

HEALTHY COOKING

with *Oats*

Recipes from Southeast Asia

Volume 1: Malaysia, Philippines and Thailand

Jointly published by:



Nutrition Society of Malaysia



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Philippines, Inc.



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Why learn how to cook with

Oats...

Oat is a whole grain which offers a variety of health benefits. It is an excellent choice of food that will provide you with nutrients and energy in your daily life and helps you build the foundation of a balanced lifestyle.

Besides being nutritious, oat is also a highly versatile ingredient. You can easily make an energy-packed breakfast, wholesome main meals, or refreshing smoothies to quench your thirst. Alternatively, you can even make great-tasting healthy soups and delectable cakes and sweets for your family or guests. We will show you how easy it is to power your way through your meals with these delicious, easy-to-make meals at any time of the day.

Hence, use this unique cookbook that features 45 different oat-based recipes from Malaysia, the Philippines and Thailand to get you started. These are well-known traditional recipes from the three countries that have been modified by the addition of oat. The recipes are accompanied by beautiful full-colour pictures that show just how delicious these healthful choices, from breakfast to dessert, can look.

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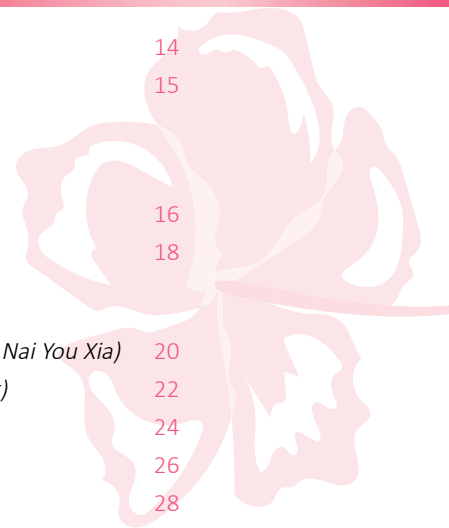
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Message from Nutrition Society of Malaysia



Most countries in the Southeast Asia region face similar nutrition problems. They are facing a double burden of malnutrition, with persisting issues of undernutrition (especially among children), and an epidemic of obesity, diabetes and other non-communicable diseases related to over-nutrition. In cognisance of the similarities in these threats, we see opportunities for collaboration in promoting community nutrition. The need to promote consumption of healthier foods, healthier cooking methods becomes even more pressing.

This is the reason the Nutrition Society of Malaysia (NSM), Institute of Nutrition, Mahidol University (INMU), and Nutrition Foundation of Philippines (NFP) have teamed up and is delighted to present the first Volume of **HEALTHY COOKING WITH OATS**, which focuses on Southeast Asian ethnic cuisine in Malaysia, Thailand, and the Philippines. This first-of-its-kind recipe book is a joint collaboration between nutrition professional organisations and academic institution in Southeast Asia. The recipe book encourages the consumption of healthier food ingredients and the use of healthier cooking methods, which is an important step towards healthy eating.

The star ingredient of the recipe book is the humble oat. This whole grain can be easily found in stores and is a truly versatile food ingredient. It can be used either by itself, in addition to, or in place of, other ingredients. Our main aim is to promote healthy cooking practices and eating habits.

The recipes have been carefully selected to feature the characteristic cuisine features of the three countries. In order to make it easier for you to refer to, the recipes featured in this book have been categorised according to mealtimes that will accommodate the practical needs of your family. Included is a section that walks you through the basics of whole grains and why they are a necessary part of a healthy lifestyle.

We hope that you will gain greater awareness of the taste and health benefits of whole grains, especially oat. It is our hope this cookbook, developed with an educational grant from the Pepsico Services Asia Ltd (Quaker), will inspire more people to enjoy cooking and start developing interest in healthy eating. Enjoy trying out these oat-based recipes and relish your journey to a lifetime of good health!

Dr Tee E Siong

Editor-in-Chief, Healthy Cooking with Oats
Chairman, Editorial Committee – Malaysia
President, Nutrition Society of Malaysia

Message from Nutrition Foundation of the Philippines Inc.



Malnutrition is still a challenge in the Philippines and in Southeast Asia. One of the primary causes of malnutrition is the lack of knowledge on how to prepare affordable and nutritious meals to the family. Notable in this undertaking is the use of high fiber ingredients that are widely available in the Philippines. Filipinos since the introduction of oats in the country, has come to love it as a breakfast mainstay.

Offering ways to integrate oats in famous, well-loved and indigenous Filipino recipes is a breakthrough. Now oats as a source of fiber can be used in main dishes and even in favorite snack items. This collection of Filipino recipes will truly be appreciated by health and nutrition conscious meal planners whose objective is to serve nutritious and affordable recipes to their loved ones. Teachers will also welcome these recipes to teach young minds a twist in Filipino dishes. The Nutrition Foundation of the Philippines is proud to offer you this collection of healthy options for your family to enjoy.

The NFP is grateful for generous support of Pepsico for making this cookbook possible. With this publication, we hope that you will enjoy and love authentic Filipino dishes!

Dr Rodolfo F. Florentino
Chairman-President
Nutrition Foundation of the Philippines Inc.

Message from Institute of Nutrition, Mahidol University, Thailand



High consumption of whole grains is associated with a reduced risk of non-communicable diseases-NCD (e.g. coronary heart disease, hypertension, and type 2 diabetes). It also has benefits on inflammatory bowel disease and coeliac disease and may protect against colorectal cancer. Although whole grains such as wheat, rye, maize, and oats play an important role in western diets; their consumption is very limited in Thailand. For instance, oat porridge, one of the most common whole-grain foods in Thailand, is not widely appreciated by Thai laypeople. Very likely, its taste, flavor, and texture do not suit Thai taste buds.

Despite that whole grains are not popular foods in Thailand or rarely used as ingredients in Thai cuisine, their consumption should be promoted to help relieving the burden of NCD in Thailand, which is continuously increasing. For these reasons, when we had been asked to take part in the creation of this cookbook, we promptly accepted the invitation because of the sound concept of the project aiming at promoting the usage of oats in traditional Malaysian, Philippine, and Thai cuisines.

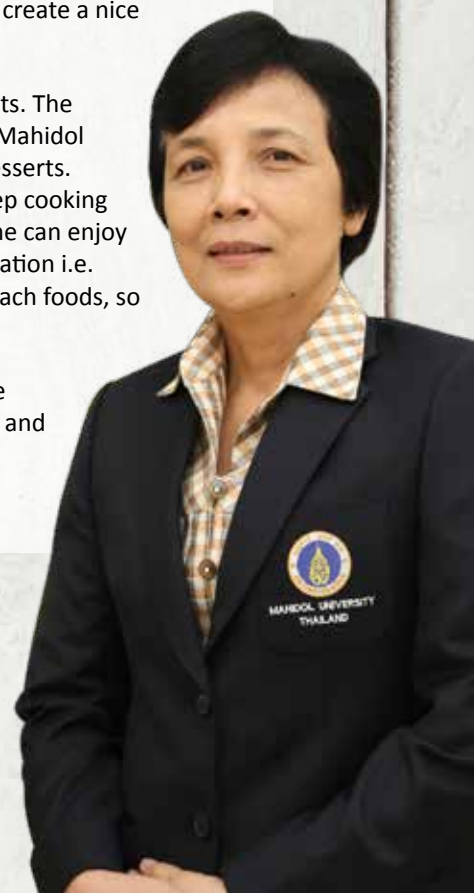
Fascinatingly, results from our laboratory kitchen show that oats can be used in varieties of Thai foods. Their usage not only enhances fibre and nutrients, but also provides naturally nutty flavor and texture. For example, oats can be added into curry after simmering to thicken the sauce. Cooked or roasted oats can replace roasted rice and coconut in many Thai foods and desserts to create a nice smooth consistency and creamy taste.

Here we present 15 easy-to-cook and delicious recipes containing oats. The recipes were developed by researchers of the Institute of Nutrition, Mahidol University and comprise five main dishes, seven snacks, and eight desserts. Each recipe includes preparation and cooking time, and a step-by-step cooking direction. This beginner's guide to Thai cooking ensures that everyone can enjoy healthy and tasty Thai meals. Moreover, we provide nutrition information i.e. energy, carbohydrate, protein, fat, and fibre content in a serving of each foods, so you know what you eat.

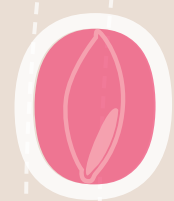
We hope that you enjoy our Thai cooking recipes. Try and modify the recipes to create your taste; make them your own healthy, delicious, and secret recipes!

Assoc Prof Dr Ratchanee Kongkachuichai

Director
Institute of Nutrition, Mahidol University



Know Your Whole Grains & Oats



The Whole Truth about Whole Grains

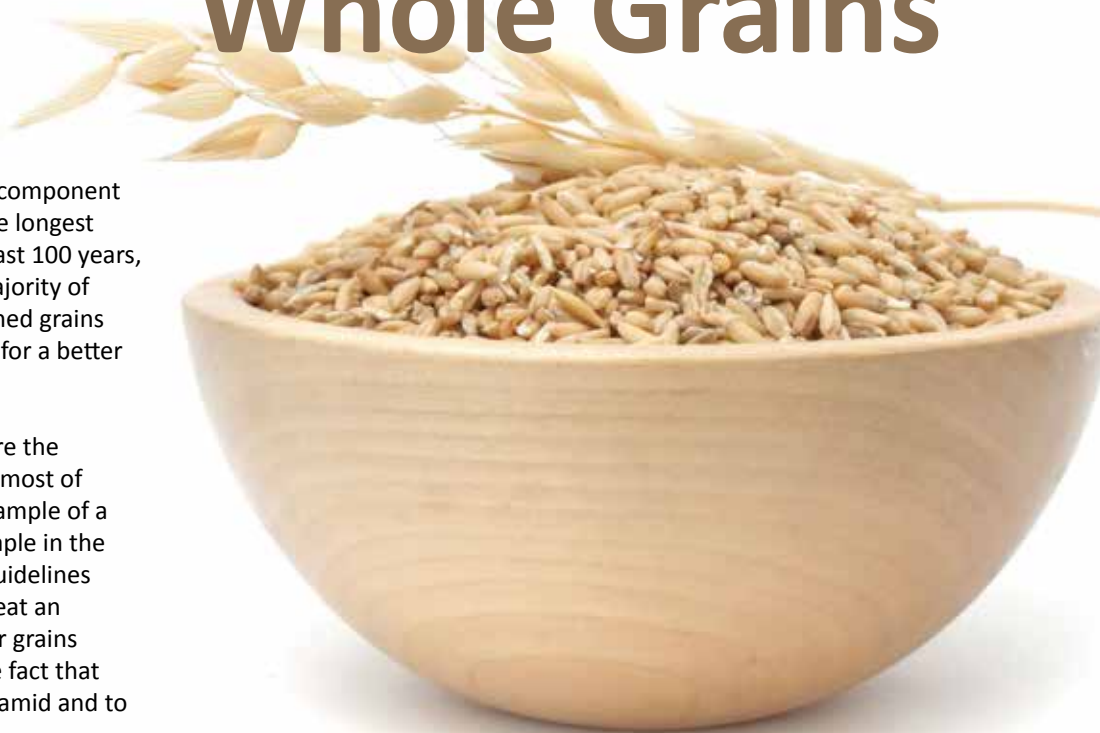
Whole grains have been a component of the human diet for the longest time. However for the past 100 years, the trend has changed in which majority of the population are consuming refined grains and refined-grains based products for a better texture/ taste and longer shelf life.

