

# CHEFS ON CAMPUS



VOL. 2

# INTRODUCTION

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Following a successful first-run of the 'Chefs on Campus' initiative in December 2020, we invited students to participate in our second instalment of an e-cookbook to share recipes across campus.

The result is 'Volume 2': a collection of cultural and practical recipes submitted by NTU students.

Once again, we thank all students who took the time to share their recipes to inspire and learn from others as we build a community of cooks on campus.

We invite you to browse the following recipes and get cooking!

Inclusion & Integration  
Student Affairs Office

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PART

01

# Mains



# Chinny's Creamy Pumpkin Pasta

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*A healthier option for those who love pumpkin! You'll be amazed, by the sweet and savoury taste :)*

- 200g pasta of your choice (spaghetti)
  - 300g pumpkin (thick slices)
  - 20g butter
  - 3 to 5 garlic cloves (minced)
  - 150g cooking cream (I used OraSi Rice Whipping Cream) or milk
  - 1 stalk broccoli (cut into pieces)
  - 150g mushroom (slices)
  - 150g chicken breast (cut into cubes, seasoned with salt, pepper)
  - Pepper, salt (to taste)
  - Parmesan cheese (optional)
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1. Steam and smash the pumpkin into a paste.
2. Cook pasta in boiling water, add a pinch of salt. Once done, drain pasta and set aside.
3. Bring water to boil again, add salt & broccoli. Cook for approx. 2 min, set aside.
4. In a saucepan, melt the butter and pan-fry chicken cubes until golden. Remove from pan and set aside.
5. With the same saucepan, add more butter (if required), add minced garlic and mushrooms. Stir frequently until the mushrooms are fully cooked, the butter melts and the garlic is fragrant.
6. Add pumpkin paste and cooking cream, followed by chicken cubes and broccoli. Stir to mix well.
7. Add the pasta and gently toss to combine. Serve immediately (before it thickens) and top with parmesan cheese and pepper (depending on preference).



Chinny's Creamy Pumpkin Pasta

# Dee's Stamppot (Dutch mashed potatoes)

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*Bored of mashed potatoes? This version is inspired by my travels to the Netherlands several years ago, and modified with tips from an American friend who made finger-licking good mashed potatoes. With the addition of (leftover) vegetables of your choice, stamppot is sumptuous and healthy. Perfect for a potluck or dinner date.*

- Olive oil (preferred)
  - ½ to 1 bulb of garlic,
  - Floury potatoes (NOT waxy potatoes), 3 large or 5 small potatoes
  - 1 carrot
  - 1 tbsp butter (to taste)
  - Salt and pepper (to taste)
  - 1 onion (traditional Dutch hutspot used brown skin onion but I used red because that's what I had)
  - Optional: leafy vegetables (e.g. kale, spinach)
  - Bacon or smoked sausages (optional, rookworst is traditionally used)
- 



1. Chop off the tip of the garlic to expose the tops of the individual cloves. Leave the bottom of the whole bulb intact; peeling is not required. Wrap in aluminium foil, with olive oil drizzled over the exposed garlic. In a ~200 Celsius oven, bake for approx. 20 min until garlic is caramelized (soft when pierced, golden brown). See note 1.
2. In the meantime, boil the potatoes in salted water. Use floury potatoes, not waxy potatoes. See note 2.
3. Approx. 5 min later, add carrots to the same pot to boil (carrots cook slightly faster than potatoes). Boil the potatoes and carrots until soft when pierced with a fork (or soft enough to mash).
4. In the meantime, chop onions and wash the vegetables. Sauté the onions until translucent, then add the vegetables.
5. Allow the garlic bulb to cool. Pop out the caramelized cloves.
6. Drain the boiled potatoes and carrot.
7. Mash together the boiled potatoes, boiled carrot, sautéed onions, vegetables and caramelized garlic. Season to taste with butter, salt and pepper as you mash. If you do not have a masher, squeeze in a polyethylene bag or ziplock bag.
8. Serve with fried bacon or smoked sausage (optional). Enjoy!

