

SEM SEM BUT NO SEM

A Cookbook of ASEAN Noodle Dishes



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Permanent Mission of the Republic of the Philippines to ASEAN
Jakarta

Sem Sem But No Sem: A Cookbook of ASEAN Noodle Dishes

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Foreword

Unity in Diversity is the overarching theme with which ASEAN visualizes to achieve its ASEAN Community. This theme finds its home in the diverse and delectable noodle dishes of ASEAN, and thus, the inspiration for this cookbook.

Sem sem but no sem is a collection of ASEAN noodle dishes the preparation of which was demonstrated by the Ambassadors of ASEAN Member States, collectively known as the Committee of Permanent Representatives and their spouses, during a mini-festival of ASEAN noodle dishes held at the Chancery of the Permanent Mission of the Philippines to ASEAN in South Jakarta. These recipes reveal the rich history and cultural heritage of ASEAN countries, from native elements to foreign influences in the ingredients and the manner of their preparation.

In the following pages, readers will discover the wondrous delights and the symphony of flavors that ASEAN noodle dishes have to offer. Ingredients and cooking instructions, as well as some trivia about the dishes, are listed herein to teach aspiring cooks as well as experienced chefs how to make ASEAN noodle dishes by themselves. The cookbook is accompanied by a 15-minute video which will be uploaded on YouTube and on the website of the ASEAN Secretariat for all to enjoy.

I am grateful for the cooperation of the Ambassadors/Permanent Representatives of ASEAN Member States stationed in Jakarta in realizing this project. My sincere thanks go to the officers and staff of the Permanent Mission of the Philippines to ASEAN who worked hard to translate this project to reality, and the ASEAN Foundation for their expert advice and for lending to us their photographers during the mini-festival. Most of all, I am grateful to the Secretary General of ASEAN, Dato' Lim Jock Hoi, for gracing the event and inspiring us all to continue the effort to raise awareness about ASEAN through its diverse and remarkable cultures.



A handwritten signature in black ink, which appears to read 'Elizabeth P. Buensuceso'.

ELIZABETH P. BUENSUCESO

Permanent Representative of the Philippines to ASEAN

Message

This cookbook, *Sem sem but no sem*: a mini-festival of ASEAN Noodle Dishes, is a valuable publication that supports efforts to raise the profile of ASEAN and its diverse cultural heritage to a wider audience. Noodles are a mainstay of Southeast Asian cuisine and our noodle dishes are popular within and outside the region. Thus this publication of our region's 10 best noodle dishes has both practical value and aesthetic appeal.



This cookbook features the contributions and participation of all Permanent Representatives of ASEAN Member States based in Jakarta which exemplify the spirit of cooperation and unity that best characterizes ASEAN. I hope that efforts such as this and the many initiatives that highlight ASEAN Community building will inspire us to keep searching for things that unite, rather than divide.

I hope this initial project of the Permanent Mission of the Philippines will set a tradition and motivate others to undertake similar initiatives, such as showcasing the different rice dishes, or favorite viands of ASEAN Member States. These activities could be undertaken by the other missions here in Jakarta, respective ASEAN National Secretariats, and the ASEAN Committees in Third Countries around the world.

In this regard, I commend the efforts of the Permanent Representative of the Philippines, H.E. Elizabeth Buensuceso, for turning this project into a reality as well as her tireless efforts in contributing towards ASEAN Community building.

DATO' LIM JOCK HOI
Secretary-General of ASEAN

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Brunei Darussalam

Soto Brunei

Soto is a common name for a soup dish in Southeast Asian countries with Malay influences such as Brunei Darussalam, Indonesia, Malaysia, and Singapore.

The stock for Soto Brunei is typically beef based although condiments may include shredded chicken, sliced fish cakes or crab sticks, and hard boiled eggs, among others. What sets Soto apart from one country to the next are the differences in the use of spices, the texture and the toppings of the soup. In Malaysia for example, Soto may be eaten with rice cakes while in Brunei Darussalam, Soto is typically consumed with either rice or egg noodles.

Soto Brunei can be served for breakfast, lunch, high tea or even dinner. It is best served while the soup is still piping hot. The nature of the spices used in Soto Brunei makes it a perfect dish one may choose to have on a cold rainy day or as a remedy for a nasty cold.

To order Soto in Brunei, it is important to remember that the noodles are referred to according to its color. *Putih* (white) for rice noodles and *kuning* (yellow) for egg noodles. Interestingly, when the soup is taken with both rice and egg noodles, the action of marrying both noodles together created the name *Soto Kawin* (married). Hence, if chicken is the preferred main topping, one would order *Soto Ayam Putih* or *Soto Ayam Kuning* or *Soto Ayam Kawin*.

For those who just need to have that extra hot chili spice with everything in their food, asking for *lada rindu* to add to the dish is a sure-fire way of firing up the appetite, so much so that they surely long for more.