Grains and grain-based products are the most important source of food for most of the Asian population. Rice is an example of a grain commonly consumed as a staple in the South East Asian diet. All dietary guidelines in Southeast Asia recommends to eat an adequate amount/variety of rice or grains as their staple food is based on the fact that they form the base of the food pyramid and to supply your daily energy needs.

Consuming whole grains as part of your daily diet is especially important. They are excellent source of energy, vitamins, minerals, dietary fibre, and phytonutrients. The Malaysian Dietary Guidelines (MDG) recommends to consume **at least half of the grains from whole grains daily**.

Do you know the difference between whole grains and refined grains?

- Whole grains contain more nutrients than refined grains
- All refined grains in the market actually started out as whole grains. The step involved in the process of refining grains is to remove the outer layers; bran and germ.
- Refined grain manufacturers try to address the loss of nutrients by fortifying their products with nutrients such as several B vitamins and/or iron.



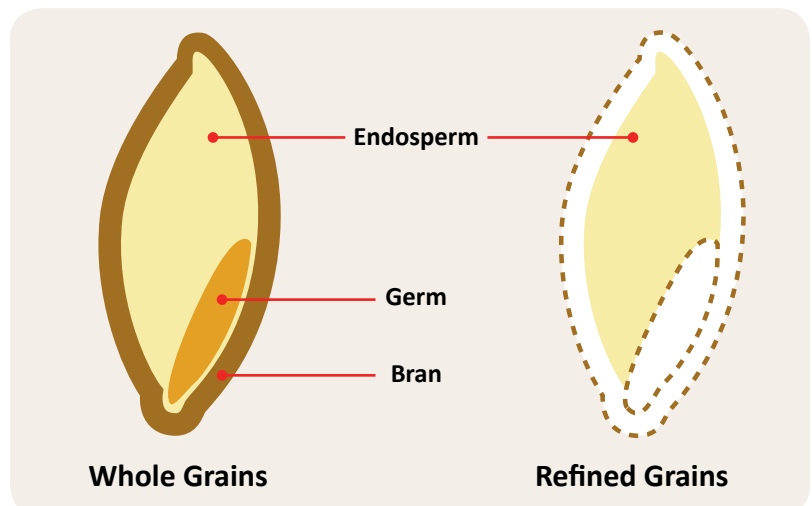
What makes it 'wholesome'?

Whole grains are more nutritious because they are 'complete' grains and are rich in a number of micronutrients (especially vitamins and minerals), dietary fibre, and several phytonutrients (many of which possess antioxidant properties).

They consist of:

- **Bran** – which contains important phytonutrients, B vitamins, some minerals and dietary fibre
- **Germ** – which contains B vitamins, vitamin E, phytonutrients and unsaturated fatty acids
- **Endosperm** – which contains starchy carbohydrates, some protein and phytonutrients

Refined grains, on the other hand, consists only of the endosperm, thus losing out on all the other vital nutrients found in the bran and germ.



What are the Health Benefits?

Studies have shown that eating whole grains instead of refined grains lowers the risk of many chronic diseases.

- **Digestive system** – whole grains are a rich source of dietary fibre, a key component in regulating your bowel movement, prevents constipation and also promotes healthy gut-bacteria balance.
- **Blood glucose control** – A regular wholegrain diet helps to improve blood glucose control in people with diabetes.
- **Cardiovascular disease (CVD) risk** – the various phytonutrients, trace minerals, dietary fibre, and vitamin E present in whole grains is a powerful cocktail that helps lower your risk of CVD.
- **Maintaining a healthy body weight** – consuming whole grains can reduce the risk of obesity and weight

gain. Dietary fibre in whole grains helps to promote a feeling of fullness, which reduces the amount of food eaten and discourages overeating.

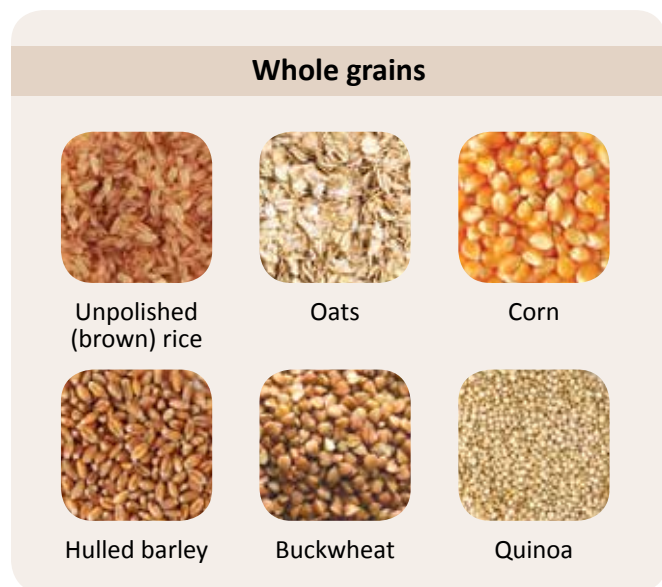
- **Cancer risk** – researchers have discovered that a diet rich in whole grains helps lower risk of certain cancers. This protective effect could be attributed to the presence of phytonutrients, vitamin E, trace minerals and high fibre content.



In summary, the key nutrients in whole grains that are able to provide the health benefits outlined above include dietary fibre, a number of phytonutrients (which can function as antioxidants), several vitamins and minerals and unsaturated fatty acids.

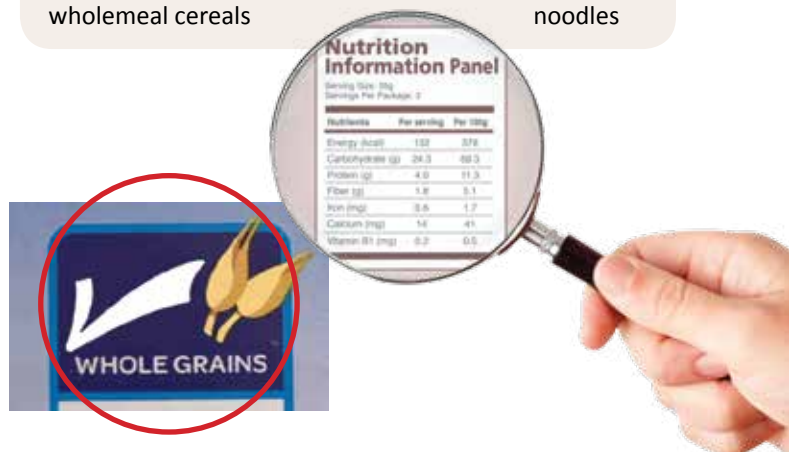
Common Types of Whole Grains & Wholegrain Products

Look for these at your next grocery trip:



How to look for wholegrain products?

- 1) Look at its label for words such as 'whole grain', 'whole wheat', or 'wholemeal'.
- 2) Check the ingredients list. Ensure whole grains are listed as one of the ingredients. The whole grain ingredient (s) should preferably be listed as the first or second item in the list. Choose products with the percentage of whole grains stated on the food label. Opt for those with higher percentage of whole grains.



Oat is a Whole Grain



Oat is a whole grain that you can consider including in your daily diet.

It is one of the grains that almost never have its bran and germ eliminated during processing. When it comes to simplicity, oat is really one of the best choices as you can prepare them very quickly, making them a perfect quick-fix for those times when you are very busy. Additionally, they are also versatile enough to be used in many creatively delicious recipes.

Know Your Oats

There are many types of oats available in the market. There are old fashioned, steel-cut, rolled/quick cook, and instant oats. Almost all of its varieties are whole grains with the exception of oat bran which only contains the bran, not the germ or endosperm. All oat varieties have already been roasted at low temperature in order to increase their shelf life. The main difference between the different types is the type of processing involved.



Old Fashioned Oats

100% natural rolled oat cooks in five minutes.



Steel-Cut Oats

The oat is cut into pieces and not rolled for a full, hearty texture, and rich, nutty taste. This type of oat usually has the longest cook time and retains a tougher and more chewy texture. It is the preferred oat variety for making porridge, meatloaf, or as a savoury congee.



Instant Oats

Also known as quick oats, instant oats are pre-cooked and dried, then rolled and pressed more thinly than rolled oats. This allows them to cook more quickly, but also means they usually end up becoming mushy as they lose more of their texture when cooked. Instant oats can replace rolled oats for baking recipes, the cook time is less and the final product will have less texture.

Rolled/Quick Cook Oats

They are steamed then pressed, giving them their distinctive flat shape. They cook faster than steel-cut oats, absorb more liquid, and do hold their shape relatively well during cooking. These are great as a simple breakfast meal or can be used to make granola bars, cookies, muffins, and other baked goods. Recipes that use rolled oats will need a slightly longer cooking time and the final product will have more texture, compared to instant oats.



Oat-based Products

There are numerous varieties of oat-based food products available in the market such as oat cookies, ready-to-eat oat cereals, flavoured sweet/savoury oat porridge, oat beverages, snack bars, and noodles.

Goodness of OAT



Oat is a nutrient-rich food source that contains protein and Vitamins B1, B2, B3 and folate. It also contains iron, phosphorus, magnesium and zinc, all of which are important nutrients that your body needs. It is also rich in carotenoids, vitamin E and polyphenols.

Oat contains dietary fibres which your body cannot digest and has been shown to promote a feeling of fullness. Also unique to oats is oat beta glucan. There is a very strong association between beta-glucan intake and blood cholesterol lowering. Eating 13 tablespoons of oats (75 g) can provide you with 3g of beta glucan per day and may reduce or lower blood cholesterol.

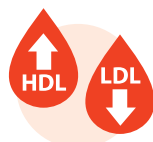
Oat also contains several phytonutrients which possess antioxidant and anti-inflammatory properties that may help to reduce the risk of various chronic diseases.

Did you know?

If you have a wheat allergy, you can opt for oats which are wheat-free and gluten free.

Make oats part of your daily diet!

Oat is a whole grain powerhouse packed with nutritional goodness and hearty flavour, providing many health benefits. Here's why you should include oats in your daily diet:



Lower blood cholesterol: Oat contains a viscous soluble fibre called oat beta-glucan which aids to reduce the total cholesterol & low density lipoprotein (LDL) cholesterol (also known as bad cholesterol) in your blood.



Great for your heart: Oat contains antioxidants which help reduce the risk of cardiovascular disease.



Help to control blood sugar: oat beta-glucan is able to delay sugar uptake thereby helping to lower the rise of blood glucose levels.