"Stamp" means "mash" in Dutch. Hutspot is a type of stampot with carrot and onion.

Note 1: For those who dislike garlic, caramelizing garlic by slow-roasting mellows its sharpness and brings out sweetness. Some browning is normal but cloves should not dry up and burn (occurs if there is not enough olive oil). If the garlic does not soften after 20 min, rewrap aluminium foil tightly and check every 5 to 10 min.

Note 2: To boil potatoes, start by adding potatoes to room temperature water instead of boiling water. This way, the middle of the potato will cook as fast as the outside. Cooking whole unpeeled potatoes preserves more nutrients. To shorten cooking time, you may also peel and chop them into similar sized chunks before cooking. As they will be mashed, the exact size does not matter.



# Flora's Yam Bone Soup

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*This soup recipe warms your stomach and is good for your throat!*

- 1 carrot
  - 1 chinese yam
  - 1 corn
  - 1 pork bone
  - 3 slices of ginger
  - 1 tbsp cooking wine
  - 1 tbsp oil
  - Salt to taste
- 

1. Cut the carrot, yam and corn into pieces.
2. Place pork bones, ginger, cooking wine into a pot of water and heat until the water boils. Boil for 3 min.
3. Remove and wipe pork bones.
4. Heat oil and cook pork bones until light brown.
5. Place pork bones, yam, corn, carrot into a pot with enough water to cover the ingredients.
6. Once the water boils, turn the flame to low heat. Cook on low heat for at least 1 hour.
7. Add salt according to your preference.



# Hendrick's Braised Pork Belly in Soy Sauce

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*This dish looks simple, but tastes very good. It can be made in a rice cooker, and only needs a few ingredients. A good choice for students staying in hall.*

For 2 portions:

- 250g pork belly, sliced to bite-sized pieces
  - 2 tbsp sweet soy sauce
  - 2 tbsp soy sauce
  - 1 tbsp cooking oil
  - 1 tbsp black pepper
  - 1 tsp sugar
  - 5 garlic cloves
  - 300ml water
  - 2 hard boiled eggs, peeled
  - 3 whole star anise pods (optional)
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1. Heat the cooking oil in a pot over medium heat. Add the garlic cloves and pepper. Stir fry until fragrant.
2. Add the pork belly slices and cook for around 1 min on each side until brown.
3. Add water, star anise pods, sugar, soy sauce, and sweet soy sauce. Let simmer for 10 min.
4. Add the hard boiled eggs, and continue to simmer until the liquid is thick enough to coat the back of a spoon.
5. To remove the excess fat on the surface, refrigerate the pot until the fat solidifies and remove the fat layer, or just carefully spoon out the layer of fat.
6. Serve with steamed rice.



Hendrick's Braised Pork Belly in Soy Sauce

# JH's Shrimp Alfredo Pasta

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*This is a dish I always used to cook when my parents were away and I was home alone.*

- ¼ of onion
  - 2 garlic cloves
  - 2 tsp of olive oil
  - 2 tbsp of white wine
  - 6 white mushrooms
  - 3 strips of bacon
  - 8 shrimps
  - ½ cup milk
  - ½ cup heavy cream
  - ½ cup parmesan cheese
  - Salt and pepper to taste
  - Parsley to garnish
  - Fettuccine
- 

1. Add fettuccine to boiling water for 8 min and strain.
2. Place fettuccine on a wide pan with olive oil (so that it doesn't stick together) and set aside.
3. Add olive oil to a frying pan. Add the garlic and onion and cook first, followed by the bacon, shrimp and white mushroom.
4. When the ingredients become brown, add 2 tbsp of white wine and mix. The alcohol from the wine will evaporate.
5. Add half cup of both milk and heavy cream to the pan. Continuing mixing until it begins to boil.
6. Continue mixing and when it looks like the sauce is done, add ½ cup of parmesan cheese!
7. Add the cooked fettuccine to the pan and mix it with the sauce.
8. Depending on your preference, add salt, pepper and parsley.



