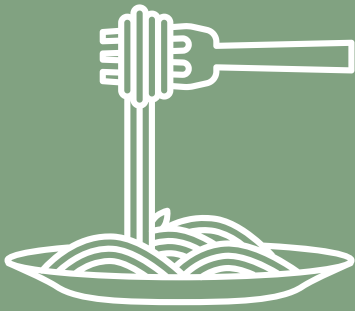
Mr Jason Teo



Story behind...

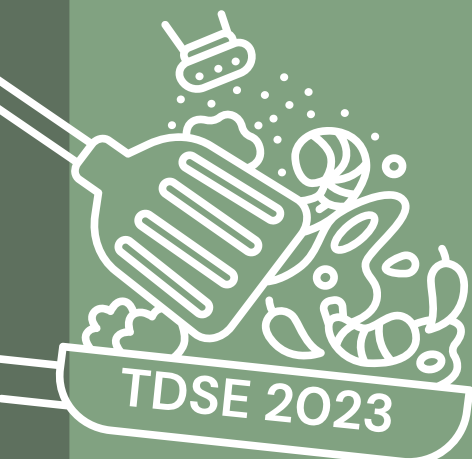
My family and I love cooking Bolognese pasta and we have it about once a week. My kids love it but they always reminded me of that one time when I cooked it whereby I forgot to mix the sauce with the pasta. When we took out the pasta from the oven, the pasta was tasteless as it was not mixed properly, and both my kids gave me 2 thumbs down. They still remind me about it 3 years from the incident.

The recipe we follow is quite easy and takes about 25 mins to prepare and that's the beauty of it. It tastes great and doesn't take a long time to prepare. This would be sufficient for 3-4 pax.

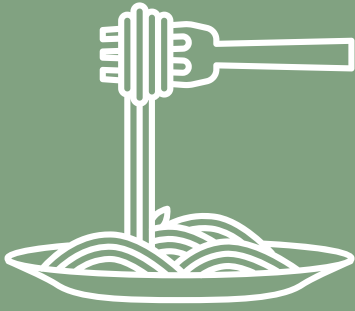


Ingredients

- 250g pasta
- 1 tsp Salt
- 1/2 onion
- 1 tbsp garlic (chopped)
- 300g Minced Beef
- A dash of pepper
- 2 tbsp oyster sauce
- tomato pasta sauce (1 can)
- 1/2 tbsp sugar
- 125g mozzarella



Mr Jason Teo



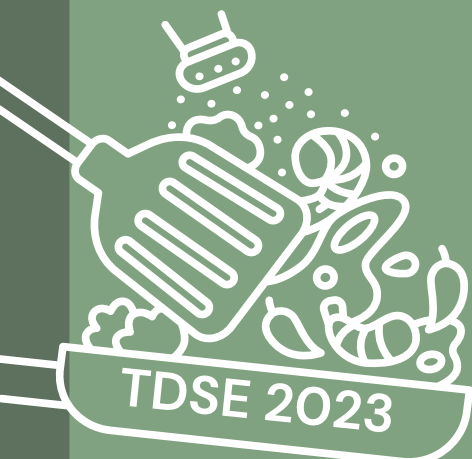
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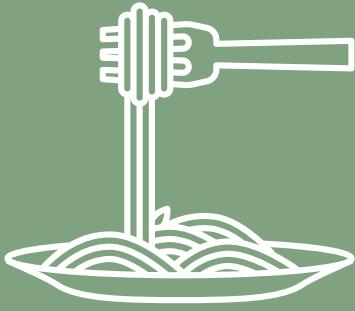


Instructions Pt 1

- Switch on 1 burner/stove: Cook 250g of pasta (we tend to go for elbow pasta) in a large pot of salted (about 1 tsp) boiling water.
 - Different types of pasta will have different timings; the ones we use take about 8 mins.
 - Stir every now and then to prevent the pasta sticking to the bottom.
- Switch on the 2nd burner/stove:
 - Prepare the sauce.
 - It takes about the same time as the pasta to cook.
- Heat the oil over medium high heat. Add half an onion (diced), 1 tbsp of chopped garlic, stir for about half a minute.
- Add 300g of minced beef. Add pepper and 2 tbsp of oyster sauce. Stir till beef is almost all cooked.