Soto Brunei

Ingredients (serves 4)

Rice noodles (blanched)

Egg noodles (blanched)

9 red onions (sliced)

5 cloves garlic (sliced)

2 inch ginger (crushed)

1 inch galangal (crushed)

Ingredients for the soup

1 kilogram beef

1 kilogram beef bones

Cooking oil

Spices

Cinnamon

Cloves

Cardamom

Star anis seed

Cumin

Coriander seeds



Chef of Brunei Ambassador Kasmalati Dato Kassim (1st from left), her spouse Mr. Penigran Noor Azman (middle), and Ambassador Elizabeth Buensuceso (right)

Condiments

Beansprouts (blanched)

Fried onions

Lime (halved)

Spring onion (finely chopped)

Celery leaves (finely chopped)

Fresh chili (finely chopped)

Boiled eggs (halved)

Chili sauce

Sweet soy sauce

Salty soy sauce

Vinegar

Salt and pepper to taste



Chef of Brunei Ambassador Kasmalati Dato Kassim (right) and her spouse Mr. Penigran Noor Azman (left) prepare the soup for Soto Brunei

Preparation

1. Sauté the sliced onions and garlic with some oil until it turns golden brown.
2. Add in the spices until the aroma of the spices rises.
3. Add lemon grass.
4. Add water and bring to boil.
5. Add beef and beef bones, crushed ginger and galangal.
6. Add salt and pepper to taste.
7. Leave the soup to boil for several hours until the beef softens, constantly replenishing the water as necessary. Add spices to taste as necessary.
8. Once beef softens, take the beef out and dice.
9. To serve, pour the soup over a portion of noodles and selected condiments.





Cambodia

Khmer Curry

Traditional Khmer curries don't follow a strict recipe, just certain key ingredients. This allows for a certain flexibility for those who want to customize it according to their varied palettes. It is a dish that inspires delicious experimentation, which has produced many different recipes nationwide with varying levels of spice! However, most Khmer curries are pretty mild and mellow with sweet tones --- very soothing for the palette. If you are in Cambodia, there are, of course, plenty of chilis nearby to spice things up.

Usually, you can find cooks serving up Khmer curry with the choice of either chicken, pork, beef, duck, or even frog. The thick, flavorsome, and aromatic broth is generally made with coconut, cream, fresh milk, fish sauce, and sweet potatoes. This is accompanied by garlic, shallots, turmeric, various herbs, and ginger. Then it's up to the chef to decide what goes into his or her Khmer curry!

Khmer curry is sometimes served by itself to enjoy the savory meat flavors but it's usually served alongside noodles, rice, and baguettes.

Khmer Curry

Ingredients (serves 4)

1 whole chicken (approximately 1.2 kilograms), cut into medium sized pieces

Ingredients for the curry paste

3 or 4 stalks lemon grass

8 cloves garlic

2 pieces onions

3 pieces shallots

50 grams ginger (chopped)

50 grams turmeric root (peeled and sliced)

50 grams soy sauce

2 pieces star anis

3 or 4 kaffir lime leaves (finely sliced)

Ingredients for the curry

2 glasses coconut milk

3 tablespoons sugar

2 tablespoons salt

2 or 3 pieces carrots (sliced)

3 pieces sweet potatoes

2 pieces long bean

Cauliflower (optional)

Noodle or bread (optional)





Chef of Cambodia Ambassador Yeap Samnang (right) prepares the toppings for Khmer Curry

Preparation

1. Prepare the lemongrass by cutting off the tough dry roots and top ends. Approximately 3-4 stalks (depending on the freshness) are needed to get about 1 ¼ cups of chopped lemongrass.
2. Using a deep pan, add all of the curry paste ingredients and cook on low heat for 8-10 minutes until the oil begins to separate from the curry paste.
3. Next, add the chicken pieces and cook on medium heat for about 6-7 minutes. Stir at constant intervals so that the spice paste does not get burnt or stick to the bottom of the pan.
4. Add the coconut milk, and season with salt and add sugar to taste.
5. Cook on medium heat until the chicken becomes tender.
6. Add coconut milk again and cook for another 8 minutes.
7. You may also accordingly add more vegetables to the bowl.





Bakmi Goreng Jawa

Bakmi Goreng Jawa is believed to have originated from the village of Piyaman in Wonosari, Kidul Mountain in Yogyakarta. Over time, this traditional dish together with its close counterpart, the world renowned Bakmi Goreng gained popularity and spread throughout Indonesia and ultimately abroad, where it found its place in many restaurants and households.

Traditional Bakmi Goreng Jawa is cooked using an *anglo*, a traditional clay stove with burning charcoals. This method brings in a special aroma that enhances the distinctive flavor of the Bakmi.

At present, people can enjoy this dish at any time of the day but traditionally, Bakmi Goreng Jawa was commonly consumed in the evening, usually as a late-night meal. Vendors would roam the streets at night, cooking the Bakmi Goreng Jawa on their *gerobak*, a wooden cart that they tow on foot. The delightful sight of these carts and the delicious aroma it brings is one that employees and students hard at work cannot resist, compelling them to stop for a while, take a break, and enjoy a plate of Bakmi Goreng Jawa.