For a better gut health: Numerous health benefits are associated with oats, such as regulating bowel movements and lower the risk of constipation, due to the high dietary fibre content.

Oat as a whole grain can therefore be a part of your healthy diet and together with regular exercise, it can bring about better overall health for all in the family.

Oats – Your Secret Ingredient

Healthy food can be delicious! All too often, people equate healthy food as being bland and tasteless, but this is simply not true! There are numerous ways you can jazz up your plate. For instance, oat is a highly versatile ingredient that can be easily incorporated into your meals, regardless whether it is for breakfast, lunch or dinner.

There are a variety of ways to include oats in your diet:

- Overnight oats with fruits/nuts – Simply put oats in a bowl, pour milk, yoghurt and fruits and leave it soak overnight in the fridge. It is so easy and nutritious.
- Fruit smoothies, or baking in cakes/muffins – add oats in your smoothie to add more fibre or even your cake!
- Pre-roast rolled oats before adding them to stir-fried dishes to give your dish more crunch!
- Use rolled oats to coat your fish/chicken before grilling or frying them.
- Add poached eggs or sautéed mushrooms to a bowl of oatmeal.
- Steam a delicious oatmeal & fruit pudding.

The above are just a few examples of how easily you can incorporate oats into your daily diet. This oats cookbook has been specially published to help you enjoy the goodness of oat in a wide variety of dishes.





Nutrition Society of Malaysia

IMPROVING LIVES through **NUTRITION**

As a professional organisation, we are guided by a simple belief – the more people understand food and nutrition, the better they can care for their health and well-being.

For that reason, we support the advancement of research, sharing practical insights and important discoveries for the benefits for all.

We also support the Government's efforts in promoting healthy nutrition in the society to combat nutrient deficiencies as well as diet-related chronic diseases in the country (e.g. obesity, diabetes, hypertension and coronary heart disease).

In caring for the community, we continuously disseminate practical nutrition information to the young and old alike, guiding them to discover the benefits of good nutrition and a healthy lifestyle.

We are committed to improve lives through nutrition. It's our way of serving Malaysians.

For more information, visit our website:
www.nutriweb.org.my

Our Activities

- Annual scientific conferences
- Scientific update sessions
- Malaysian Journal of Nutrition
- Berita NSM
- Consultation with health, regulatory & scientific bodies
- Roadshows & exhibitions with nutrition screening & dietary advice for the public
- Public talks & workshops
- A comprehensive and authoritative website on nutrition for Malaysians – <http://www.nutriweb.org.my>
- Nutrition promotion programmes in collaboration with other professional bodies and private sector (eg Nutrition Month Malaysia, Healthy Kids Programme, Positive Parenting)
- Conduct research on specific community groups

Our Major Publications

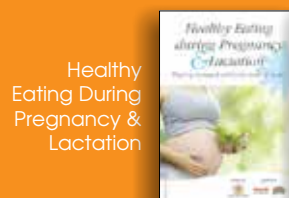
- Malaysian Journal of Nutrition
- Junior Chef Cookbook Vol 1 Let's Play Healthy Cooking
- Nutritionists' Choice Cookbook (Vol 1: Healthy Recipes for Your Little Ones, Vol 2: Resipi Untuk Seisi Keluarga)
- Resipi Sihat, Pilihan Bijak (Vol 1 & 2)
- Women@Heart *Wanita & Pemakanan* manual for professionals and leaflets for public
- Malaysian Dietary Guidelines leaflets
- NMM booklets on healthy eating and active living



Nutritionists' Choice Cookbook (Vol 1 & 2), Resipi Sihat, Pilihan Bijak (Vol 1 & 2), Junior Chef Cookbook Vol 1 Let's Play Healthy Cooking



Women@Heart *Wanita & Pemakanan* manual for professionals and leaflets for public



Healthy Eating During Pregnancy & Lactation



Wonders of Whole Grains



Malaysian Dietary Guidelines leaflets



Baby's First Bites



Breastfeed With Confidence



Oats fit well into the Malaysian Cuisine

Malaysian cuisine reflects the multi-ethnic make up of the country's population such as Malays, Chinese, Indians, and people of Sabah & Sarawak in East Malaysia, creating an abundance of food and styles to suit all tastes. It is famous for its wide range of diversity and the use of an exotic blend of herbs and spices. Many of the local dishes make use of kaffir lime, turmeric, ginger, black pepper, coriander and lemon grass thus giving you a thrilling experience to one's taste buds.

Malaysian foods are usually accompanied by either rice (which is an important staple food in Malaysia) or noodles. However, oat can be one of the best alternatives for white rice, adding variety to the diet. In addition, oat noodles are also available in the market nowadays to replace regular noodles for healthier and more wholesome noodles!

As a whole grain, oats are more nutritious than refined grains. Best of all, they can be prepared in a very short time, thus making them a very useful ingredient for busy working adults.

Home-cooked foods can also benefit from the inclusion of oats! Whereby we use oats as thickener in gravy-based dishes, blended as flour, and to increase fibre content. There are many other helpful tips in this book.

This cookbook is filled with recipes that are intended to make oats more interesting. If you have never tried cooking with oats before, never fear! There are numerous ways for you to include them in your family's meals.





BANANA OAT PANCAKE (*Lempeng Pisang Oat*)

Banana Oat Pancake

(Lempeng Pisang Oat)

Makes: 8 pancakes

Preparation time: 10 min

Cooking time: 10 min





Ingredients

- 150 g (1 ½ cups) instant oat
 - 60 g (½ cup) self-raising flour
 - 4 g (¾ tsp) baking powder
 - 50 ml (3 ½ tbsp) evaporated milk
 - 100 ml (½ cup) low fat milk
 - 50 ml (3 ½ tbsp) water
 - 5 g (1 tsp) palm sugar (gula melaka)
 - 250 g (3 whole) banana, mashed
 - 2.5 ml (½ tsp) vanilla extract
 - Salt to taste
 - 100 g (1 medium size) sliced banana
- } 150 ml milk combination

A popular breakfast among the Malay community in Malaysia. *Pisang Berangan* (a type of banana) is commonly used to make *lempeng pisang* or banana pancake. Oat is mixed with flour for texture and to increase fibre and nutrient content. *Pisang Emas* and *Pisang Rastali* can also be used to make *lempeng*.

* *Optional topping: butter and honey.*
Doing this, will add more calories to the pancake.

Instructions

-  Add instant oat, self-raising flour and baking powder in a bowl. Then add milk combination, water, palm sugar, mashed banana, vanilla extract, and salt into the oat-flour mixture and mix well.
-  Let the mixture rest for 5 minutes, heat up non-stick pan and pour the mixture into a small, round mould. When the batter is half-cooked, place a few sliced bananas on top.
-  Cook the pancake on medium heat and make sure both sides are properly cooked till it is golden brown.
-  Serve the pancake hot with honey and butter if desired.

Nutrient Content Per Piece

Calories 159 kcal

Carbohydrate 30.0 g

Protein 4.7 g

Fat 2.5 g



OAT IDLI WITH DHAL GRAVY (*Oat Idli*)

Oat Idli with Dhal Gravy

(Oat Idli)

Makes: 12 idli

Preparation time: 30 min

Cooking time: 15 min

Ingredients

For *idli*:

200 g (2 cups) instant oat, ground into powder
 125 g (1 cup) rice flour
 100 ml (½ cup) low fat yoghurt
 2.5 g (½ tsp) baking soda
 Salt to taste
 500 ml (2 cups) water

Dhal Gravy:


50 g (½ cup) dhal, soak overnight
 15 g (1 tbsp) garlic, chopped
 15 g (1 tbsp) turmeric powder
 2 L (8 cups) water
 15 g (1 tbsp) ghee
 15 ml (1 tbsp) cooking oil
 75 g (5 tbsp) onion, sliced
 3 g (10 pcs) of curry leaves


A traditional Indian breakfast usually served with *dhal* gravy or *chutney*. This is an instant *idli* recipe. Yogurt is added to give the sourish flavour. Oat is blended and added with rice flour to increase nutrient value and fibre content.


6 g (1 whole) green chilli, sliced
 3 pcs of cardamom
 5 g (1 inch) cinnamon stick
 15 g (1 tbsp) coriander powder
 5 g (1 tsp) cumin powder
 5 g (1 tsp) fennel powder
 25 g (1 whole) tomato, cut into wedges
 Salt to taste

Instructions

For *idli*:


 Mix together powdered instant oat, rice flour, yoghurt, baking soda, salt and water in a bowl to make the *idli* batter. Let it rest for 15 minutes. (The batter should be same consistency with pancake batter).


 Boil water in a steamer. Grease the *idli* moulds with oil and pour a ladle of batter into the *idli* mould.


 Steam for 15 minutes or until the *idli* is cooked. A toothpick inserted in the *idli* should come out clean. When slightly cooled, remove the *idli* from the mould and serve hot with any *chutney* or *dhal* gravy.

For *dhal* gravy:

 Boil ingredients A in a stock pot.

 Heat up pan with ghee and oil and sauté sliced onions until light brown. Add curry leaf, green chilli, cardamom and cinnamon stick and cook until fragrant.

 Stir in coriander, cumin, fennel powder and salt. Sauté lightly and add in tomato wedges. Then, transfer into the ready-boiled *dhal* in the stock pot and cook slowly for 25 minutes or until the right thickness consistency is met. Season the gravy to taste.

 Scoop ½ cup of gravy and serve with 2 pieces of *idli*.

Nutrient Content Per Serving for 2 Pcs of *Idli*
and ½ Cup of *Dhal Gravy*

Calories 261 kcal

Carbohydrate 46.1 g

Protein 8.1 g

Fat 5.9 g



BUTTER-MILK PRAWN COATED WITH OAT (*Mai Pian Nai You Xia*)

Butter-Milk Prawn Coated with Oat

(Mai Pian Nai You Xia)

Serves: 4

Preparation time: 20 min

Cooking time: 10 min

Ingredients





- 50 g (½ cup) quick-cook oat
- 350 g medium prawns, peeled and deveined (leave the tail)
- Salt and pepper to taste
- 50 g (½ cup) instant oat
- 53 g (1 whole) eggs, beaten
- 500 ml (2 cups) oil (for deep frying)

Buttermilk dip




- 30 g (2 tbsp) butter
- 3 g (10 pcs) curry leaves
- 4 g (2 pcs) bird's eye chillies, sliced
- 60 ml (¼ cup) evaporated milk
- 5 g (1 tsp) sugar
- Salt and black pepper to taste

Instructions

For prawn:

-  Place the quick-cook oat into the blender and blend at medium speed for few seconds. Set aside.
-  Season the prawns with salt and pepper. Dip the prawns in instant oat, and then in beaten eggs. Place the prawns on a tray and coat them with grinded quick-cook oat.
-  Heat up oil in pan and fry the prawns over medium heat until golden brown.
-  Remove the prawns from the pan and use kitchen towel to absorb the excess oil.