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- 1/2 onion
- 1 tbsp garlic (chopped)
- 300g Minced Beef
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- tomato pasta sauce (1 can)
- 1/2 tbsp sugar
- 125g mozzarella

Mr Jason Teo



Instructions Pt 2

- Add 1 can of tomato pasta sauce (we usually go for the 300g Prego tomato pasta sauce).
- Stir thoroughly. I like to add ½ tbsp of sugar (which supposedly takes away the acidic taste, though I find little difference without it).
- Once both the pasta and sauce are done, drain the pasta, mix them together thoroughly in a large pot over a stove (this was the part which I failed to do 3 years ago and got reminded repeatedly of it).
- To give it a great taste, we will usually grate/slice about 125g of mozzarella and lay them over the top of the pasta.
- Place the pot in an oven for about 5 mins to melt the mozzarella.
- Voila! A meal for 4 people.



Mrs Shirlyn Toh



Story behind...

My mother used to make this with just rice and eggs. She would make this when she was rushed for time or when we were feeling under the weather. She used to leave the cooked porridge in the pot for some time after turning off the fire for it to thicken into a Cantonese style porridge.

However, I have learnt an easier way to make it, and have also added more ingredients to make it more hearty. This is also my daughter's favourite dish and she has learnt to make it.



Ingredients

- 2 cup of rice
- 5 dried shitake mushrooms
- 1 carrot
- 1 cube of stock (can be chicken, mushroom, beef...anything to your liking)
- 2 eggs



Mrs Shirlyn Toh



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- 5 dried shitake mushrooms
- 1 carrot
- 1 cube of stock (can be chicken, mushroom, beef...anything to your liking)
- 2 eggs



Instructions Pt 1

About 1-2 hours before cooking:

- Wash the rice
- Drain the water.
- Put the washed rice in a storage bag.
- Spread the rice evenly in the bag.
- Put in the freezer for 1 to 2 hours or overnight.
- Wash the dried shiitake mushrooms.
- Soak the washed mushrooms in water for 1 to 2 hours. Make sure to keep this water for use later.

Mrs Shirlyn Toh



Ingredients

- 2 cup of rice
- 5 dried shitake mushrooms
- 1 carrot
- 1 cube of stock (can be chicken, mushroom, beef...anything to your liking)
- 2 eggs



Instructions Pt 2

Making the porridge:

- Dice the carrot and soaked shiitake mushrooms.
- Put the diced carrot, shiitake mushrooms, stock, and the water from soaking the mushrooms into a pot.
- Add about 1.5L of water before letting it boil.
- Once boiling, turn down to a low fire and let it simmer for about 15-20 minutes.
- Take out the pack of frozen rice from the fridge.
- Punch the bag to break the frozen rice into smaller pieces.
- Put the rice into the pot and turn the fire to medium.

Mrs Shirlyn Toh



Ingredients

- 2 cup of rice
- 5 dried shitake mushrooms
- 1 carrot
- 1 cube of stock (can be chicken, mushroom, beef...anything to your liking)
- 2 eggs



Instructions Pt 3

- Simmer for about 15-20 minutes until the soup has thickened. During this time, stir the mixture every 3 minutes to prevent the rice from sticking to the bottom of the pot.
- Beat the eggs in another bowl.
- Stir in the eggs.
- Season with salt, pepper and/or sesame oil to your liking.
- Serve.



Ingredients

- 22 ripe bananas
- 2 eggs
- 4 tbsp self-raising flour
- Vegetable oil or butter



Optional Toppings

- Maple syrup
- Whipped cream
- Chocolate spread
- Fruit of your choice
- Anything you want, really

Ms Leong Wai Yee



Story behind...

On the weekends, I try to involve my children in preparing their own breakfast because I see it as a precious time for bonding and an opportunity for them to develop confidence.

My elder son is almost four, and my younger son is just over one year old. They both enjoy mashing the bananas up (and eating some when they think I'm not looking) and whisking the batter.

My elder son has become quite good at cracking the eggs into the bowl now. It can get messy for sure, but they have so much fun making their own food and they devour every single pancake every time. I'd like to think that these are the memories they'll hold on to when they grow up.





