



**gula
apong**

亚答糖

Nipah Palm Sugar

COOK BOOK



Pure Gula Apong



Pure Gula Apong



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Website



Cha Kueh



35 minutes



4 persons



Ingredients

1 packet rice cake (32 oz/900g)
5 tbsp vegetable oil
3 cloves garlic (minced)
1 oz chai poh / pickled radish, chopped (30g)
2 tsp chili paste
6 oz shrimps (peeled and deveined) (170g)
2 tsp sweet soy sauce
1 tsp *gula apong*
Salt and pepper to taste
2 large eggs
4 oz Chinese chives (cut into 1-inch lengths) (115g)
8 oz bean sprouts (trimmed) (225g)

Instructions

- 1 Cut rice cake into $\frac{3}{4}$ inch cubes.
- 2 Heat 1 tablespoon vegetable oil in non-stick fry pan.
Pan fry cubed rice cakes until lightly brown in color, about 15 to 20 minutes.
- 3 Remove and set aside.
- 4 Heat a large wok on the stove. Add remaining 4 tablespoons of vegetable oil when wok is heated. Sauté garlic, chai poh (pickled radish), and chili paste for 30 seconds.
- 5 Add shrimps and continue to stir fry for 1 minute.
- 6 Then add pan fried rice cubes, sweet soy sauce, salt, and pepper. Stir to combine.
- 7 Create a well in the center of the wok. Crack in the eggs. Stir and toss rice cubes over eggs to get them coated.
- 8 Add Chinese chives and bean sprouts. Stir for another 30 seconds to 1 minute.
- 9 Remove and serve immediately.





Chicken Rendang



60 minutes



4 persons

Ingredients

1 1/2 lbs. boneless and skinless chicken breasts or thighs, cut into cubes
1/3 cup cooking oil
1 cinnamon stick
3 cloves
3 star anise
3 cardamom pods
1 lemongrass, white part only, pounded and cut into strips
1 cup coconut milk
1 cup water
5 kaffir lime leaves, bruised
5 tablespoons toasted grated coconut, kerisik
1 tablespoon *gula apong*
Salt to taste

Spice Paste:

6 shallots
1- inch piece galangal
3 stalks lemongrass, white part only
4 cloves garlic
1- inch piece ginger, peeled
10 dried chilies, chili arbol, seeded

Instructions

- 1 All all the ingredients of the Spice Paste in a food processor. Blend well.
- 2 Heat the oil in a skillet, add the Spice Paste, cinnamon, cloves, star anise, and cardamom pods and stir-fry them until aromatic. Add the chicken and lemongrass, stir to combine well with the spices. Add the coconut milk, water, and simmer on medium heat, stirring Frequently until the chicken is almost cooked.
- 3 Add the kaffir lime leaves, toasted coconut, stir to blend well with the chicken. Lower the heat to low, cover the lid, and slowly simmer for 30 minutes or until the chicken is tender and the liquid has dried up. Add more *gula apong* and salt to taste.
- 4 Serve immediately and enjoy!



Sweet Fried Noodle



Preparation Time
15 minutes



Ingredients

1 (14-ounce) package water-packed extra-firm tofu
1 package fresh Chinese lo mein egg noodles
2 tablespoons dark sesame oil
4 garlic cloves, minced
1/4 teaspoon salt
4 heads baby bok choy
1 tablespoon *gula apong*
3 tablespoons chilli paste with garlic
2 tablespoons fresh lime juice
2 tablespoons sweet bean sauce
2 tablespoons low-sodium soy sauce

Instructions

Step 1

Line a plate with a triple layer of paper towels; top with tofu.
Place a triple layer of paper towels on top of tofu; top with another plate.
Let stand 20 minutes.
Cut tofu into 1/2-inch cubes.

Step 2

Cook noodles in a large pan of boiling water 3 minutes or until done; drain in a colander over a bowl, reserving 1 cup cooking liquid.
Wipe pan with paper towels.
Heat oil in pan over medium heat.
Add garlic to pan; cook 30 seconds, stirring constantly..
Add salt and bok choy; cook 30 seconds, stirring frequently.
Stir in 1/2 cup reserved cooking liquid; bring to a boil.
Reduce heat, and cook 4 minutes.