Bakmi Goreng Jawa

Ingredients (serves 2)

300 grams / 1 package egg noodle, boil for 2 minutes and drain well, set aside

100 grams boiled chicken, shred into medium pieces

100 grams shrimp

5 pieces *bakso* (meatballs), cut into crescent shapes

1 egg (scrambled)

100 grams cabbage, chopped

100 grams mustard greens (*sawi hijau*), chopped

1 carrot, thinly sliced into matchstick size

2 sticks spring onion, thinly sliced

2 sticks celery leaves, thinly sliced

3 tablespoon sweet soya sauce

1 teaspoon salt

3 tablespoon vegetable oil

Fried shallots for garnish

Ingredients for blend spices:

4 cloves of shallots

2 cloves of garlic

3 whole roasted candle nut

½ teaspoon white pepper



Chef of Indonesia Madame Dhani Sarwono (second from left), spouse of the Ambassador of Indonesia Ade Padmo Sarwono, explains the crucial steps to making the perfect Bakmi Goreng Jawa to Ambassador Elizabeth Buensuceso



Preparation

1. Heat vegetable oil over a medium-high heat until the air above it feels heated. Blend the spices separately.
2. Add the blended spices until the color becomes golden brown.
3. Add shrimp, *bakso*, shredded boiled chicken and vegetables. Mix well.
4. Then add sweet soya sauce, salt and scrambled egg. Mix well.
5. Boil the noodles for 2 minutes. Drain well and set aside.
6. Add the boiled noodles to the spices and continue to *sauté* until all ingredients are well mixed.
7. Serve hot with fried shallots as garnish. Add shrimp crackers (optional).



Madame Dhani Sarwono completes her delectable version of Bakmi Goreng Jawa





Lao PDR

Lao Chicken Noodle Soup (Khao Piak Sen)

Lao chicken noodle soup, also known as Khao piak sen is one of most popular dishes among Lao people and is a must-try for foreign tourists visiting the country. In keeping with the major role of rice in Lao cuisine, Khao piak sen literally translates to “wet rice strands.”

Known as the chicken noodle soup of Lao cuisine, it is a common comfort food that’s great for a cold day and makes for a perfect dish due to its simplicity. It is often made in large batches to eat with a large group of people and is commonly consumed as a breakfast or lunch dish.

Khao piak sen is unique to Laos. The noodle is thick and round like Japanese udon, made from rice flour and tapioca flour. It has a fresh pasta texture – slightly elastic, firm and chewy, and the individual strands are coated with starch to keep them from sticking. The noodles are often cooked directly in the stock which adds a pleasant thickness to the comforting soup.

In the past as well as the present, Khao piak sen restaurants are one of the common sources of Lao people’s livelihood and can be found in almost every city throughout the country.

Lao Chicken Noodle Soup (Khao Piak Sen)

Ingredients (serves 2)

Chicken Broth:

8 cups chicken bone broth homemade or store-bought

3 boneless skinless chicken thighs or chicken breast

Aromatics:

1 large lemongrass stalks with tough ends trimmed off and crushed ginger or 3 tablespoon lemongrass powder

2 tablespoon galangal powder

4 kaffir lime leaves (chopped)

Tapioca Noodles (makes 500 grams of noodles):

130 grams tapioca flour (about 1 cup) plus more for dusting

100 grams rice flour (about 2/3 cup)

300 milliliter water

Seasonings:

1 tablespoon better than bouillon or use 1 cube of chicken bouillon

2 tablespoon fish sauce or more to taste

½ teaspoon sugar

salt to taste

Chili oil (Optional)

Chili/tomato sauce (Optional)

Preparation

Preparing the chicken broth:

1. Place the chicken broth in a large pot followed by chicken thighs and the aromatic ingredients. Bring to a boil and then lower the heat to let it gently simmer for the next 15 minutes or until the chicken thighs are cooked through (do not overcook the chicken). Remove the chicken thighs to a plate.
2. Stir in the seasonings. Have a taste and adjust to your taste by adding more fish sauce and/or salt if needed.
3. When the chicken thighs are cool enough to handle, shred the meat. Cover and set aside.



Chef of Lao PDR Ambassador Ekkaphab Phanthavong (right) getting ready to cook Khao Piak Sen with Ambassador Elizabeth Buensuceso

Making tapioca noodles:

1. Boil at least 300 milliliter of water.
2. Place tapioca and rice flour in a large mixing bowl.
3. Pour in the boiling water and knead the flour until it becomes smooth and non-sticky dough. If it's too wet, add a bit more tapioca flour, if it's too dry, add a bit more water.
4. Dust the cooking table with tapioca flour. Roll the dough out about 1/4 inch thick. You can use a knife to cut the noodle individually to 1/4-inch width.

Cooking the noodles separately:

1. Bring a large pot of water to a boil. Add the noodles until it turns slightly translucent and starts to float to the top. The texture should be soft and chewy.
2. Rinse the noodle afterwards in cold water.

