

Christmas delights

Love what you see on this month's cover? The instructors at Palate Sensations reveal their secret recipes and more By Jessie Kok



Danny Chu, Owner, Enso Kitchen

Mochi balls with red bean paste

Having taken his training in the Zen temple for a style of pure and light cooking called Shojin Ryori, Danny is bringing the vegetarian and philosophical approach back to Singaporeans. He holds Sunday lunches at the Wacha Restaurant for diners who crave for the simplicities of life after a week of hustle and bustle.

Chef's Word: "This dessert is based on the vegetarian philosophies that monks observe for Shojin cooking and contains no eggs, garlic, onions and dairy products. In replacement, tofu is used to bring forward a fluffier and smoother consistency in taste. Shojin monks always minimise wastage in their cooking in respect to the gifts that nature has provided human beings with. With the limited amount

of dessert choices for vegetarians out there, this school of cooking will provide them with an availability for delectable light sweets."

INGREDIENTS

Rice flour
Silken tofu
Red bean paste
Soy or green tea powder

Method

1. Mix equal portion of rice flour and tofu – mashed well.
2. Divide the mixture into equal portions and roll each portion into balls. With gentle pressure, flatten it such that the red bean paste can be placed in the centre. Wrap the mixture around the bean paste until it covers completely in even layer. This forms mochi balls filled with red bean paste.
3. Bring ample water to a boil and add mochi balls. Boil for about 3 mins. Cool

it in cold water.

4. Coat the mochi balls with soy powder or green tea powder and serve.

Poached pears

2 pears

3 cups of red wine

4 tbsps of maple syrup

Method

1. Peel and cut the pears into bite size.
2. Combine the red wine, maple syrup and pears in a pan and cook on low heat for about 15 mins.
3. Remove and let it cool at room temperature. Refrigerate for an hour.
4. Serve the poached pears in individual bowls.



Puja Pawa, Executive Chef at Paisley and Cream

Pumpkin cupcakes

Being a graduate of the Cordon Bleu Culinary Academy in London, Puja's signature pastries and savouries are made in house daily to exemplify the quality of her fresh bakes.

Chef's Word: "Paisley and Cream serves all day breakfasts, salads, sandwiches and wraps on top of coffee

and pastries, but these cupcakes are always what my patrons would buy a dozen at a go. I almost spend all my days in the kitchen just to replenish the gems because they run out too fast."

INGREDIENTS

50g Butter, unsalted (at room temperature)

50g Vegetable oil

100g Caster sugar

2 Eggs

100g Self Raising flour

1/4 tsp Baking powder

1/4 tsp Mixed spice

6 tps Pumpkin puree

Method

1. Preheat the oven to 170-170C. Place 6 large baking cups into a muffin pan
2. Sift the flour, baking powder and mixed spice. Set aside.
3. Beat butter, oil and caster sugar with a paddle until well combined.

4. Add the eggs, one at a time. Mix well after each addition.
5. Fold in the dry ingredients and the pumpkin puree.
6. Fill the muffin pan evenly with the batter.
7. Bake for about 25mins, until springy to the touch.
8. Allow to cool.

Quick and easy buttercream

INGREDIENTS

250g Butter, unsalted (at room temperature)

250g Icing Sugar

1/4 tsp Mixed spice

Method

1. Beat the butter and icing sugar until creamy.
2. Pipe desired design onto cupcakes



Special thanks to our chefs for their festive contributions this month. Both Puja Pawa and Danny Chu are currently holding courses at Palate Sensations. For more information on their cooking classes, log on to www.palatesensations.com.