Step 3

Combine *gula apong* and remaining ingredients, stirring until combined.
Add noodles, remaining 1/2 cup cooking liquid, and sugar mixture to pan; toss to combine.
Cook 30 seconds or until thoroughly heated, tossing to coat.
Add tofu; toss to combine.
Serve immediately.



Grilled Chicken Wing



15 minutes



10 persons



Ingredients

1 cup flour (125 g)
1 teaspoon chili powder
1 teaspoon kosher salt
1 teaspoon black pepper, freshly ground
1 teaspoon paprika
1 teaspoon garlic powder
20 chicken wings, or drumettes
1 cup BBQ sauce (290 g)
½ cup *gula apong* (170 g)

Instructions

- 1 Preheat oven to 425°F (220°C).
- 2 In a bowl, combine flour, chili powder, salt, pepper, paprika, and garlic powder. Coat the wings in the flour evenly, shaking off any excess.
- 3 Place the floured wings on a parchment paper-lined baking sheet and spread them out in a single layer.
- 4 Bake for 45 minutes, flipping halfway through, until skin is crispy and golden brown.
- 5 Preheat oven to 500°F (250°C).
- 6 In a separate bowl, combine the BBQ sauce and the *gula apong*.
- 7 Stir the cooked wings in the sauce and coat them evenly.
- 8 Place the coated wings back onto the baking sheet and spread them in a single layer.
- 9 Bake for 8 to 10 minutes, until sauce is bubbly and caramelized. Cool, then serve.
- 10 Enjoy!





Grilled Lamb



40 minutes



4 persons

Ingredients

1/4 cup *gula apong*
2 teaspoons ground ginger
1 teaspoon ground cinnamon
1 teaspoon ground black pepper
1 teaspoon garlic powder
1/2 teaspoon salt
4 lamb chops

Instructions

- 1 In a medium bowl, mix *gula apong*, ginger, cinnamon, pepper, garlic powder, and salt.
- 2 Rub lamb chops with the seasonings, and place on a plate.
- 3 Cover, and refrigerate for 1 hour.
- 4 Preheat grill for high heat.
- 5 Brush grill grate lightly with oil, and arrange lamb chops on grill.
- 6 Cook 5 minutes on each side, or to desired doneness,
- 7 Enjoy





Gula apong ice cream



90 minutes



5 persons

Ingredients

1/2 can Condensed Milk
1 1/2 can Evaporated Milk
1 sp Ovalette
1/4 sp Extract Vanilla
1 Cup Gula Apong

Instructions

- 1 Mixed together all the ingredients and blend.
- 2 Place the mixture in a deep stainless steel baking dish and freeze for 45 minutes.
- 3 Ready to served





Seafood Shell Out



45 minutes



10 pax

Ingredients

1/3 cup corn oil

B

Seafood & Vegetables

A (Blend)

50 g dried chilli, soaked

200 g onion

20 g garlic

20 g ginger

1/3 cup water

2 stalks lemongrass, crushed

2 sprigs curry leaves

4 tsp fish curry powder

3 tsp oyster sauce

1/4 cup fish sauce

3 pieces dried tamarind

1 lemon, juiced

1 tsp GA's Gula Apong

100 ml water, add to gravy

3 crabs, clean and cut

300 g prawn, cleaned (leave shell on)

100 g clams, cleaned

150 g squid, cleaned and sliced

200 g broccoli, cut into florets

2 corn cobs, cut into 3 pieces

200 g carrot, sliced

Instructions

Heat pan and stir-fry blended ingredients until the oil separates.

Add in lemongrass, curry leaves and the curry powder that has been mixed with water, oyster sauce, fish sauce, dried tamarind and lime juice. Stir in thoroughly.

Pour in water and give it a good stir.

In a big pot, boil water and add in the seafood and vegetables. Let it boil until it's cooked.

Take 1 cup of stock from the boiled ingredients and strain the seafood and vegetables.

Mix it with the gravy, seafood and vegetables until well combined.

Lay out the dish in a large serving dish and serve with pitta bread or corn rice!