Cooking the noodles in the broth:

1. Cook it portion by portion. Get a medium saucepan and pour about 2 cups of broth into the saucepan. Bring to a boil.
2. Add 1 portion of uncooked tapioca noodles and wait until the noodles turn slightly translucent and starts to float to the top.



Adding coriander gives the dish a fresh citrus taste

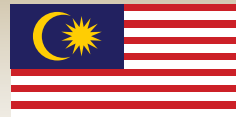


Chef of Lao PDR Ambassador Ekkaphab Phanthavong (right) puts the finishing touches on Khao Piak Sen

Serving:

Portion the noodle out into an individual serving bowl. Top with shredded chicken meat and generously add the soup. Garnish with green onions, cilantro leaves, and some fried shallots.





Malaysia

Char Kuey Teow

'Char Kuey Teow' or 'stir-fried rice cake strips' is arguably one of the most popular dishes among Malaysians of all races. It is theorized that the dish originally came from China's province of Guangdong. The name, however, is derived from the Hokkien term for 'fried', which is 'char', while 'kuey teow' refers to the 'flat rice noodles.'

Among the Chinese community, the char kuey teow is traditionally stir-fried in pork fat with crisp croutons of pork lard and served on a piece of banana leaf or plate. The noodles is stir-fried over very high heat with light or dark soy sauce, chili, prawns, deshelled cockles, bean sprouts, chinese chives and eggs, giving the dish a strong flavor that delights the appetite.

Little is it known that Char Kuey Teow was originally conceived as a poor man's food. Char Kuey Teow was mostly consumed by laborers, farmers, fishermen and cockle-pickers, due to the easy way in which it is prepared. Over time, the dish has evolved into one of the most-loved dishes among Malaysians – but with certain ingredients omitted to adhere to 'halal' guidelines of Muslim community. As the dish became more widespread, many cooks have come up with their own versions of Char Kuey Teow but the common consensus is that Penang Char Kuey Teow' tops the list when it comes to taste and originality.

Preparing a plate of char kuey teow, Penang-style, not only requires the right ingredients but also the correct techniques. The noodles have to be stir-fried at the highest heat and one needs to be fast at stirring the noodles or else they would be burnt. However, the secret to a perfectly cooked Char Kuey Teow is a slightly charred noodle, which is necessary to impart the smoky flavour for which the noodles are famous for.

Char Kuey Teow

Ingredients (serves 2)

2 tablespoon light soy sauce

1 tablespoon dark soy sauce

½ tablespoon oyster sauce

½ tablespoon fish sauce

1 teaspoon sugar

½ teaspoon pepper

2 tablespoon oil

1 tablespoon chili paste

1 garlic clove, minced

3 fish cakes, thinly sliced

6 prawns, deveined

Cooked cockles

360 grams kuey teow (flat rice noodles)

1 egg

Bean sprouts

Chives





Chef of Malaysia Ambassador Shariffah Norhana Syed Mustafa (3rd from the left) explains how to cook Char Kuey Teow to Ambassador Elizabeth Buensuceso (1st from left) while being assisted by Ms. Fazlinda Fudzil (middle)

Preparation

1. Mix soy sauce, dark soy sauce, oyster sauce, fish sauce, sugar, and pepper evenly.
2. Heat a wok over high heat and add oil. Add the minced garlic and chili paste. Sauté until fragrant.
3. Sauté prawns, fish cake and cockles for about 30 seconds.
4. Boil the kuey teow noodles separately.
5. Add the kuey teow noodles to the wok and quickly stir-fry them while adding a few spoonfuls of sauce at a time. Then, add an egg to the noodles.
6. Finally, add chopped chives and bean sprouts.
7. Continue stir-frying noodles until vegetables are cooked.
8. Serve hot and enjoy as it is or with 'sambal belacan'.





Myanmar

Myanmar Classic Mohinga

Mohinga is one of the most beloved foods in Myanmar, and is widely considered as the country's national dish. Traditional Mohinga is a quintessential *Bamar* dish, meaning it is not influenced by any foreign cuisine. However, given that Myanmar has 135 ethnic minorities, diverse styles of cooking Mohinga evolved over time. Regional variations such as Rakhine Mohinga and Kayin Mohinga are also popular with their unique styles.

Mohinga is very complicated to cook, and requires not only many ingredients but also extensive preparation to truly create fine Mohinga. At its core, Mohinga is a fish based soup consisting of multiple spices and various condiments that bring out and enhance the dish's savory flavors.

Mohinga is ubiquitous in Myanmar and is available in every market, street corner, and all the way to the finest restaurants that Myanmar has to offer. While Myanmar people used to have Mohinga only for breakfast in the early days, people presently love to eat Mohinga so much that it is regularly eaten for lunch and dinner as well! Mohinga is widely served during important ceremonies and events in Myanmar such as wedding receptions, alms giving ceremonies, and charity events such as *ah-hlu*.