JH's Shrimp Alfredo Pasta

# Letisha's Sweet & Sour Pork

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*The sweet and sour pork/chicken that I've tried has always either been too sour, too sweet, too watery, or not crispy enough. Hence, I came up with this recipe: a perfect balance of all the flavours and umami, crispy protein and a luscious sauce.*

*Have it over rice and it's the perfect comfort food!*

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## Pork Marinade

- 10g soy sauce
- 10g shaoxing jiu
- 2g sesame oil
- ½ tsp corn starch
- 30g egg white
- ¼ tsp baking soda

## Sweet & Sour Sauce

- 55g water
- 53g white vinegar
- 22g plum sauce
- 60g white sugar
- 30g tomato ketchup
- 32g soy sauce
- 5g cornstarch
- ¼ tsp chicken stock powder

## Other Ingredients

- 250g pork loin (sliced and tenderised)
- 30g green pepper (chopped large cubes)
- 30g red pepper (chopped large cubes)
- 30g yellow pepper (chopped large cubes)
- 6g ginger (minced)
- 4-5 cloves garlic (minced)
- 90-100g onion (chopped large chunks)
- Potato starch (to dredge)

1. Marinate sliced pork for at least 4 to 5 hours.
2. Heat oil to 180°C. While oil is heating up, dredge the marinated pork in potato starch until well coated.
3. Fry the pork for 2.5 to 3 min, remove, then fry again for 2 to 3 more minutes (double fry) or until golden brown.
4. Sautee garlic and ginger until fragrant then add the onion and bell pepper.
5. Sautee on medium heat for a few minutes (do not cook for too long as the vegetables should not be too soft).
6. Add the sweet & sour sauce and simmer until the sauce thickens.
7. Add the fried pork and mix together.
8. Turn off the heat and serve.



# Nandini's Tomato Tagliatelle

*This tomato Tagliatelle recipe is an Italian-inspired dish best eaten with some garlic bread or butter toasted buns. It is pasta cooked in red sauce with different toppings such as mushrooms, baby corn, capsicum and served with an extra topping of Parmesan cheese. I chose to share this recipe as it is something I make in Hall whenever I miss home-cooked food. It is warm, delectable, comforting and easy to make for a quick weekend meal.*

- 5 tbsp cooking oil
- 4 tbsp salted butter
- 2 tsp finely chopped ginger
- 4 diced button mushrooms
- 50g diced medium hard tofu
- 2 diced baby corn
- 300g Prego Tomato, Basil and Garlic sauce (jar)
- 2 slices of cheddar cheese (any other cheese is also fine)
- 1.5 tbsp salt
- 1 tbsp black pepper
- 2 tsp parmesan cheese (optional for garnish )
- 2 big tagliatelle rolls (any other type of pasta will do as well)
- 3 butter buns
- 3 tsp finely chopped garlic





1. This recipe is ideal for 1 to 2 people.
2. Heat some water in a pot add half tbsp salt, half tbsp black pepper and 1 tbsp of oil and let it come to a boil. Then add tagliatelle and cook until it is al dente (firm texture). Normally, this takes 5 to 8 min for the tagliatelle to be ready.
3. Strain the pasta and set it aside. Don't throw away the pasta water, set some aside in a mug.
4. Take a saucepan and heat 1 tbsp of cooking oil and 1 tbsp of butter.
5. Add 1.5 tsp chopped garlic and 2 tsp ginger and fry for 1 to 2 min on medium flame.
6. Add chopped baby corn and cook for 7 to 9 min.
7. Add 1 tbsp of oil and 1 tbsp of butter to the same pan and add the mushrooms. The mushrooms will release their own water, and take about 5 to 10 min to be ready. Once cooked, the mushrooms will shrink in size.
8. Add 1 tbsp of oil and 1 tbsp of butter to the same pan and add the diced tofu. Fry the tofu until golden brown and stiff (8 to 10 min).
9. Now add the pasta in the pan and mix it with the toppings.
10. Add half the jar of Prego's tomato, basil and garlic sauce (150g) and mix everything together.
11. Add some pasta water (as needed, usually 3 tbsp is sufficient) and let the pasta cook in the sauce for 3 to 4 min.
12. Add remaining salt and pepper and mix.
13. Add cheese (divide the cheese slice into 4 parts before adding so that the whole pasta is cheesy). Cook for 1 for 2 min and your pasta is ready!
14. In a separate pan, add 1 tbsp of oil and 1 tbsp of butter and chopped garlic. Fry for 1 min. Then add the buns and fry them for 2 to 3 min on medium flame. Your butter garlic buns are ready!
15. Lastly, add the pasta to your favourite plate alongside the butter garlic buns. Throw on some Parmesan cheese as garnish (optional) and ENJOY!

