

Chap Chye Recipe

(Nyonya Mixed Vegetables Recipe)

Ingredients: Serves 4

4 tablespoons cooking oil
7 cloves garlic, peeled and finely chopped
2 tablespoons preserved soy bean paste (tau cheong)
300 g medium prawns (shrimps), shelled and de-veined
30 g lily buds (kim chiam), hard tips cut off and knotted
2½ tablespoons cloud ear fungus (wan yee), soaked in water until soft and cut away rough patch at the base
55 g bean curd skin (fu chok), soaked in water and cut into 7.5-cm lengths
350 ml water
500 g cabbage, cut into small pieces
30 g transparent vermicelli (tang hoon), soaked in water until soft and cut into 7.5-cm lengths
2 scallions, trimmed and sliced for garnish

Seasoning:

1 tablespoon light soy sauce
¼ teaspoon thick soy sauce
pinch of salt
1½ teaspoons sugar

Method:

Heat the cooking oil and lightly brown the garlic. Add preserved soy bean paste and fry until fragrant. Put in the prawns (shrimps), lily buds, cloud ear fungus and bean curd skin and fry for another 2 minutes. Stir in water and bring to a boil. Cook until bean curd skin is soft. Add the cabbage, transparent vermicelli and seasoning. When cabbage is cooked, remove from the heat. Garnish with scallions and serve with spicy shrimp paste (sambal belachan - pls refer more Nyonya Recipes).

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