Myanmar Classic Mohinga

Ingredients (serves 6)

Ingredients for fish stock/ broth

1 teaspoon turmeric powder
1 teaspoon black/white pepper powder
5 teaspoons fish sauce
1 piece onion (diced)
4 cloves garlic (crushed)
3 stalks lemongrass
2 inches ginger (crushed)
2 catfish (cleaned)
½ liter water

Ingredients for soup

5 tablespoons oil
1 inch ginger (pounded)
5 cloves garlic (pounded)
1 piece onion (pounded)
1 teaspoon paprika
½ teaspoon turmeric powder
3 tablespoon fish sauce
½ teaspoon pepper
½ teaspoon salt
1 teaspoon fish powder
1 bowl banana stem (sliced)
10-15 pieces shallots
Catfish flakes (deboned from broth ingredient)
1 egg (boiled and sliced)
½ cup rice powder(roasted and ground) + 2 cups of water
¼ cup red lentil (boil and ground) + 1 cup of water
¼ cup semolina (roasted) + 1 cup of water
2 liters water

*1 cup = 250 ml

Mohingha Noodles

Boil mohinga rice noodles until soft and drain with running water thoroughly to get rid of the starch (if mohinga noodle is not available, flat rice noodles can be used)

Condiments

3 eggs (hard-boiled and sliced)
6 pieces yellow split pea fritters
½ cup coriander/cilantro (chopped)
2 limes (cut into wedges)
6 pieces fry feather fish cake
1 cup deep fried crushed garlic in oil
½ cup roasted chili powder (optional)



Ambassador Min Lwin (left) observes while Madame Sabai Win (left) boils the Mohinga noodles



The Chefs of Myanmar, Ambassador Min Lwin (3rd from left) and Madame Sabai Win (middle), explain how to cook Mohinga to Ambassador Elizabeth Buensuceso (1st from left)

Preparation

1. Prepare the banana stem by cutting and removing the tough outer layer of the banana stem. Use only the tender part of the stem. Remove the soft fiber strands and slice them. Then soak them in water with turmeric powder to prevent from browning.
2. Roast rice until the rice is evenly golden brown and aromatic. Cool to room temperature and grind them. Whisk the roasted rice powder with 2 cups of water in a bowl until no lumps remain.
3. Roast Samolina the same way as rice and cool to room temperature. Whisk semolina with a cup of water in a bowl.
4. Boil red lentils until they become a smooth paste and mix with a cup of water.
5. To make the broth, add 2 cups of water, lemongrass, ginger, black/white pepper, fish sauce, cat fish and bring to a boil. Cook for 10 minutes until the fish can be deboned.
6. Remove the fish out of the broth and transfer to a bowl. Turn off the heat and let the broth sit on the stove.
7. Debone the fish when it is cool enough to handle. Set aside the fish flakes.
8. Grind fish bones including the head and tail and boil them again by adding 2 cups of water in the pot to get 2 cups of fish broth.

Cooking Mohinga Soup:

1. Heat the oil in a pot. Add the pounded onion, garlic, and ginger and stir-fry for 1 minute. Add turmeric powder and stir until the paste turns golden brown. Then add paprika powder, and stir gently.
2. Pour the fish broth into the pot and bring to boil with medium heat. Add crushed lemon grass stalk, rice powder liquid, semolina liquid, and lentil paste, until it boils. Stir gently. (From now on it is important to stir continuously not to burn at the bottom of the pot.)
3. While stirring, add salt, fish sauce, turmeric powder (optional), pepper (optional), and fish powder to taste.
4. Add 2 liters of water.
5. Once the soup starts boiling again, put shallots, the sliced banana stem, fish flakes and sliced hard-boiled egg. Let it boil for about 10 minutes more.
6. To get the taste and aroma from all added ingredients, turn down heat to low and simmer for another 15 minutes.
7. Mohinga soup is now ready to serve.

Serving Mohinga:

Put the noodles in a bowl, add a quarter teaspoon of golden brown fried garlic, garnish with sliced hard-boiled eggs, yellow beans fritters, and fried sliced feather fish. Add the soup until it covers the noodles. Sprinkle with coriander/cilantro, chili powder (optional) and lime wedges.







The Philippines

Pansit Palabok

Pansit Palabok is a savory noodle dish that is ever-present in the dining tables of Filipino households, particularly during special celebrations, be it for lunch, dinner or for *merienda* (a late afternoon snack).

The etymology of *Pansit Palabok* also speaks volumes of the shared history between Filipinos and early Chinese settlers. *Pansit* is derived from the Hokkien “pian-i-sit” which means “something that is conveniently cooked” and its meaning was not originally confined to noodles. On the other hand, *Palabok* is derived from words that mean “adornment” or “spice.”

Through the years, the dish absorbed more local flavors and adapted to indigenous ingredients. And staying true to its name, *Pansit Palabok* is normally adorned with toppings such as hard-boiled eggs, spring onions, fried garlic, crushed *chicharon* (fried pork belly), and fish flakes that are meticulously fanned out over the flavorful noodles.