# Red's Butter Fried Prawn

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*As a fan of seafood dishes, this recipe is easy enough and can satisfy the cravings of seafood lovers like myself!*

- 1/3 block of butter
  - 2 small garlic, minced
  - 1/2 yellow onion, chopped
  - 10 grey prawns
  - Vegetable oil
  - 1 tbsp Oyster Sauce
  - 1 tbsp Soy Sauce
  - 1 tbsp ketchup
  - 1 tbsp sugar
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1. Place approx. 1/6 block of butter on the frying pan until it melts.
2. Add enough vegetable oil to the pan to deep fry the prawns. (Alternatively, add enough oil to cover at least half a prawn.)
3. Add the prawns to the pan and fry. This should only take approx. 30 seconds to 1 min.
4. Remove the fried prawns and set aside for the steps later on.
5. On a frying pan, place the remaining butter.
6. Add the minced garlic and chopped yellow onion and stir fry until the onion is cooked to your preference. This can take just a few minutes.
7. Add oyster sauce, soy sauce, ketchup and stir.
8. After the sauce is mixed thoroughly, add sugar and stir.
9. Finally, place the prawns back in and mix until the sauce covers the prawns. Butter fried prawns are ready to be served.



Red's Butter Fried Prawns

# Soo Bin's Ratatouille

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*It's the easiest French Ratatouille recipe bursting with Mediterranean flavours! It's vegetarian/vegan friendly too but often served with meat.*

## Ingredients:

- 1 to 2 eggplant
- 1 to 2 zucchini
- 6 tomatoes
- 1 pack of beef/chicken/pork pepperoni (165g) (optional)
- 2 tbsp olive oil
- 3 tbsp parmesan cheese
- 2 tbsp chopped parsley
- Pinch of salt and pepper

## Sauce ingredients:

- 3 garlic cloves
- 1/3 onion
- The remaining vegetables (eggplant, zucchini, tomatoes)
- 2 tbsp chopped basil
- 1 can of crushed tomatoes
- 150ml coconut cream (optional)

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1. Preheat the oven to 180°C.
  2. Slice the eggplant, zucchini, tomatoes into 2mm widths.
  3. Make the sauce: chop the garlic, onions, and remaining vegetables. Heat the olive oil on the frying pan and stir fry the garlic, onions, and chopped vegetables until fully cooked.
  4. Blend the vegetables and simmer with a can of crushed tomatoes and coconut cream for 5 mins on low heat. Season with salt, pepper, and basil.
  5. Pour the sauce in an oven pan and arrange the sliced vegetables and pepperoni in alternating patterns (for example, eggplant, tomato, zucchini, pepperoni) on top of the sauce.
  6. Mix parsley and olive oil and brush them on the vegetables.
  7. Season with salt and pepper.
  8. Bake for 30 min in a preheated oven.
  9. Serve with parmesan cheese on top.
  10. Ready to eat! The ratatouille is also excellent the next day.