Ingredients

- 22 ripe bananas
- 2 eggs
- 4 tbsp self-raising flour
- Vegetable oil or butter



Optional Toppings

- Maple syrup
- Whipped cream
- Chocolate spread
- Fruit of your choice
- Anything you want, really

Ms Leong Wai Yee



Instructions

- Mash the ripe bananas up until the mixture is smooth.
- Whisk in the eggs.
- Whisk in the self-raising flour.
- Set this batter aside for 5 minutes.
- Using medium heat, lightly coat a non-stick pan with vegetable oil or butter.
- Spoon the batter into the pan and spread out evenly.
- Repeat with remaining batter if there is enough space on the pan.
- Cook for a few minutes until golden.
- Flip the pancakes over and let them cook for a few more minutes until they are golden and cooked through.
- Serve with toppings of your choice.



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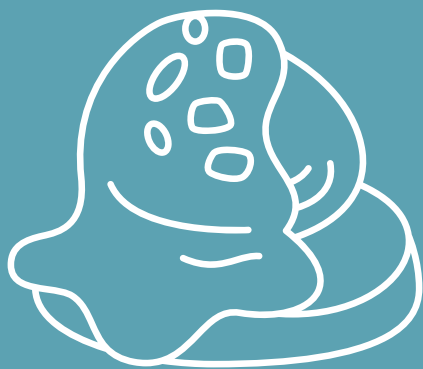
Mr Steffen Toh



Story behind...

Eggs Benedict is a classic English breakfast dish that has evolved to the point where it can now be found on the menu all around and at all times of the day.

My wife and children love it for breakfast so I often make it as a special treat for them whenever I can. It is a way to express my love for my family. In this recipe, I employ various special tricks from Jamie Oliver.



Ingredients

(For 4 servings)

- 250g of unsalted butter (1 block)
- Fresh lemon/ Lemon juice
- 12 Eggs
- Choice of Protein (Bacon, Ham, Smoked Salmon, etc)
- 2 English Breakfast Muffins
- Salt and black pepper to taste



Mr Steffen Toh



Instructions Pt 1

- Fill a pot with 1cm of water and turn on low heat. Put a bowl on top of the pot. Ensure the bottom of bowl does not touch the water. This forms a double boiler.
- In another smaller pot, melt butter fully to make clarified butter.
- Separate 4 yolks from the eggs (Pro Tip: transfer the eggs between two halves of eggshell repeatedly and the egg white will naturally flow out)
- Turn down heat for butter
- Add yolks to double boiler and continuously whisk until yolks appear glossy.
- Add clarified butter bit by bit to yolks. Do not stop whisking or sauce will separate.



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- 2 English Breakfast Muffins
- Salt and black pepper to taste



Mr Steffen Toh



Instructions Pt 2

- After 8-10 minutes, the sauce will become very glossy, viscous and be a uniform bright yellow. To test if the sauce is ready, dip the back of a spoon into the sauce and hold it up. The sauce should stick to the spoon.
- To taste, add salt, pepper and lemon juice. Keep sauce in a Thermos flask.
- Oil a piece of tin foil and line a small bowl. Crack 2 eggs into the bowl and twist tin foil until devoid of air.
- Knot the tin foil. Repeat another 3 times.
- Poach for 6 minutes until whites are solid and yolks are still runny.
- Sauté your choice of protein
- Slice English Breakfast Muffins in half and sauté the fat of the protein chosen.



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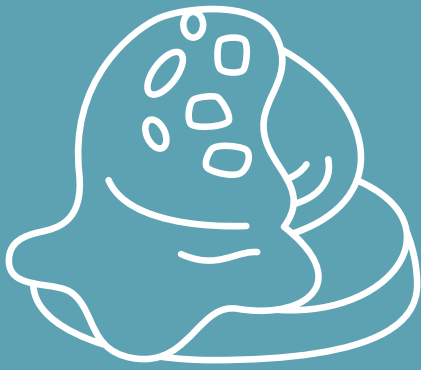


Mr Steffen Toh



Instructions Pt 3

- Plate by stacking in the following order: Muffin, Protein, Poached Eggs.
- Pour hollandaise sauce and garnish with cracked black pepper.



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- 250g of unsalted butter (1 block)
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