Pansit Palabok

Ingredients (serves 6-8)

500 grams palabok noodles

water, to boil

2 tablespoon oil

2 tablespoon annatto seeds (achuete)

5 cloves garlic, chopped

1 whole minced shallot

½ cup all-purpose flour

5 cups chicken stock

¼ kilogram shrimp, shelled and deveined (reserve shrimp heads for sauce base)

¼ kilogram minced chicken

Fish sauce, to taste

Ground black pepper, to taste

Calamansi, to serve

Toppings

Chopped spring onions

Fried garlic

Crushed chicharon

Fried smoked fish (tinapa) flakes

Boiled eggs

Fried tofu cubes (optional)





Ms. Doris Novicio (right), Spouse of the Deputy Permanent Representative of the Philippines to ASEAN demonstrates how to cook Pansit Palabok noodles

Preparation

1. Fill pot with water. Over high heat, bring the water to a boil then reduce to a simmer. Drop in the palabok noodles and cook as you would cook pasta. Make sure the noodles are al dente. Discard the water and drain the noodles.
2. Make anato (achuete) oil by combining 2 tablespoon oil and achuete seeds in a pan. When it starts to sizzle and the seeds turn dark, remove seeds and start using the oil.
3. Into the pan, throw in the garlic and shallots, sauté until brown. Add the shrimp and minced chicken. Add the flour and stir to cook. Next, mix until thick and you can smell the nutty aroma from the vegetables.
4. Pour in the chicken stock with the shrimp heads. Bring to a boil. Remove the shrimp heads after simmering for 6-8 minutes and taste one last time for some adjustments in flavor.
5. Pour the palabok noodles in a platter and pour the sauce over. Garnish with desired toppings and serve with sliced calamansi.





Singapore

Laksa

Laksa is a spicy curry noodle soup common to several Southeast Asian countries.

The Singapore *Laksa* usually consists of thick noodles or rice vermicelli with beansprouts, dried tofu, prawns, fish-cake and cockles served in a spicy curry coconut milk-based soup. The Singapore *Laksa* is believed to be a creation from the Peranakan community, descendants from intermarriages between early Chinese migrants and local Malays. Hence, the creation of the dish *Laksa* is not only a fusion of local spices and Chinese noodles but also a reflection of the multicultural history of the country.

The most important aspect of the dish is the broth as it defines the taste of the entire dish. It is also the most complicated part of this dish, in terms of preparation. The broth is prepared by mixing coconut milk into stock, together with a spicy curry paste made from a variety of ingredients such as shallots, galangal root, chillies and shredded dried shrimp.

This tasty and hearty dish can be eaten for any meal of the day. Although it is a spicy dish, it is so delicious that people cannot resist it, even in the hot Singapore weather. It is sometimes enjoyed with a cold drink, such as lime juice or local coffee and tea.

Laksa

Ingredients (serves 2-3)

Ingredients for basic paste

50 grams shallot

30 grams garlic

180 grams red big chili

10 grams candlenut

10 grams ginger (peeled)

Ingredients for laksa stock

Basic paste

35 grams lemongrass (crushed)

30 grams galangal (crushed)

35 grams dried shrimps (roasted & ground)

1200 grams water

50 grams laksa leaf

150 grams fish whole (snapper or mackerel, with bone)

10 grams sugar

25 grams chicken powder

250 grams coconut milk



Chef of Singapore Ambassador Kok Li Peng explains the preparation of Laksa with the help of Chef Arsul of Aprez Cafe

Condiments for Laksa

60 grams rice noodle (blanched)

30 grams fried fish cake (sliced)

40 grams fried bean curd (sliced)

3 pieces prawn (boiled)

Beansprout (as needed)

Calamansi

Sambal belacan

Preparation

Making the basic paste:

1. To make the basic paste, start by sautéing all basic of the paste ingredients: shallots, garlic, chili, candlenut, and ginger until soft.
2. Next, blend all of the ingredients until a smooth paste is formed.
3. Let it simmer until cooked.

Cooking the Laksa broth:

1. Place the basic paste in a pot and add in the laksa broth ingredients: lemongrass, galangal, dried shrimps, laksa leaf, fish, sugar, chicken powder, coconut milk, and water.
2. Bring to a boil and let it simmer.
3. Afterwards, strain the broth and remove all of the solid ingredients.



Coconut milk brings together the various ingredients of laksa and smoothens the taste of the broth



Preparing the noodles and the toppings:

1. Blanch the noodles for 1-2 minutes until cooked through
2. Fry the fish cake and bean curd until cooked. Set aside.
3. Boil the prawns for 3-4 minutes. The exterior of the prawns should be a bit pink with red tails.

Serving:

Portion the rice noodles in a bowl. Arrange fish cakes, prawn, fried bean curd and bean sprouts on the noodles. Generously ladle the hot laksa broth over and serve with sambal belacan and calamansi on the side.