Soo Bin's Ratatouille

# Vedant's Goan Prawns

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*This dish is a fusion of my mum and my grandma's recipes.*

- 1 tbsp oil
  - 1 tsp mustard seeds
  - ½ tsp cumin seeds
  - ½ tsp fennel seeds
  - ½ tsp chilli powder
  - 1 tsp salt
  - 1 tsp tamarind
  - ¼ cup coconut cream
  - 250g prawns
  - 1 tomato
  - 1 tbsp ginger garlic paste
  - ½ small onion
  - Coriander
  - ½ lime
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1. Marinate prawns with chilli powder, salt, lime juice for 15 to 20 min.
2. Heat oil in a saucepan. Add mustard seeds and wait for them to dance in the pan.
3. Add the onion and cook for 5 min. Then add the ginger garlic paste and fry until the raw smell disappears.
4. In a blender, blend cumin seeds and fennel seeds. Add the blended spices to the saucepan.
5. Add the tomato and salt. Cook until the tomato releases water.
6. Then add half of the coconut cream and prawns.
7. Cover the saucepan and let simmer for 5 min.
8. Add tamarind and the rest of the coconut cream
9. Cook for 5 min on low heat.
10. Garnish with coriander and it's ready to serve with some rice.



Vedant's Goan prawns

PART

**02**

# Light Bites & Desserts





# Cathlyn's Healthy Homemade Chips

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*I was craving for snacks during a late night of studying but only had a few ingredients. I searched for simple snack recipes and the potato chips I made were unexpectedly tasty! I also feel my homemade chips are healthier than the store-bought options.*

- 1 potato / sweet potato (depends on preference)
- Pepper to taste
- Salt to taste
- Curry powder (optional)
- 2 tbsp vegetable or olive oil (not using oil is also an option)
- Baking paper (optional but recommended)
- A microwave in your hall

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1. Peel the potato skins and wash.
  2. Slice the potato into thin slices (the thinner the slices the crispier the chips).
  3. Rinse and soak the potato slices in a container with cold water for 30 min (or longer) to remove the starch for crispier chips.
  4. Drain the potato slices and dry them with a kitchen towel.
  5. In a microwaveable container / porcelain bowl / porcelain plate, place the baking paper brushed with some oil (optional).
  6. Brush both sides of potato slices with vegetable or olive oil and and sprinkle some pepper and salt.
  7. Place the slices on the wall of the container (do not overlap them) and microwave on high power for 2 to 3 min or longer until dry.
  8. Sprinkle pepper, curry powder, salt if needed.
  9. Let the chips cool before consuming.



# Junxi's Chengdu Konjac Jelly

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*This is a snack from my hometown, Chengdu, which is also known as the 'Land of Abundance'. You'll feel cool if you eat this in hot weather and I hope to share this dish with the world!*

- 5g konjac jelly powder
  - 500g water
  - 20g green bean
  - 20g red bean
  - 20g dates
  - 10g raisin
  - 5g brown sugar
  - 2g sesame
- 

1. Heat 500g water in a pot and bring to boil. Add konjac jelly powder to the boiling water and stir. We name it Product A.
2. After Product A cools, place it in the refrigerator for at least 4 hours, it will solidify. We name it Product B.
3. Place green beans, red beans in water for approx. 10 hours, then boil it for approx. 2 hours (keep it in the boiling water). We name this Product C.
4. Put Product C in the refrigerator for approx. 1-2 hours. We name it Product D.
5. Put Product D in a bowl, add brown sugar to Product D and stir it. We name it Product E.
6. Add Product B to Product E but do not stir it. Then add dates, raisin, sesame on top. Optional to add fruit pieces.



# Kshitij's Instant Rabri

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*Rabri is a sweet, full fat milk dish, cooked in every state of the Indian subcontinent and also known by other names such as Basundi. Staying in Hall and missing home made sweets, I tried this recipe and it turned out well! I have cooked this many times and my friends love it too. It tastes best when chilled and served as a dessert. Cooking time: less than 10 minutes.*