For buttermilk sauce:

-  Melt butter in a pan.
-  Fry curry leaves for a few seconds until fragrant and stir in the bird's eye chillies.
-  Pour in evaporated milk. Season it with sugar, salt and freshly ground black pepper for taste. Once done, serve with deep fried oat-coated prawns.

It is a popular dish among the Chinese community. One of the key ingredients is the curry leaf which is highly aromatic. Oat is used to coat the prawn and it is an excellent way to increase wholegrain intake.

Nutrient Content Per Serving for Prawn and Buttermilk Dip

Calories 374 kcal

Carbohydrate 11.2 g

Protein 20 g

Fat 28.7 g



SEAFOOD FRIED RICE WITH OAT (*Nasi Goreng Oat*)

Seafood Fried Rice with Oat

(Nasi Goreng Oat)

Serves: 4

Preparation time: 25 min

Cooking time: 15 min






Ingredients

100 g (1 whole) carrot, skin removed and shredded
 30 g (2 stalks) long beans, finely sliced
 70 g (1 cup) cabbage, cut in small dice
 10 ml (2 tsp) cooking oil
 100 g (8 whole, medium) fresh prawn, deveined
 80 g (1 cup) fresh squid (no head), clean/ cut into ring
 60 g (3 pcs) crab sticks, slice in 1 cm thickness
 10 g (2 cloves) chopped garlic
 100 g (2 whole) eggs, beaten
 320 g (2 ½ cups) cooked brown rice
 200 g (2 cups) rolled oat
 5 ml (1 tsp) light soy sauce
 Salt and black pepper to taste

Fried rice is an all-time favourite Malaysian dish, which can be made using a variety of ingredients. Being an all-in-one dish, it is very popular among kids. Using brown rice and oat in the recipe encourages the consumption of wholegrains. This results in a more nutritious fried rice!

20 g (½ cup) fresh lettuce
 5 g (8 stalks) sprig coriander leaves (for garnishing)
 20 g (½ whole) Japanese cucumber
 20 g cherry tomato, cut into half
 2 stalks of spring onions, finely sliced

Instructions

-  Boil 3 cups of water with a pinch of salt and blanch carrots, beans and cabbage. Let it half cook and put ice to stop the cooking process to maintain the crunchiness of the vegetables. Drain vegetables and set aside.
-  Heat the oil in a pan on medium heat and sauté garlic. Add the mixed seafood. Once cooked, add in eggs, stir equally.
-  Add in the cooked rice and oat with the crunchy blanched vegetables.
-  Season with soy sauce, salt and pepper to taste.
-  Serve the fried rice hot, garnish with fresh lettuce and coriander leaves, sliced cucumbers, cherry tomatoes and sprinkle with finely sliced spring onion.

Nutrient Content Per Serving

Calories 419 kcal

Carbohydrate 60.3 g

Protein 21.4 g

Fat 10.9 g



MIXED-HERB RICE WITH OAT (*Nasi Kerabu Oat*)

Mixed-Herb Rice with Oat

(Nasi Kerabu Oat)

Serves: 8

Preparation time: 40 min

Cooking time: 30 min

Ingredients

400 g (2 cups) uncooked rice
 5 g (1 tsp) light blue colouring (to substitute the flower extract)
 10 g (1 piece) *pandan* leaf

Coconut Sambal

75 g (½ cup) grated coconut
 15 g (2 cm) ginger
 40 g (3 whole) small red onion, sliced thinly
 240 g (2 medium) mackerel fish, bake and debone, flaked
 30 g (2 stalks) lemon grass, pounded
 20 g (1 ½ tbsp) grated coconut, roasted till crispy golden brown and pounded (*kerisik*)
 50 g (½ cup) instant oat
 150 g (1 ½ cups) rolled oat
 20 g (1 ½ tbsp) palm sugar, grated
 White pepper and salt to taste

Sauce

8 g (8 pcs) dried chillies, soaked in hot water, seeds discarded
 60 g (6 whole) shallots
 250 ml (1 cup) thin coconut milk
 5 g (1 slice) *asam keping*
 15 g (1 stalk) lemongrass, crushed slightly
 5 g (1 tsp) salt
 5 g (1 tsp) castor sugar

Instructions

For Rice

- 🌸 Cook rice in a normal rice cooker. When it is half cooked, mix in blue colouring (If *bunga telang* is not available) and *pandan* leaf. When rice is ready, set aside and keep it warm.

For Coconut Sambal

- 🌸 Roast the grated coconut in a dry pan, over low heat. Stir constantly until it turns golden brown. Set aside to cool.
- 🌸 Blend the ginger and shallots together until fine.
- 🌸 In a mixing bowl, add the mackerel fish, blended ingredients (onion and ginger), pounded lemongrass and *kerisik*. Mix well with instant and roll oat.
- 🌸 Season with salt, sugar, white pepper and place in a serving dish.

For Sauce

- 🌸 Grind the chillies and shallots together until fine.
- 🌸 Add the blended spices with coconut milk, *asam keping* and lemongrass into the pot and bring to a slow boil.

Nasi Kerabu is a Kelantanese rice dish, served with various herbs, vegetables, spices and usually eaten with a variety of side dishes. The rice served in this dish is usually blue in colour as it is soaked and cooked with the extract of the purplish blue '*bunga telang*' or butterfly pea flower. Oat is incorporated with coconut *sambal* to reduce the usage of grated coconut, at the same time increasing the nutrient and fibre content.

Local Native Salad *kerabu*:

60 g (5 pcs) long beans, sliced finely
 150 g (1 whole) cucumber, cut in matchstick slices
 10 g (6 stalks) sprig polygonum leaves (*daun kesum*), sliced finely
 20 g (1 ½ tbsp) *daun pegaga*, sliced finely
 30 g (2 stalks) lemongrass bulbs (*serai*), sliced finely
 20 g (1 ½ tbsp) lily bulb (*bunga kantan*), sliced finely
 30 g (2 tbsp) *kacang botor*, sliced finely
 30 ml (2 tbsp) *budu* (a pungent Kelantan fish sauce)
 10 g (5 whole) bird's eye chillies, sliced
 35 g (1 whole) lime, sliced into wedges

- 🌸 Add salt and sugar to taste and simmer for another 10 minutes, stirring constantly.

- 🌸 Serve in a bowl.

For *Kerabu*:

- 🌸 Arrange all the finely sliced ingredients (lemongrass bulb, basil leaves, cucumber, sprig polygonum leaves, *daun selon*, *ulam raja*, *daun pegaga*, *kacang botor*, lily bulb, long beans) onto a serving platter. In a separate bowl, serve the *budu* and sliced bird's eye chillies with lime wedges on the side.

To serve *Nasi Kerabu*:

- 🌸 Mix the rice with the native salad (*kerabu*) or serve a handful of *kerabu* on rice in a plate.
- 🌸 Serve with 2 tablespoons of coconut *sambal*, 2 tablespoons of sauce and a slice of lime.
- 🌸 *Nasi Kerabu* can also be served with salted egg and fried fish if desired.

Nutrient Content Per Serving for ½ Cup of Cooked Rice,
 2 tbsp of Sauce, 2 tbsp of Coconut Sambal, and Kerabu

Calories 278 kcal

Carbohydrate 45.7 g

Protein 8.1 g

Fat 7.1 g



PINEAPPLE CURRY WITH OAT (*Pajelis Ong Lai*)

Pineapple Curry with Oat

(Pajelis Ong Lai)

Serves: 6

Preparation time: 15 min






Cooking time: 10 min

Ingredients

- 5 ml (1 tsp) vegetable oil
- 15 g (1 whole) onion, chopped
- 5 g (1 tsp) coriander seeds, pan roasted and ground
- 5 g (1 cm) fresh turmeric, pounded
- 3 g (3 cloves) star anise
- 1 g (1 whole) clove
- 6 g (6 whole) dried chillies, cut and soaked in hot water and finely pounded into chilli paste
- 30 g (2 tbsp) ready-made chilli paste
- 60 g (4 tbsp) curry powder (preferably meat curry powder)
- 200 ml (1 cup) vegetable stock
- 45 g (3 tbsp) brown sugar
- 60 ml (4 tbsp) thin coconut milk
- 645 g (1 whole) ripe pineapple, cleaned and cut into 1 cm cube
- Salt to taste
- 50 g (½ cup) rolled oat
- Coriander leaves, chopped for garnishing

A popular dish among the Nyonya and Malay community, it is a flavourful dish with a balanced combination of spicy, sweet, and sour taste, making it very appetising indeed! Oat is used to thicken the gravy and to reduce the amount of coconut milk used. In this way, the nutrient and fibre content are also increased.

Instructions

-  Heat the oil in a pan.
-  Fry the onion until soft and immediately add in ground coriander seeds, fresh turmeric, star anise, clove and ready-made chilli paste and pounded dry chilli paste.
-  Stir in the red chilli paste curry powder, then add vegetable stock, brown sugar and coconut milk. Simmer for 15-20 minutes.
-  Stir in the pineapple and cook for a few minutes until the pineapples are tender. Add in oats to make the gravy thicker and season with salt.
-  Sprinkle coriander leaves and serve the curry together with rice or noodles.

Nutrient Content Per Serving

Calories 190 kcal

Carbohydrate 33.5 g

Protein 3.6 g

Fat 4.7 g



BAKED SEAFOOD MACARONI WITH OAT

Baked Seafood Macaroni with Oat

Serves: 8

Preparation time: 20 min

Cooking time: 25 min


Ingredients


200 g (2 cups) elbow macaroni
 15 g (1 tbsp) butter
 40 g (4 pcs) unsalted butter
 8 g (½ medium) onion, finely chopped
 5 g (1 clove) garlic, minced
 30 g (½ cup) leek, thinly sliced
 100 g (5 stalks) celery, thinly sliced
 10 g (2 tsp) fresh thyme
 5 g (1 tsp) fresh oregano
 120 g (10 whole, medium) prawn, de-shelled and cubed
 180 g (1 cup) fresh squid, cut into rings
 80 g (½ whole) crab meat
 100 g (4 pcs) sea bass fish, cut into 1cm cubes
 400 ml (2 cups) milk
 100 g (1 cup) instant oat


Pasta is becoming an increasingly popular cereal-based food in Malaysia. It is also quite popular among kids. By incorporating oat in the recipe, it becomes an interesting way to introduce whole grains and increase fibre intake.

Coarse salt and pepper to taste
 A pinch ground nutmeg
 25 ml (1 ½ tbsp) cooking cream
 50 g (½ cup) mix cheese, grated – mozzarella, parmesan and cheddar
 100 g (1 cup) quick cook oat
 50 g (½ cup) breadcrumbs


Instructions


 Cook macaroni in boiling water until al dente. Drain, rinse with cold water and set aside.


 Melt butter over medium heat in a saucepan. Sauté onion, garlic, leek, celery, thyme, and oregano until fragrant. Put in prawn, squid ring, crab meat and cubed fish meat.