Thailand

Tom Yum Noodles

Tom Yum or spicy and sour soup with shrimp is a renowned dish whose origin might not be as ancient as often believed. From 1782, several accounts of the dish started appearing in the Rattanakosin Era, Thailand's current period. Tom Yum's place in Thai culture is so central that Tom Yum is frequently served to impress both the nation's royalty, and their guests.

Characterized by a delectable fusion of spicy and sour flavors, the spices that are so integral in preparing Tom Yum are believed to have been brought in from India during the maritime trading era, whereas the noodles are an alteration on Chinese recipes. In this regard, the varying influences that have contributed to the innovation that is Tom Yum is a reflection of the multicultural nature and history of Thailand.

For the longest time, creativity and innovation of food has been a symbol of status that exemplifies Thai cuisine. Tom Yum Noodles ultimately represent both aspects, with the hot and sour flavors of the chili and lemongrass combining with the smoothness of the coconut milk and the earthiness of the galangal to create a symphony of flavors.

Tom Yum Noodles

Ingredients (serves 10)

200 grams pancit canton noodles (parboiled)

Tom Yum Noodles Soup

1 whole body chicken bone

10 coriander roots (crushed)

200 grams garlic (crushed)

2 tablespoons ground pepper

2 tablespoons salt

4 tablespoons light soy sauce

1 whole radish (peeled and cut)

100 grams sugar

6 liters water

2 whole onions (peeled and cut)

6 shallots (peeled)

Condiments and Toppings

Sugar

Cayenne pepper

Deep fried garlic (crushed)

Fish sauce

Dried shrimps

Coriander leaves (cut) and scallion/spring onions

Lemon/ lime juice

Sweet radish and salted preserved Chinese vegetables

Ground peanuts

Minced pork (parboiled)

Fish balls (parboiled)

Bean sprouts (parboiled)

Sliced lentils (parboiled)



Preparation

Preparing the noodles

Parboil the noodles until soft but not cooked through

Preparing the Tom Yum soup

Combine all of the Tom Yum soup ingredients in a pot and slow cook for two (2) hours in medium heat

Condiments and Toppings

Once the noodles and the Tom Yum soup are ready, the condiments and toppings can be left to the tastes of the individual to modify the dish according to his/her preferences



The ingredients of Tom Yum Noodles



Chef of Thailand Ambassador Phasorn Sangasubana (right) adds spices to make Tom Yum





Viet Nam

Phở

Phở is the most distinctive Vietnamese dish, especially in northern Viet Nam, from which it originated. Phở used to be sold only in metropolitan cities like Ha Noi and Nam Dinh, before it eventually spread throughout the country. This led to the development of a diverse and wholly unique range of regional variations such as fried phở, red wine sauce phở, mixed phở, sour phở, rolled phở, phở cracker, chicken phở in the north, seafood phở, and dry phở in central and southern Viet Nam.

Going beyond regional variations, phở recipes are constantly cultivated by individual chefs to create unique and distinctive versions of phở, which are then handed over to later generations in the family.

Traditional phở noodle is made from rice which is spread thinly and cut into strips. But the secret to cooking delicious Phở is the stock. Typically, the stock is made by simmering beef bones, then adding spices such as cinnamon, anise, ginger, cardamom, cloves and coriander seeds. Phở is served with seasonings and herbs like onion leaves, pepper, coriander and lime juice or chili vinegar.

A cook is successful in making phở only when he/ she is able to blend all the ingredients perfectly, from the broth, noodle, to meat and herb, resulting in an appetizing taste which is typical of Vietnamese phở.

Phở

Ingredients (serves 4)

Ingredients for the broth

4 pounds beef soup bones (from bone marrow and beef tail)

1 onion, unpeeled and cut in half

5 slices fresh ginger

1 tablespoon salt

1 teaspoon rock sugar

2 pods star anise

A small cinnamon bark

3-4 black cardamom seeds

½ tablespoon fish sauce

4 quart water

Ingredients for the meat

½ pound beef top sirloin, thinly sliced (sukiyaki cut works best)

½ pound pounds beef chuck, thinly sliced

The Rice Noodles

8 ounces or 1 package dried rice noodles

The Garnishes

Fresh mung bean sprouts

Fresh lemon basil leaves

Fresh mint leaves (spearmint is recommended)

Chopped cilantro leaves



Chopped green onion

Lime wedges

Thinly sliced red chilies



Chefs of Viet Nam, Ambassador Tran Duc Binh (left) and Madame Nguyen Viet Anh (middle), demonstrate the proper steps of preparing the broth of Phở to Ambassador Elizabeth Buensuceso (right)

Preparation

The broth:

1. Bring water to a boil in a large stockpot.
2. Place the bones and beef in a second pot, and add water to cover. Boil for 5 mins to clean the bones and meat. Transfer the bones and beef to the first pot of boiling water, season with salt.
3. Simmer over medium-low heat for 2 hours. Skim the surface often to remove any foam and fat. Add hot water if needed. Add the charred ginger, onions.
4. When the broth has been simmering for about one and a half hours, wrap the star anise, cardamom and cinnamon in a spice bag, and add it into the broth. Let it infuse for about 30 mins. Add salt (as needed), and a dash of fish sauce and rock sugar.