Serves 2

- 300 ml full fat milk
  - 1 sliced of bread (medium size)
  - ¼ tsp cardamom powder
  - Saffron strands to garnish (optional)
  - 3 tbsp sugar (take note of the sugar as the bread is naturally sweet)
  - 8 to 10 pieces of almonds and cashews – finely chopped (keep a little aside for garnishing)
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1. Remove the brown crust from the slice of bread and cut the bread into very small pieces to get a crumbly texture.
2. Boil the milk in a heavy bottom pan for 4 to 5 min on a medium flame (stir the milk at equal intervals).
3. Add the sugar, cardamom powder, saffron strands, prepared bread crumbs, chopped almonds and cashew to the milk and stir the mixture at frequent intervals for 4 to 5 min. Do not over cook. Switch off the flame.
4. Garnish with chopped nuts and saffron strands. Cool the mixture for 10 min and refrigerate for more than an hour.
5. Tasty instant Rabri is ready to serve!
6. Note: As I love eating it thick, I have prepared it in a thick consistency. You can also prepare it based on your desired consistency either by changing the quantity of milk or bread.
7. This can be stored in a refrigerator for up to 3 days.



Kshitij's Instant Rabri

# Mengyuan's Hong Kong Style French Toast

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*This is a really delicious but super easy dish!*

- 2 slices of bread (2cm thick)
  - 1 egg (beaten)
  - 1 tbsp peanut butter
  - 1 tbsp vegetable oil
  - 1 tbsp milk
  - 1 slice of lunch meat
- 

1. Spread the peanut butter on a slice of bread, stack a slice of lunch meat, and then stack the other slice of bread on top.
2. Add milk to the beaten egg and mix well. Dip the bread into the mixture until all parts are soaked.
3. Heat oil in a pan on medium heat, pan-fry the French toast about 1 min for each side or until all sides are golden brown.



# Mel's Salted Egg Sesame Balls

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*I came up with this idea during Circuit Breaker when it was difficult to meet up with groups of friends. This dish can be stored in the fridge for days and is convenient to prepare as it only needs to be fried. I like to fry this snack for friends when we meet up.*

## The filling:

- 4 pcs salted egg yolk
- 100g unsalted butter
- 60g icing sugar
- 2 tbsp custard powder
- 80g milk powder
- 40ml milk
- 1 tbsp vanilla extract

## The sesame balls (to make 18 pieces):

- 120g glutinous rice flour
- 125g water
- 50g sugar
- Sesame seeds as needed



## **Making the filling**

1. Steam the salted egg yolk and mash them inside a bowl.
2. Melt the butter (or ensure the butter is at least room temperature).
3. Mix all the ingredients for the filling until well combined.
4. Pour the filling into a container.
5. Cool the filling in the fridge.
6. Cool at least 1 hour before use.

## **Making the sesame balls**

1. Mix the sugar in hot water (easier to dissolve).
2. Place 100g glutinous rice flour in a bowl. Add the sugar water and oil to the flour.
3. Mix until it is combined and you are able to knead it with your hand.
4. Add a little more flour (20g) until the dough does not stick to your hand.
5. Shape the dough into 18 spherical balls.
6. Take out the filling from the fridge.
7. Take 1 tbsp of the filling and make a small ball.
8. Flatten out the sides of the dough ball and insert the filling ball.
9. Wrap the filling with the dough and make sure the dough completely covers the filling.
10. Shape the dough into spherical shapes.
11. Put sesame seeds into a bowl.
12. Dip the balls into the sesame seed bowl to cover the dough.
13. Place oil into the frying pan and deep fry the sesame balls (the sesame balls need to be submerged in the hot oil).
14. Fry at medium heat for about 3 to 4 min until the skin is brown.

# Qi Run's Peanut ft. Banana

*This is a simple dish that saves a lot of energy in the morning. It's my perfect breakfast - peanut butter banana bread. It's really simple to prepare and very fulfilling so give it a try!*

*Tip: It tastes even better when chilled as the banana gets firmer. I always have it with a good cup of hot milk.*

*Disclaimer: Everyone has different preferences and if you are allergic to peanuts, please do not try this recipe.*

- 1 tsp of peanut butter (I have tried multiple types of peanut butter but found Planters to be the best)
- 1 banana (sliced to cover a whole slice of bread)
- 2 slices of wholemeal bread (I have been eating SuperValue wholemeal bread - really worth the price!)
- 1 cup of hot milk (add oats if you like)

1. Spread the peanut butter on one slice of the bread.
2. Slice the banana into pieces and place evenly on the other slice of the bread.
3. If you would like it chilled, best to put it in the fridge for 30 min.
4. Prepare a cup of hot milk and add oatmeal/corn flakes if you like.
5. Enjoy the simple yet tasty and fulfilling breakfast!