 Add milk and whisk together with instant oat until smooth. Bring to a boil and then simmer for about 2 to 3 minutes until sauce has thickened.


 Season with salt, pepper and nutmeg.


 Pour the macaroni and cooking cream into the pan and mix well.

 Pre-heat the oven at 180°C.

 Fold in seafood macaroni stew and transfer to a baking dish.

 Mix grated cheese, quick cook oat, and bread crumbs in a separate bowl to form oat-cheese crumbs.

 Scatter the oat-cheese crumb on top of seafood macaroni mixture.

 Place baking dish on a rimmed baking sheet. Bake until topping is golden and sauce is bubbling for about 15 to 20 minutes. Cool for 5 minutes before serving.

Nutrient Content Per Serving

Calories 371 kcal

Carbohydrate 44.6 g

Protein 21.9 g

Fat 12.4 g



GRILLED STUFFED FISH WITH OAT (*Ikan Bakar Oat*)

Grilled Stuffed Fish with Oat

(Ikan Bakar Oat)

Serves: 5

Preparation time: 30 min

Cooking time: 25 min

Ingredients

650 g sea bass, remove centre fishbone, butterfly or fillet

Grilled fish filling paste:

5 ml (1 tsp) cooking oil

60 g (6 whole) fresh red chilli, deseeded

5 g (1 tsp) chilli paste

15 g (1 tbsp) roasted shrimp paste (*belacan*)

20 g (2 whole) shallots

15 ml (1 tbsp) lime juice

1.25 g (¼ tsp) salt

7.5 g (1 ½ tsp) sugar

30 g (1 stalk) lemongrass, cut into thin slices

5 g (1 piece) lime leaf

1.25 g (¼ tsp) turmeric powder

100 g (1 cup) quick cook oat

10 g (1 piece) banana leaf, for wrapping

Grilled stuffed fish is a classic Malay cuisine famously known as '*ikan bakar*'. Oat is introduced in the recipe to replace the usage of grated coconut. It is also one of the best ways to introduce oat in our daily diet and to increase our daily wholegrain intake.

Spicy Dark Soy sauce:

30 g (3 whole) fresh red chilli, deseeded

4 g (2 whole) bird's eye chilli, deseeded

20 g (2 whole) shallots, thinly sliced





100 g (7 tbsp) dark soya sauce

A pinch of sugar and salt

Mix all ingredients for spicy dark soy sauce, refrigerate and serve with ½ lime or 1 calamansi lime (*limau kasturi*)

Instructions

Grilled fish filling paste:

-  Place all the fish filling ingredients in a blender (except oats and banana leaf) and blend into a smooth paste with some water.
-  Mix the blended paste with oat. Then stuff it inside the fish stomach or place the paste on the fillet. Wrap each fish separately in a banana leaf.
-  Heat the oven at 180°C, place the wrapped fish in the oven and bake for 25 minutes or heat up flat grill pan on medium heat. Cook the fish on top the pan for about 12-15 minutes each side.
-  Serve grilled fish with rice and spicy dark soy calamansi sauce.

Nutrient Content Per Serving

Calories 237 kcal

Carbohydrate 18.2 g

Protein 28.1 g

Fat 5.3 g



CHICKEN COOKED IN SPICED COCONUT MILK AND OAT (*Rendang Ayam Oat*)

Chicken Cooked in Spiced Coconut Milk and Oat

(*Rendang Ayam Oat*)

Serves: 8

Preparation time: 25 min





Cooking time: 25 min

Ingredients

- 150 g (1 ½ cups) instant oat
- 20 g (20 pcs) dried chillies, cut and soak in hot water till soft
- 100 g (8 whole) shallots, sliced
- 25 g (5 cloves) garlic, sliced
- 25 g (3 cm) ginger, sliced
- 30 g (3 cm) galangal, sliced
- 5 g (1 cm) turmeric root, sliced
- 36 g (2 stalks) lemon grass, sliced
- 5 g (1 tsp) salt
- 5 g (1 tsp) brown sugar
- 800 g chicken, skinned and cut into 5cm pieces
- 250 ml (1 cup) thin coconut milk
- 50 ml (¼ cup) fresh milk
- 1 turmeric leaf, thinly sliced
- 5 g (3 whole) kaffir lime leaves, torn into pieces

Chicken *rendang* is a popular dish among the Malay community, usually served during festive seasons such as Hari Raya. It is now an all-time favourite, which is easily accessible any day among Malaysians. Oat is incorporated to reduce the usage of coconut milk / *kerisik* (fried grated coconut) and to act as a thickener. By incorporating oat in one of Malaysia's most favourite dish, we can increase our wholegrain intake daily.

Instructions

-  Place oat in a pan and “dry fry” over low heat until lightly coloured. Cool for 5 minutes and use a small food processor to make fine crumbs. Set aside.
-  Rinse chillies and blend with shallots, garlic, ginger, galangal, turmeric and lemon grass. Whisk to a fine paste.
-  Place paste, salt and brown sugar in a pan and bring it to simmer. Add chicken pieces, coconut milk, and fresh milk. Cook on medium heat until chicken is tender and gravy has thickened for about 25-30 minutes.
-  Add toasted oat crumbs, turmeric and kaffir lime leaves. Continue cooking and stirring until dry. Taste and adjust seasonings if necessary.

Nutrient Content Per Serving

Calories 336 kcal

Carbohydrate 20.6 g

Protein 22.9 g

Fat 18.4 g



PRAWN FRITTERS WITH OAT (*Cucur Udang Oat*)

Prawn Fritters with Oat

(Cucur Udang Oat)

Makes: 10 pieces

Preparation time: 15 min







Cooking time: 15 min

Ingredients

250 g (2 cups) self-raising flour
 5 g (1 tsp) baking soda
 5 g (1 tsp) baking powder
 150 g (1 ½ cups) rolled oat
 34 g (1) egg white
 375 ml (1 ½ cup) water
 200 g (2 cups) fresh prawns, deveined, diced
 10 g (1 small whole) red onion, thinly sliced
 50 g (½ cup) bean sprout, tails peeled off
 80 g (1 stack) chives, cut into 1 cm length
 40 g (½ cup) Chinese celery, sliced
 120 g (1 ¾ cup) carrot, shredded
 Salt to taste
 250 ml (1 cup) oil for frying

A traditional Malay fritter snack that is commonly served during breakfast and tea time. Oat is blended and added with white flour to increase daily fibre intake. This can be an excellent way to incorporate wholegrains in Malaysia's all-time favourite delicacies.

Instructions

-  Place the flour, baking soda and baking powder in one bowl. Mix well.
-  Add in rolled oat, egg white and water. Stir well to form smooth batter. Set aside.
-  Mix in diced prawn, red onion, bean sprouts, chives, Chinese celery, shredded carrot and salt.
-  Heat up oil. Scoop the mixture in a small laddle and pour into oil. Fry in medium heat till golden brown.
-  Remove the fritters from the heat and place them on the kitchen paper towels to absorb excess oil.
-  Serve the fritters with sweet chilli garlic sauce (recipe not included).

Nutrient Content Per Piece

Calories 192 kcal

Carbohydrate 27.2 g

Protein 8 g

Fat 69 g



CHICKEN NUGGET WITH OAT CRUST

Chicken Nugget with Oat Crust

Makes: 30 pieces

Preparation time: 25 min

Cooking time: 10 min

Ingredients

300 g boneless, skinless chicken breast
 50 g (1 whole) egg
 5 g (1 tsp) salt
 1.25 g (¼ tsp) nutmeg powder
 2.5 g (½ tsp) black pepper
 70 ml (4 ½ tbsp) whipping cream
 100 g (1 cup) instant oat
 30 g (2 tbsp) garlic powder
 70 g (6 whole medium) onion, diced
 5 g (1 tsp) fresh thyme
 300 ml (1 ½ cup) oil (for frying)

Coating:

50 g (1 whole) egg, beaten
 100 g (1 cup) instant oat
 150 g (1 ½ cup) rolled oat

Instructions

1. In a mixing bowl, mix boneless chicken breast together with egg and season with salt, nutmeg and pepper.
2. Place the mixture into the food processor and minced in medium speed. Gradually add in whipping cream till the mixture becomes smooth.
3. Then remove paste from food processor into a bowl, mix the paste with instant oat, garlic powder, diced onion and chopped fresh thyme.
4. Spoon the paste to form small nugget (~80 g).
5. Coat the nugget dumplings with instant oat, then dip the nugget in beaten egg and finally with rolled oat.
6. Heat the cooking oil in a pan over the medium heat.
7. Fry the coated nugget until golden brown. Remove from pan and place it on kitchen paper towels to remove excess oil.
8. Serve hot with chilli or tomato sauce.

Chicken nugget is a favourite snack for people who want something “on-the-go”, especially among kids. By using oat as the crust and filling for chicken nugget, it can provide a crunchy texture and chewy taste. An excellent way to introduce oat to kids is through their favourite snacks. It is also a good alternative compared to frozen nuggets available in the market

Nutrient Content Per Serving (2 pieces)

Calories 166 kcal

Carbohydrate 13.7 g

Protein 7.3 g

Fat 9.5 g



BANANA-MANGO OAT SMOOTHIE

Banana-Mango Oat Smoothie

Serves: 4

Preparation time: 15 min




Cooking time: 10 min

Ingredients

- 150 g (2 whole) banana, sliced
- 300 g (1 whole) mango, peeled, seed removed, cut into cubes
- 135 g (1 cup) plain low fat yoghurt
- 500 ml (2 cups) low-fat milk
- 15 ml (1 tbsp) honey
- 50 g (½ cup) instant oat

Banana-mango smoothie is a refreshing drink that will satisfy any sweet tooth. It's also a fun way to get children interested in fruits and introduce oat from young. It is nutritious and helps to increase wholegrain intake.

Instructions

-  Blend banana, mango, yoghurt, milk, honey and oat. (Keep some mango cubes to use for garnishing).
-  Pour into individual glasses.
-  Top the smoothie with cubed mango and before serving.

* You can try any fruit combination, according to your preference.

** Smoothie, as a snack is generally high in calories. Consume less frequently.

Nutrient Content Per Serving

Calories 225 kcal

Carbohydrate 38.1 g

Protein 10.1 g

Fat 3.7 g



CARROT OAT MUFFIN

Carrot Oat Muffin

Makes: 12 muffins

Preparation time: 25 min

Cooking time: 25 min

Ingredients

63 g (½ cup) all-purpose flour
 63 g (½ cup) whole wheat flour
 2.5 g (½ tsp) baking soda
 2 g (½ tsp) baking powder
 Salt to taste
 2 g (½ tsp) cinnamon
 60 g (½ cup) brown sugar
 125 ml (½ cup) canola oil
 53 g (1 egg), beaten
 5 ml (1 tsp) vanilla extract
 100 g (1 cup) quick cook oat
 50 g (½ cup) instant oat
 25 g (¼ cup) flaked coconut
 40 g (¼ cup) raisins
 60 g (1 cup) carrots, shredded
 50 g (½ cup) chopped pineapple, drained
 56 g (¼ cup) softened cream cheese

Muffin is a snack loved by children. It is quick and easy to make. It is also a fun way to include vegetable in the dessert and the child can obtain the benefits of carrot, which is high in beta-carotene. Oat is added for crunchy texture and to increase wholegrain content and a lot of goodness.

