



FRIDAY DEMO – 12:30-13:00

ROU JIA MO WITH CHICKEN SATAY AND ASIAN SLAW

Chinese hamburger filled with Chicken Satay

Ingredients

Chicken Satay

200g of Chicken thigh, sliced into long strips
100g of Sliced Red onion
20g of mince garlic
2 Tbsp of Chilli sauce (**Chilibobs**)
2 Tbsp of Fish sauce
2 Tbsp of Honey (**Bee juice, Diddly Squat Farm**)
2 Tbsp of Peanut butter (**The Loving Chef**)
3-4 sprigs of fresh coriander
1-2 sprigs of spring onion
½ cucumber (Thinly sliced)

Asian Slaw

½ cup shredded green cabbage
½ cup shredded red cabbage
½ cup shredded carrots
½ yellow bell pepper (thinly sliced)
2 springs of chopped coriander
2 springs of chopped spring onion

Dressing

¼ cup of Rice Vinegar (Apple cider vinegar is fine too)
2 Tbsp of Soy sauce
1 Tbsp of Sesame oil
2 Tsp of Sesame seeds (black and white mixed)
2 Tbsp of Honey (**Bee juice, Diddly Squat Farm**)
1 Tbsp of grated ginger
1 clove of minced garlic
1 Tsp of chilli sauce (**Chilibobs**)

Bread

250g of Dumpling flour or bread flour if you are making it at home (plus some dusting)
140ml of Water
15g of Vegetable oil
3.5g of Dried instant yeast (half a satchel)
1/2 Tsp of Salt
1 Tsp of Baking powder

Method

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FRIDAY DEMO – 14:30-15:00

HOMEMADE PRAWNS DUMPLING WITH SILKY STEAMED EGGS

Ingredients

Dumpling wrapper

240g of Strong white flour
120g of Hot boiling water
½ of Salt

Dumpling filling

200g of Prawns (minced)
2 sprigs of Spring onion
2 sprigs of Coriander
1 Egg white
1 Tsp of grated ginger (fresh)
1 Tsp of Minced garlic
1 Tbsp of Soy sauce
¼ Tsp of White pepper

Chilli oil mix

1 Tbsp of Chilli oil with flake
2 Tbsp of Soy sauce
[1 Tbsp of Honey \(Nature's Fayre\)](#)
1 Tbsp of Cider Vinegar
1 Tsp of minced garlic

Steamed Eggs

3 large Eggs
150ml of Water
Pinch of salt and pepper
1 Tbsp of Soy sauce
1 Tbsp of Sesame oil
2 sprigs of Spring onion

Method

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