# Saagar's No-Hassle Tater Tots

*This is a quick snack fix to chase the Monday Blues away. I chanced upon a version of this recipe on Tiktok and decided to try it out. It was an easy snack to make and my family enjoyed it very much. I definitely see myself making this again, possibly in a larger quantity!*

- 3 potatoes
- 2 tbsp of corn starch
- Salt (as per your preference)
- Pepper / Herbs (as per your preference)
- Oil (for deep frying)

1. Peel the potatoes and cut in halves.
2. Boil the potatoes for approx. 15 min.
3. Grate the potatoes vertically, ensure swift motion so the grated potato are in larger pieces.
4. Add 1 tbsp each of cornstarch, salt and other seasonings such as garlic or herbs to flavour the potato mixture.
5. Mix the mixture.
6. Form the mixture into the shape of tater tots.
7. Freeze it for 30 min.
8. Prepare the oil for frying over medium-high heat and fry away!
9. There you have it, tater tots.



# Shruti's Choco-Cinnamon Rolls

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*Nothing beats the aroma of freshly baked cinnamon rolls when you're lounging at home and craving dessert. Cinnamon rolls have always been a western cafe specialty, to be enjoyed with freshly brewed coffee or eaten as is when it's fresh and warm from the oven. You can now make them at home, and with a chocolate twist! I love cinnamon rolls because they fill you up, curb your cravings, and make the perfect daytime snack or even an afterparty dessert!*

## For the Rolls:

- 3 cups all-purpose flour
- 1 cup milk, moderately warm
- ¼ cup butter, melted
- 1 egg
- ¼ cup granulated sugar
- 1 ½ tsp baking powder
- ¼ tsp salt
- 2 ½ tsp activated dry yeast or instant yeast

## For the Filling:

- 1 cup brown sugar (dark or light)
- 2 ½ tablespoons ground cinnamon or cinnamon powder
- ¼ cup butter, softened
- ¼ cup chocolate chips

## For the Glaze:

- 2 tsp cocoa powder
- 2 tbsp butter
- 1 tsp cinnamon powder
- ½ cup granulated sugar
- ¼ cup water



### **For the Dough:**

1. To activate the yeast, add the yeast mixture to  $\frac{1}{4}$  cup hot (but not boiling) water. Mix and set aside until it cools. Skip this step if using instant yeast.
2. Add all the ingredients for the dough together and mix until the texture is a little lumpy and sticks together.
3. Knead the dough softly and place it in a bowl.
4. Cover it with a towel or a kitchen cloth and let it rest and rise for 1 hour.

### **For the Filling:**

1. Mix all the ingredients for the filling together and set aside.
2. If the texture is too runny, place in the fridge until the texture is dry.

### **For the Rolls:**

1. Lightly flour a flat surface.
2. Take out the dough from the bowl and roll it out on the flat surface into a rectangular (roughly 12 x 14 inches) shape.
3. Scoop the filling and add it to the rolled dough. Gently spread the filling until it is uniformly distributed.
4. Roll the dough slowly and tightly so that it is uniform and there are many swirls in it.
5. Take a sharp knife and cut around 9 equal pieces of the roll.
6. Grease an oven pan with butter and fit in the rolls.
7. Pre-heat the oven and place the oven pan in and bake at 190°C for 20 to 25 min.

### **For the Glaze:**

1. Mix all the ingredients for the glaze together until the consistency is runny.
2. Pour the glaze over the hot cinnamon rolls.
3. Serve hot and enjoy with iced coffee or as is!