Instructions

1. Preheat oven to 180°C. Lightly grease muffin tins.
2. Mix the all-purpose flour, whole wheat flour, baking soda, baking powder, salt, and cinnamon in a large bowl. Make a well in the centre of the mixture.
3. Add brown sugar, canola oil, eggs, and vanilla extract. Fold in the oats, coconut, raisins, carrots, and pineapple.
4. Blend the already drained pineapple juice and cream cheese.
5. Fill each muffin cup about ¾ full with the muffin batter.
6. Bake muffin for 20 minutes in the preheated oven. The muffin cooked when a toothpick is inserted and comes out clean.

Nutrient Content Per Muffin

Calories 242 kcal

Carbohydrate 25.0 g

Protein 4.1 g

Fat 14.6 g



SWEET POTATO-OAT DONUT (*Kuih Keria Oat*)

Sweet Potato-Oat Donut

(Kuih Keria Oat)

Makes: 10 pieces

Preparation time: 25 min

Cooking time: 25 min

Ingredients

400 g (1 whole medium) sweet potato with skin
 30 g (½ cup) instant oat
 125 g (1 cup) self-raising flour
 50 ml (¼ cup) milk
 30 g (2 tbsp) sugar
 Salt to taste
 250 ml (2 cups) oil

'Kuih Keria' is a very popular Malaysian snack that resembles mini-donuts. It is made with sweet potato (sugar coating is optional). Oat is mixed with the flour to increase wholegrain intake.

* *Optional coating: palm sugar glazed (Palm sugar, melt with little water until become honey like syrup)*

Instructions

1. Boil the sweet potato until tender.
2. Remove sweet potato and mash it evenly.
3. Mix the mashed sweet potato with the oats, self-raising flour, milk, sugar and salt into a smooth paste.
4. Divide into 8 portions and shape it into a doughnut with your hands.
5. Heat two cups of oil in a deep frying pan.
6. When the oil is hot, fry the shaped mixture (*keria*) on medium heat until the colour turns to golden brown.
7. Drain the excess oil from the *keria* and toss the *keria* in the coated sugar.
8. Remove the *keria* from the coated sugar and it is ready to serve

Nutrient Content per Piece

Calories 178 kcal

Carbohydrate 27.0 g

Protein 2.6 g

Fat 6.6 g



CHOCOLATE OAT BROWNIES

Chocolate Oat Brownies

Makes: 20 brownies

Preparation time: 20 min

Cooking time: 35 min







Ingredients

- 50 g (½ cup) white chocolate buttons
- 100 g (12 medium bar) dark chocolate, chopped
- 120 g (8 tbsp) unsalted butter
- 200 g (1 cup) castor sugar
- 125 g (1 cup) plain flour
- 200 g (2 cups) instant oat
- 25 g (¼ cup) chopped hazelnuts
- 106 g (2 whole, large) eggs

21 x 27 cm baking tin greased and lined

Brownie is a simple and delicious chocolate dessert that is enjoyed by all, especially kids. Oat is added to increase wholegrain intake and it is an excellent way to introduce oat to kids.

Instructions

-  Preheat the oven to 170°C.
-  Melt white, dark chocolate and butter in a large heatproof mixing bowl over a pan of simmering water.
-  Mix in the sugar and stir until dissolved. Then add flour, oats and hazelnuts and stir well.
-  Add eggs and stir again until completely mixed. Pour into a baking tin.
-  Bake in the oven for 25-30 minutes.
-  Check if it is done – if it is still wobbly in the middle, bake for an additional 10 minutes. When done, cool it on a rack. Cut into desired number of pieces

Nutrient Content Per Brownie

Calories 196 kcal

Carbohydrate 25.5 g

Protein 3.6 g

Fat 9.5 g



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NUTRITION FOUNDATION OF THE PHILIPPINES, INC.

HISTORY

The Nutrition Foundation of the Philippines, Inc. (NFP) is a private, non-stock, non-profit organization engaged in improving the nutritional status of the Filipino community. It is located at 107 E. Rodriguez, Sr. Blvd., Quezon City. It was founded in 1960 by National Scientist and former Secretary of Health, Dr. Juan Salcedo, Jr.

In 1950, Dr. Juan Salcedo Jr. was appointed as the first Director of the newly created Institute of Nutrition. NFP served as the "clearing house of information relevant to human nutrition". Later, the Institute was developed into a Research Center, the Food and Nutrition Research Center. Thus, arose the need for an agency that would translate the findings of the Center into practical terms for the improvement of the nutrition of the people.

The slogan at that time was "Nutrition is everybody's concern". It was felt that a private organization that would support the government efforts in order to give meaning to the slogan is needed. Thus, the Nutrition Foundation of the Philippines, Inc. was founded in December 28, 1959. On January 18, 1960, it was registered at the Securities and Exchange Commission, and formally started its operation on July 15, 1960. Its principal office was at Dr. Juan Salcedo, Jr. Building, located along E. Rodriguez, Sr. Avenue, Quezon City.

The Foundation's goal is to promote nutrition awareness in the Philippines, as an important factor in improving the health of the people and ultimately the welfare and economic life of the community. During the early years, NFP's thrust was the provision of direct technical field service to individuals and groups, particularly in low income communities where malnutrition was prevalent; organization of nutrition councils (the forerunner of today's nutrition committees) which serve as the organizational structure for the delivery of coordinated nutrition services in the communities; and the provision of grants-in-aid to institution and individuals for study and research purposes.

Through the years, direct field services occupied a significant part of NFP's regular activities. In the 80s, the NFP shifted its efforts from directly carrying out specific field projects to conduct training programs, development of IEC materials for community use, the maintenance of its library facilities and provision of consultation services on nutrition.

MISSION

To contribute to the attainment of well-nourished individuals and families in targeted/ selected communities through: Capacity building; Provision of comprehensive community-based nutrition and related services; Networking, partnership, alliance building; and modeling of innovative strategies.

VISION

NFP as a leading dynamic organization in community nutrition that passionately serves its client with excellence and professionalism toward a healthy, empowered and productive citizen.





The Filipino Cuisine “A Taste of History”

The Philippines is an archipelago with over 7,641 islands. It is named after King Philip II of Spain (1556-1598) and was a Spanish colony for over 300 years. The rich flavor of Filipino cuisine of today is influenced largely by Spanish and Asia-Pacific culture. In spite of modernization, the traditional way of preparation and cooking is still preserved and practiced in the archipelago.

Akin to other neighboring Southeast Asian countries, Filipino dishes also often include extracted coconut milk from mature coconut and use banana leaves in cooking. In volume 1, six recipes call for the use of coconut milk and banana leaves. These are: Coconut Milk with Oatmeal Sticky Rice Ball with Mixed Fruits (*Guinatang Halo-halo with Bilo-bilo*), Rolled Oats Coconut Pudding (*Maja Blanca*), Oatmeal Charcoaled Coconut Strips in Banana Leaves (*Tupig*), Rolled Oats Grated Cassava with Grated Coconut and Cheese (*Pichi-pichi*), and lastly, Rolled Oats Sweetened Rice Cake (*Biko*). These dishes, especially the biko, maja blanca, and pichi-pichi, are staples in gatherings across the country.

Being an archipelago, the Philippines is surrounded by water providing it an abundant supply of fish and seafood. Thus, it is no surprise that the Filipino cuisine is rich in dishes using these resources. Such dishes presented in this recipe book include Deboned Milkfish Meat Loaf (*Rellenong Bangus*), Oatmeal Smoked Mackerel Spring Roll and Oatmeal Fish Balls. The Filipinos also have a preference for sweet-style cooking and sweets in general. Thus, Filipino cuisine are also abundant in delicacies that can serve both as a snack or a dessert. These delicacies include Oatmeal Charcoaled Coconut Strips in Banana Leaves (*Tupig*), Lye Rice Cake in Banana Leaves (Rolled Oats *Suman sa Lihia*), Rolled Oats Sweetened Rice Cake (Rolled Oats *Biko*) and Rolled Oats Grated Cassava with Grated Coconut and Cheese (Rolled Oats *Pichi-Pichi*), which are presented in this recipe book.

The strategic location of the Philippines in the Pacific has allowed to, its cuisine evolve and grow with influences from various traders and visitors. In the first brain storming of nutritionist-dietitians of the NFP, a total of 36 recipes were suggested for testing. Recipes were developed through trial and error and evaluated by respondents through sensory evaluation: aroma, appearance, texture, and taste as the main criteria for evaluation.

As a nutritionist-dietitian, these recipes were developed not only to please the palate but also to help improve one’s nutritional well-being. I am aware that the Filipino diet, though rich and flavorful, is low in fiber. Thus, incorporating oats in various Filipino dishes will help increase dietary fiber intake and help to achieve the recommended nutrient intake for dietary fiber which is 38g/per day for male and 25g/per day for female. Fiber also increases satiety, aids in digestion and helps prevent constipation. With the rise of lifestyle diseases such as obesity, cardiovascular diseases and diabetes, inclusion of fiber in the diet plays an important role in addressing this problem.



Prepared by:
Mr John Kristoffer B. De Jesus,
Recipes Developer



OATMEAL CHICKEN PORRIDGE (OATMEAL ARROZ CALDO)

Oatmeal Chicken Porridge

(Oatmeal Arroz Caldo)

Serves: 4 (1 cup per serving)

Preparation time: 15 min

Cooking time: 20 min

Ingredients

30 ml (2 tbsp) cooking oil
 5 g (½ tbsp) minced garlic (for sautéing)
 30 g (¼ cup) chopped onions
 125 g (1 cup) chicken breast (small cube cuts)
 750-1000 ml (3 to 4 cups) water
 45 g (1 cup) oatmeal quick cook or instant
 19 ml (1¼ tbsp) fish sauce (to taste)
 1.25 g (¼ tsp) ground pepper
 20 g (2 tbsp) minced garlic (for toasted garlic)
 10 g (1 tbsp) minced ginger
 240 g (4 pcs) hardboiled egg
 20 ml (4 pcs) calamansi or 1 pc of lemon

Arroz Caldo is a popular breakfast or snack dish. It is a Filipino type of congee made of rice gruel, ginger, garlic and chicken which closely resembles risotto. The rice gruel which is the primary ingredient of the dish is substituted with oatmeal to increase fiber and nutrient content.

