



# Cooking brings them together

## Three generations of cooks sizzle at culinary competition

### A FAMILY that cooks together wins together.

And it's even more special when three generations of the family cook.

Madam Yeo Lang Hiang, 77, a homemaker, daughter Mrs Jenny Chua, 54, also a homemaker, and grandson Mr Leonard Chua, 22, a student, emerged winners at The Great Cook-Off.

This cooking competition involved a three-generation family preparing one main and one side dish. It was initiated by HandMeDown, a company that aims to share tradition, in cooperation with Family Life (People's Association) to promote inter-generational bonding.

Winning is nothing new to this family.

Madam Yeo won a dumpling-making contest in May 1992 for being the fastest to make a dumpling, as well as having the heaviest dumpling.

Their winning recipe for The Great Cook-Off was their special bamboo belly (main dish) with yam rice (side dish). And it turns out, this dish is great for breakfast.

Mrs Chua said: "You can eat the pork belly with porridge, plain bread, leaf bun (the bun eaten with kong bak), or French loaf."

She added: "The bamboo and the pork belly can be put in the bread. It can go with coffee or tea."

■ (From left) Mr Leonard Chua, his mother, Jenny and his grandmother Mdm Yeo Lang Hiang with their signature dish.

The family has regular dinner dates but seldom meet for breakfast. But when they do, Madam Yeo is the decision maker.

Said Mrs Chua: "My mum likes meepok and dried noodles, or we go for porridge."

Madam Yeo usually chooses to eat out at the coffee shop at Serangoon Central, as she likes that place.

Like the winners, the runners-up is not a breakfast family.

Team Cooking Angels from Jurong Green Community Club prepared nasi kuning (yellow rice), fried chicken in green chilli and mango salad.

The team comprised of Madam Saedah Tahier, 61, a housewife, daughter-in-law Madam Nora Abu Hussein, 31, a housewife, and Madam Nora's nephew, Muhd Shafiq, 18, a student.

Madam Nora's family (her husband, children, parents and siblings) eats breakfast at home together every weekend.

"(Either) my mother or I will prepare breakfast (of mee rebus, mee soto, laksa, mee siam or roti kirai (which is like a pancake dipped with curry chicken or beef curry)."

On weekdays, they eat "bread with butter or jam, hard-boiled eggs or cereal".

## BAMBOO BELLY

### INGREDIENTS:

- Dried bamboo shoots (500g)
- Pork belly (2kg)
- Garlic (20 cloves)
- Ikan bilis (250g)
- Light soya sauce (150ml)
- Dark soya sauce (2tbs)
- Cooking oil (300ml)
- Water (1 litre)
- Salt (1/4 tsp)
- White pepper (1/2 tsp)
- Red chilli and parsley to garnish

### INSTRUCTIONS:

- Soak bamboo shoots in hot water two nights before cooking
- Cube pork belly
- Clean and boil pork belly in water until 60 per cent cooked
- Drain pork but keep water for bamboo shoot stock. Marinate pork with salt and pepper for 30 min
- Deep fry pork till golden
- Soak in light soya sauce immediately after
- Boil ikan bilis
- Clean and thinly slice bamboo shoots
- Fry garlic
- Add sliced bamboo shoots, salt & pepper
- Transfer fried bamboo shoots to a big pot filled with combined ikan bilis stock, pork belly stock and light soya sauce used to soak the fried pork belly
- Add dark soya sauce to give a golden finish
- Boil bamboo shoots until they are soft but still crunchy
- Add pork belly to bamboo shoots and boil together before serving them as a complete dish.

The dish can be served together with rice, steamed leaf buns and bread.