The noodle:

Bring a large pot of lightly salted water to a boil. Cook the dried flat rice noodles in boiling water for 2-3 mins.

The meat:

1. Simmer the beef chuck/top sirloin for 45-50 minutes until tender.
2. Remove the meat and submerge in cool water for 10 mins to prevent the meat from darkening and drying out.
3. Drain, cut the meat into thin slices and set aside.

To serve:

1. Bring the broth to a boil, add 1-2 slices of fresh ginger.
2. Place the cooked noodles in preheated bowls. Place a few slices of the beef chuck and the beef slices on the noodles.
3. Bring the broth to a rolling boil. Ladle boiling broth over the beef and noodles in the bowl. Allow about 1 part noodles to 3 parts broth for each bowl.
4. Garnish with thinly sliced yellow onions, scallions, green onion, cilantro.
5. Set Thai basil, spearmint, bean sprouts, chillies, garlic vinegar/ lime juice, and black pepper at the table for individuals to add toppings to their liking.



When preparing the broth, make sure to remove the bubbles frothing in the surface of the pot

SNAPSHOTS OF THE MINI-FESTIVAL OF ASEAN NOODLE DISHES



The organizer of the event, Ambassador Elizabeth Buensuceso, (6th from left) links hands with the ASEAN-Secretary-General, Dato Lim Jock Hoi (7th from left), Representatives/Ambassadors of ASEAN Member States to ASEAN, together with their spouses, and other representatives from the Permanent Missions to pose in the traditional “ASEAN Way.”



The ASEAN Secretary-General, His Excellency Dato Lim Jock Hoi, surveying the colorful offerings of the ASEAN Noodle buffet.



ASEAN Secretary-General Dato Lim Jock Hoi and Permanent Representative of Myanmar to ASEAN, Ambassador Min Lwin share a laugh.



During the festival, all 10 ASEAN Noodle Dishes were laid out in a buffet, alongside their colorful condiments. Screens also flashed the recipes and cultural significance of the different dishes.



A photo within a photo! Permanent Representative of the Philippines Ambassador Elizabeth Buensuceso delivers her welcome remarks as seen through the lens of another camera



Ms. Gibb Alfafara, the event's master of ceremonies, invites festival-goers to participate in a game called "LIGHTS, CAMERA, ASEAN!"



Deputy Secretary-General of ASEAN for Community and Corporate Affairs, AKP Mochtan, confers with the President of the ASEAN Women's Circle (AWC), Ibu Sari Percaya, and other members of the AWC to prepare their creative group presentation on "ASEAN's recipe for success."



Ambassador Tran Duc Binh of Viet Nam delivers their group's presentation on the ingredients that make ASEAN, ASEAN.



(L-R) Ambassador Artauli Tobing, Deputy Chief of Mission of Japan to ASEAN Hikariko Ono, Permanent Representative of Brunei Darussalam to ASEAN Ambassador Kasmalati Dato Kassim and Ambassador of the Republic of Korea to ASEAN Kim Young-Chae, volt in to prepare their table's creative presentation.



(L-R) Permanent representative of Cambodia to ASEAN Ambassador Yeap Samnang, Ambassador of Australia to ASEAN Elizabeth Jane Duke, Permanent Representative of the Philippines to ASEAN Ambassador Elizabeth Buensuceso, Mr. Nilo Jay de Guzman, Jr., Ambassador of China to ASEAN Huang Xilian, and Ms. Sally Jenie, Spouse of the Executive Director of AIPR sing their ASEAN-ified rendition of the song "TAKE ME HOME, COUNTRY ROADS" to sound "Take Me Home, ASEAN."



(L-R) Permanent Representative of Thailand to ASEAN Ambassador Phasporn Sangasubana, Permanent Representative of Cambodia to ASEAN Ambassador Yeap Samnang and Permanent Representative of Singapore to ASEAN Ambassador Kok Li Peng



(L-R) Permanent Representative of Myanmar to ASEAN Ambassador Min Lwin and Permanent Representative of the Philippines to ASEAN Ambassador Elizabeth Buesuceso



(L-R) Madame Nguyen Viet Anh, Madame Mita Mochtan, and Madame Datin Chan Chin Ming



The lovely ladies of the Executive Committee of the ASEAN Women's Circle (AWC) strike a pose at the festival's photo booth



Guests posing at the photo wall to commemorate the Mini-festival of ASEAN Noodle Dishes!!!



The organizers of Sem sem but no sem: a Mini-festival of ASEAN Noodle Dishes, Ambassador Elizabeth Buensuceso (6th from left) and the members of the Permanent Mission of the Philippines to ASEAN pose for a group photo

ASEAN KITCHEN



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