Instructions

1. Heat oil in casserole. Sauté ginger, garlic, onion, and chicken breast cubes.
2. Add 3 to 4 cups of water and bring to boil.
3. Add oatmeal and cook to desired thickness then season with fish sauce and ground pepper.
4. Sprinkle toasted garlic and spring onion.
5. Serve hot with hardboiled egg and calamansi or lemon juice.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	259 kcal	2.1 g	18.2 g	18 g	12.9 g	4.6 g	273 mg	223 mg



COCONUT MILK WITH OATMEAL STICKY RICE BALL AND MIXED FRUITS (*Ginataang Halo-Halo with Bilo-Bilo*)

Coconut Milk with Oatmeal Sticky Rice Ball and Mixed Fruits

(Ginataang Halo-Halo with Bilo-Bilo)

Serves: 12 (1 cup per serving)

Preparation time: 25 min

Cooking time: 20 min

Ingredients

Coconut milk

3 pcs matured grated coconut
210 g (1 cup) refined sugar

Sticky Rice Balls

120 g (1 cup) rice flour
60 g (½ cup) oatmeal instant or quick cook
125 – 150 ml (½ cup or ½ cup & 1 ¾ tbsp) cold water

Mixed fruits

250 g (1 pc large size) diced yellow sweet potato
300 g (6 pcs) plantain (saba), peeled, cut crosswise and sliced
90 g (6 tbsp) chopped ripened jackfruit (*nangka*) (optional)
120 g (½ cup) tapioca or small sago

Coconut Milk with Oatmeal Sticky Rice Ball and Mixed Fruits, locally known as *Ginataang Halo-Halo* with *Bilo Bilo* is enjoyed either as a snack or as a dessert in the Philippines. It is made of tapioca, jackfruit, sweet potato, plantain, coconut milk, and sticky rice ball made up of rice flour and oatmeal. The oatmeal is incorporated in sticky rice ball to increase the fiber content of the recipe.

Instructions

1. Extract 2 cups of pure milk from coconut.
2. Add 6 cups of water to grated coconut and further extract milk.
3. Add sugar and bring coconut milk (2nd extraction) to boil.
4. Mix rice flour and oatmeal then gently add cold water.
5. Mold the dough into small balls (1 tsp per ball) Approximately (48 to 50 balls)
6. Add yellow sweet potato, plantain, jackfruit, tapioca and rice balls. Stir continuously while cooking to avoid scorching.
7. Pour pure coconut milk. Let simmer for about 10 minutes before serving.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	236 kcal	3.6 g	50.1 g	2.3 g	2.9 g	2.3 g	0 mg	2 mg



HOMEMADE SKINLESS CHICKEN SAUSAGE (*Chicken Longanisa*)

Homemade Skinless Chicken Sausage

(Chicken Longanisa)

Serves: 11 (2 pcs per serving)

Preparation time: 60 min

Cooking time: 15 min

Ingredients






Chicken sausage:

500 g ground chicken
 60 g (¼ cup) oatmeal quick cook
 15 g (1 tbsp) iodized salt
 105 g (½ cup) granulated sugar
 160 g (2 whole) garlic, minced
 15 ml (1 tbsp) vinegar
 5 ml (1 tsp) oyster sauce
 15 ml (1 tbsp) soy sauce
 7.5 ml (1 ½ tsp) ground pepper
 15 g (1 tbsp) all-purpose flour
 0.625 ml (¼ tsp) food coloring (optional)
 1 g (½ tsp) garlic powder
 22 pcs 4x3 inches wax paper for wrapping
 31.25 ml (¼ cup) cooking oil, for frying

Vinaigrette dipping sauce:

125 ml (½ cup) vinegar
 15g (1 tbsp) chopped red onion
 5 g (1 tsp) sugar
 2.5 g (½ tsp) ground black pepper
 1.25 g (½ tsp) iodized salt

Instructions

-  Mix all the ingredients except for wax paper and cooking oil and marinate overnight.
-  Portion about 2 tbsp of mixture onto a 4x3 inches wax paper then roll.
-  Fry the skinless chicken sausage in cooking oil using medium heat.
-  For the dipping sauce, mix vinegar, onions, sugar, ground black pepper, and salt.
-  Best serve with vinaigrette dipper, slices tomato, and fried egg.

Skinless *langganisa* is a type of native sausage in the Philippines. Various versions can be found across the country with each province incorporating its local flavor. This homemade skinless chicken sausage with oats is a healthy alternative to pork or beef sausage because it is low in fat but high in fiber.

NOTE: without food coloring the appearance of cooked skinless chicken sausage will be similar to chicken nuggets.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	187 kcal	1.2 g	22.3 g	13 g	5.1 g	1.2 g	34 mg	835 mg



DEBONED MILKFISH MEATLOAF (*Rellenong Bangus with oatmeal*)

Deboned Milkfish Meatloaf

(Rellenong Bangus with Oatmeal)

Serves: 5 (1 slice per serving)

Preparation time: 30 min

Cooking time: 30 min

Ingredients

600 g (1 large size) milk fish (*bangus*)
 40 g (1 pc) red onion, minced
 27 g (4 cloves) garlic, minced
 70 g (1 pc) carrot, small cubes
 100 g (½ cup) raisins
 60 g (2 pcs) tomato, minced
 60 g (1 pc) raw egg
 12 g (1 ½ tsp) iodized salt (coarse)
 5 ml (1 tsp) Worcestershire sauce
 20 g (1 pc) green bell pepper, chopped finely
 22.5 g (3 tbsp) all-purpose flour
 20 ml (4 pcs) calamansi or (1 pc) lemon (for marinating)
 62.5 ml (¼ cup) soy sauce (for marinating)
 15 ml (1 tbsp) oyster sauce
 45 g (½ cup) oatmeal quick cook or instant
 1000 ml (4 cups) cooking oil for frying (deep fry)
 15 ml (1 tbsp) oyster sauce (for marinating)
 7.5 ml (½ tbsp) oyster sauce (for seasoning)

Rellenong Bangus is one of the most popular dishes in the Philippines, often served in special occasion. It has a delicious taste and unique process of preparation compared to other fish recipes as the dish requires careful deboning and flaking of the milkfish meat. Oats is added during the sautéing of meat mixture to serve as extender for a more filling dish.

Instructions

- Scrape fish scales and clean then gently pound fish to loosen meat from the skin.
- Break the big bone at the nape and on the tail. Insert the end of the handle of stainless spatula through the fish neck. Then gently scrape down the handle between the meat and the skin. Scrape down to the tail, going around and on the other side of the fish.
- If you feel the meat is entirely separated from the skin, remove the handle, squeeze and push out meat (with the big bone), starting from the tail going out through the head. This way, you will be able to push out the whole meat without cutting an opening on the skin.
- Marinate skin and head of fish with soy sauce, oyster sauce and calamansi juice for 30 minutes. Set aside. Boil fish meat in a little water. Drain then pick out bones and the flake meat.
- In a separate pan, sauté garlic until brown. Add onion and tomatoes. Stir in fish meat, carrot, and pepper. Season with salt, ground pepper, oyster sauce, Worcestershire sauce then add the raisins.
- Transfer cooked mixture to a plate.
- Beat raw egg then dip each side of the milk fish to it before dredging in flour. Deep fry the milkfish until golden brown.
- Best serve with tomato and salted egg.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	311 kcal	2.4 g	27.6 g	22.7 g	12.1 g	4.1 g	89 mg	881 mg



NATIVE LUCBAN GARDEN MEATLOAF (*Lucban Hardinera*)

Native Lucban Garden Meatloaf

(Lucban Hardinera)

Serves: 10 (4 Tin Molding Dish) (“Lianera”) Preparation time: 60 min Cooking time: 120 min

Ingredients

- 500 g chicken breast, cut into small cubes
- 40 ml (8 pcs) calamansi (2 pcs lemon)
- 1.75 g (1 tsp) iodized salt (for marinate)
- 1.75 g (1 tsp) ground pepper (for marinate)
- 30 g (4 pcs) cloves of garlic, minced (for marinate)
- 15 ml (1 tbsp) oil for sauté
- 40 g (6 pcs) cloves of garlic, minced
- 40 g (1 pc) red onion medium size, finely minced
- 75 g (1 pc) small size chorizo de bilbao or chorizo, sliced into small cubes
- 30 ml (2 tbsp) tomato paste
- 1.75 g (1 tsp) salt
- 105 g (3 pcs) hotdog, sliced into small cubes
- 20 g (1 pc) red bell pepper
- 20 g (1 pc) green bell pepper
- 125 g (1 can) small chicken liver spread
- 110 g (½ cup) grated cheddar cheese
- 60 g (⅓ cup) sweet pickled relish
- 45 g (½ cup) oatmeal quick cook or instant

Lucban Hardinera is a native meat loaf of Lucban, Quezon Province that has been prepared since the Spanish era in the Philippines. *Hardinera* is a type of steamed dish cooked in an aluminum molder and is usually made of pork, hotdogs, pineapple, peppers, raisins, eggs and pickles. Instead of ground pork, this recipe uses small cube cuts of chicken breast to decrease fat content. Oats is added as extender to increase the volume of the dish and provide a good of fiber.

- 3 pcs banana leaves (6 by 6 inches)
- 4 pcs medium size tin molding dish (Lianera)
- 387 g (1 can) pineapple slices
- 120 g (2 pcs) hardboiled egg
- 3 sets aluminum foil (10 x 10 inches)
- 75 g (½ cup) raisin
- 180 g (3 pcs) beaten eggs
- 0.85 g (½ tsp) ground pepper

Instructions

- 1. Marinate the chicken with calamansi or lemon, salt, ground pepper and minced garlic for 30 minutes.
- 2. In a sauce pan, sauté garlic and onion.
- 3. Add chicken and chorizo then cook for 5 minutes.
- 4. Add tomato paste and salt while continuously stirring. Add small amount of water if needed to avoid drying out.
- 5. Add hotdog, red and green bell pepper, and raisins then cook for 3 minutes.
- 6. Place meat mixture in a large container then add cubed pineapples, liver spread, cheddar cheese, pickled relish and oatmeal quick cook or instant.
- 7. Place banana leaves in the molding dish to prevent scorching.
- 8. Place meat mixture in the molding dish then place the pineapple slice and quartered egg on top.
- 9. Cover molding dish with aluminum foil.
- 10. Steam for 2 hours. Cool for 5 minutes before removing from the container and then serve.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	325 kcal	1.9 g	31.2 g	19.6 g	13.8 g	5 g	166 mg	375 mg



OATMEAL SMOKED MACKEREL SPRING ROLL

Oatmeal Smoked Mackerel Spring Roll

Serves: 4 (4 pcs per serving)

Preparation time: 30 min

Cooking time: 10 min

Ingredients

250 g (1 cup) smoked hard-tail mackerel (*tinapa* “galunggong”) (flaked fish)
 ¼ cup minced red onion
 ¼ cup minced carrots
 20 g (½ cup) minced green onion
 15 g (1 tbs) parsley, minced
 3 g (¾ tsp) salt
 3g (¾ tsp) ground black pepper
 10 g (1 tbs) minced garlic
 45 g (½ cup) oatmeal quick cook or instant
 60 g (1 pc) egg
 100 g (16 pcs) spring roll wrapper (rice wrapper or lumpia wrapper)
 500 ml (2 cups) vegetable oil

Spring roll is an all-time favorite dish in any occasion in the Philippines. Instead of pork or beef as meat, smoked mackerel is used to create an original recipe. Oats is added as an extender to help bind the vegetables together.