# Tiya's

## Avocado Toast 3 Ways

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*I'm obsessed with this dish! My friends will tell you that I eat this way too often but I can't help it. Inclusive of all your macro nutrients, this breakfast option is a great way to start your day. It's healthy, filling, yummy, and basically ticks all the boxes.*

- 3 slices of sourdough bread
  - 2 tbsp olive oil
  - 1 whole avocado, mashed
  - 1 to 2 tbsp chili flakes (depends on preference)
  - 1 tbsp of squeezed lemon juice
  - Salt and pepper to taste
  - 1 egg
  - 1 tsp of vinegar
  - 3 cherry tomatoes, sliced in halves
  - 1 tbsp of feta cheese, crumbled
  - 1 ½ tbsp of honey
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1. Cut and mash the avocado in a bowl. Add the lemon juice, chili flakes, salt, and pepper and mix well.
2. Heat a saucepan over a low heat. Coat all 3 slices of bread with olive oil and toast it on the pan. Set aside once done.
3. Boil water in a pot on the stove, add vinegar and stir well. Once the water is boiled, reduce to the lowest heat. Take a spoon and start creating a whirlpool in the pot. Crack an egg in another bowl and gently lower the bowl into the middle of the whirlpool and drop the egg in to poach it. Cook for 2 min on the lowest heat and then remove the egg from the pot to let it cool.
4. To assemble: Spread a generous serving of the avocado on each slice of bread.
5. 1st toast - Add the poached egg and then add salt and pepper on top.
6. 2nd toast - Arrange the cherry tomatoes and then spread the crumbled feta cheese in between.
7. 3rd toast - Drizzle the honey (even I was skeptical about this one, but trust me it works).
8. Finally, assemble all 3 toasts on a plate and it's ready to serve!



Tiya's Avocado Toast 3 Ways

# Whitney's Rose Apple Pie

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*A great-looking afternoon tea treat that can be made in Halls to release the pressure of studying all day!*

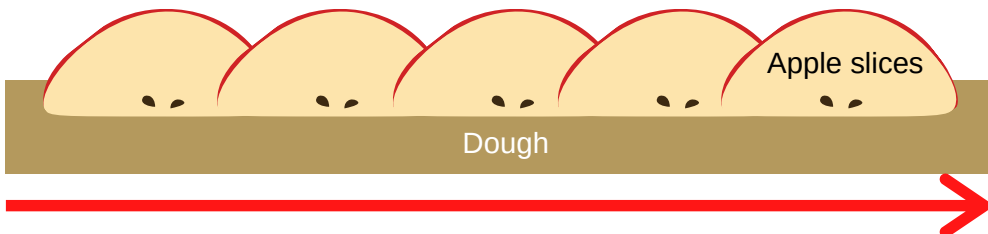
- Two apples
- Dough of Indian flying pancakes or Chinese pancakes (can be bought in markets)

Also prepare:

- A pot
- Kitchen paper
- Chopping board



1. Cut the apples into four pieces.
2. Further cut each of the four pieces into many thin semicircular apple slices.
3. Boil water in a pot.
4. Put the slices of apple into the boiling water briefly, then quickly remove them and place on the chopping board.
5. Spread out the individual slices of cooked apples.
6. Dry the surface of the apple slices with a kitchen towel.
7. Prepare the dough of Indian flying pancakes or Chinese pancakes.
8. Unfold the dough and cut into long rectangular strips.
9. Take a strip of the dough.
10. Take a slice of apple and place it on the left end of the dough. When placing the apple slice, the semicircular arc faces away from the dough and the horizontal line touches the middle of the dough (see image below).
11. Take the next apple slice. The position of the new apple slice is as follows: the leftmost end of the new apple slice should overlap the previous apple slice.
12. Continue placing the apple slices so that they overlap and cover the full length of the dough.
13. Once the apples are in place, starting from the left end, roll the crust from one end to the other to form a rose shaped apple pie!
14. Put the apple pies in the oven and bake them at  $180^{\circ}\text{C}$  for 20 min (sprinkle with sugar if you prefer a sweeter taste).



*Starting from the left end, roll to form a rose shaped apple pie!*