Instructions

1. In a mixing bowl, combine flake smoked mackerel (*tinapa*), onion, carrots, green onions, parsley, salt, ground black pepper, garlic powder, oatmeal and beaten egg. Mix well.
2. Wrap about 1 ½ tbs of the mixture in the wrapper.
3. Heat the cooking oil in a deep fryer. Deep fry the spring roll for 5-10 minutes.
4. Remove from the deep fryer and let the excess oil drip.
5. Transfer to a serving plate. Best served with sweet and sour chili sauce or ketchup.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	294 kcal	2 g	26.9 g	20.7 g	11.6 g	4.2 g	94 mg	621 mg



EGGPLANT OMELET ALA ROLLED OATS (*Tortang Talong*)

Eggplant Omelet ala Rolled Oats

(Tortang Talong)

Serves: 3 (1 pc per serving)

Preparation time: 20 min

Cooking time: 10 min

Ingredients

- 300 g (3 pcs) chinese eggplant
- 60 g (1 pc) raw egg
- 1 g (¼ tsp) iodized salt (coarse sea salt)
- 60 g (6 tbsp) rolled oats
- 60 ml (4 tbsp) vegetable oil

Eggplant omelet or (*tortang talong*) is a type of eggplant dish wherein grilled eggplants (peelings removed) are soaked in a beaten egg mixture and then fried. It is a very popular dish among kids. Oat is added during frying to increase its fiber content.

Instructions

1. Grill the eggplant until the color of skin turns almost black.
2. Submerge in water after grilling to remove the skin easily.
3. Crack the eggs and place in bowl. Add salt and beat.
4. Place each eggplant on a flat surface and flatten using a fork.
5. Dip each flattened eggplant in the beaten egg mixture.
6. Heat the pan and pour the cooking oil.
7. Fry each eggplant (dipped in the beaten mixture) then sprinkle 2 tbsp of rolled oats. Make sure that both side are cooked and wait until golden brown.
8. Frying time will take you about 3 to 4 minutes per side. Cook in low to medium heat.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	236 kcal	3.6 g	50.1 g	2.3 g	2.9 g	2.3 g	0 mg	2 mg



ROLLED OATS COCONUT PUDDING (*Rolled Oats Maja Blanca*)

Rolled Oats Coconut Pudding

(Rolled Oats Maja Blanca)

Serves: 12 (1 slice per serving)

Preparation time: 10 min

Cooking time: 60 min

Ingredients

500 ml (2 cup) 2nd extract coconut milk
(1 cup of pure coconut milk + 1 cup of water) if matured coconut is not available.

120 g (1 cup) cornstarch
210 g (1 cup) granulated sugar
100 g (½ cup) corn kernels
125 ml (½ cup) evaporated milk
125 ml (1 cup) UHT milk
375 ml (1 ½ cup) pure coconut milk
80 g (½ cup) rolled oats
125 ml (½ cup) coconut caramel (Latik) for toppings

Coconut pudding or *maja blanca* is a popular snack/dessert dish in the Philippines. It is made up of coconut milk, UHT milk, cornstarch, corn kernels, and sugar. It is cooked over low-medium fire and blended until the desired thickness is achieved. The mixture is then transferred into a circular basket (*bilao*) or a baking pan to set. Oat is added to the mixture during cooking to increase fiber content.

Instructions

- Bring to boil 2nd extract of coconut milk then add sugar until dissolved.
- Add corn kernels, evaporated milk and fresh milk then simmer for 5 minutes.
- Dissolve cornstarch to pure coconut milk until there are no lumps.
- Add the cornstarch-coconut milk mixture to the heated mixture then turn the heat on medium/ low then simmer, Continue stirring or the bottom will burn and lump up. Stir for 20 minutes then add rolled oats. Stir again for 10 minutes until you reach a firm pudding consistency.
- Bring coconut milk to a boil in a saucepan and simmer gently over low heat while stirring frequently.
- Continue to simmer until the milk reduces to a thick cream, about an hour.
- Continue heating and stirring until the cream separates into coconut oil and coconut caramel.
- Pour hot mixture into 12 by 12 inch baking pan, then set it aside to cool completely. Place in the fridge if you like it cold.
- Serve with coconut caramel toppings and enjoy.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	283 kcal	2.1 g	23.6 g	5.9 g	18.5 g	15.2 g	13 mg	76 mg



CHICKEN EMPANADA

Chicken Empanada

Serves: 14 (1 pc per serving)

Preparation time: 90 min

Cooking time: 15 min

Ingredients

Fillings:

- 250 g boneless chicken breast, cut into cubes
- 30 ml (6 pcs) calamansi or (2 pcs) of lemon
- 1.75 g (½ tsp) iodized salt(coarse) (for marinate)
- 1.75 g (½ tsp) ground pepper (for marinate)
- 40 g (1 pc) medium-sized onion, minced
- 45 g (6 cloves) minced garlic
- 125 ml (½ cup) water
- 140 g (1 cup) carrot, peeled and diced
- 90 g (1 pc) small potato, peeled and diced
- 50 g (¼ cup) raisins
- 45 g (¼ cup) green peas
- 45 g (½ cup) oatmeal quick cooked or instant
- 1.75 g (1 tsp) iodized salt (coarse)
- 1.75 g (1 tsp) ground black pepper
- 110 g (½ cup) cheddar cheese for filling

Empanada is very popular in the Tagalog region of the Philippines. It is a stuffed bread or pastry that is either baked or fried. The Filipinos have also been preparing this dish since the Spanish era. The empanada is enriched with oats in the dough and in the filling to increase volume and fibre content.

Dough:

- 360 g (3 cups) all-purpose flour
- 1.75 g (½ tsp) salt
- 15 g (1 tbsp) sugar
- 1.75 g (½ tsp) baking powder
- 110 g (½ cup) creamy butter (cut into 8 pcs)
- 62.5 ml (¼ cup) orange juice
- 167 ml (⅔ cup) soda water or still water
- 750 ml (6 cups) oil for frying

Instructions

Fillings:

- Marinate the chicken with calamansi juice or lemon, salt and pepper for 1hr.
- In a sauce pan, sauté onion and garlic then add chicken breast cubes.
- Add ½ cup of water and simmer for 5 minutes.
- Put in carrots and potatoes then simmer for 10 minutes.
- Add raisins, green peas and oatmeal one at a time, then season with salt and pepper.
- Dry the mixture then set aside.
- Slice the cheese into 10 pcs then cut into batonnet cut size. (French fries size alike)

Dough:

- Mix the flour, salt, sugar, and baking powder.
- Add the pieces of butter until mixed well.
- Add the orange juice and sparkling water. Start with ½ cup of water and then add more as needed, pulse and mix until clumps of dough start to form.

- Form a ball with the dough and knead lightly.
- Cover the dough with cling wrap then place the dough in a bowl. Leave the dough for an hour.
- Knead the dough thoroughly and weigh 40 to 50g of small dough balls (approximately 16-18 dough balls.) Use a tortilla press (if available) or rolling pin to roll them out very thin. They need to be perfectly round to achieve disc shape of empanada.
- Put meat filling and cheese at the lower center of the dough then fold the empanada discs and seal the edges, first pressing gently with your fingers, then use your fingers to gently twist the edges of the empanada. Use fork to press down and seal, or use empanada molder if available.
- Fry Empanada until golden. Place the fried empanadas on paper towels to drain any extra oil.

NOTE: The empanadas can be fried either in a deep fryer or in a simple frying pan. Just make sure to have enough oil to cover at least half the empanada if using a pan.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	289 kcal	2.1 g	32 g	9.9 g	13.6 g	7.4 g	33 mg	500 mg



ROLLED OATS STEAMED RICE CAKE (*Puto Ala Rolled Oats*)

Rolled Oats Steamed Rice Cake

(Puto Ala Rolled Oats)

Serves: 32 (1 pc per serving)

Preparation time: 10 min

Cooking time: 20 min per batch

Ingredients

480 g (4 cups) all-purpose flour
 420 g (2 cups) granulated sugar
 30 g (2 ½ tbsp) baking powder
 110 g (½ cup) butter, melted
 250 ml (1 cup) evaporated milk
 60 g (1 pc) raw egg
 625 ml (2 ½ cups) water
 0.625 ml (¼ tsp) pandan essence
 320 g (2 cups) rolled oats
 2000 ml (8 cups) water (for steaming)
 16 pcs steamed rice cake molders
 220 g (1 cup) small slices of cheese

Puto is steamed rice cake which is commonly sold in traditional markets or peddled on the streets. It is the perfect food to bring to a gathering or potluck because it is easy to eat and to transport. Variety of recipes is available in making steamed rice cakes. Rolled oat is incorporated in the batter mixture to increase fiber content and improve texture of the food.

Tips: If you are using non - quick melt Filipino brand cheese, you may put the cheese on top of the mixture otherwise put the cheese on top after steaming.

Instructions

1. In a mixing bowl, combine flour, sugar, and baking powder then mix well.
2. Add the butter, evaporated milk, egg, water and pandan essence (dissolve the pandan essence in water).
3. Pour 1 ½ tbsp mixture in individual molds then add 1 to 2 tsp of rolled oats.
4. Pour the water in the steamer.
5. Arrange mold in the steamer, and steam ricecakes for about 20 minutes.
6. If using quick melt cheese, remove the cover of the steamer 10 to 15 minutes before being fully cooked and top each steamed rice cake with quick melt cheese then continue steaming(with the cover on) for 2 to 5 minutes.
7. Remove from the mold and arrange in a serving plate.
8. Let it cool for a few minutes.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	191 kcal	1.4 g	31.8 g	4.3 g	5.4 g	2.8 g	19 mg	137 mg



OATMEAL FISH BALL

Oatmeal Fish Ball

Serves: 12 (4pcs per serving)

Preparation time: 30 min

Cooking time: 5 to 10 min

Ingredients

Fish balls:



- 500 g (2 cups) flaked fish (surgeon fish “*labahita*” or hard-tail mackerel “*galunggong*”)
- 60 g (¼ cup) oatmeal quick cook or instant
- 5 g (1 tsp) salt
- 2.5 g (½ tsp) ground pepper
- 20 ml (4 pcs) calamansi or (1 pc lemon) (for taste)
- 300 g (1 ½ cup) mashed potato (3 pcs medium size)
- 30 g (2 tbs) minced green onion
- 120 g (2 pcs) raw eggs

Sauce:





- 20 g (2 pcs) cloves of garlic, minced
- 20 g (2 tbs) cornstarch
- 250 ml (1 cup) water
- 45 ml (3 tbs) soy sauce
- 60 g (6 tbs) brown sugar
- 5 ml (1 tsp) hot sauce or chili pepper (optional)

Instructions

Fish ball:

-  Mix ingredients and form into balls.
-  Cook in a sauce pan until light golden.

Sauce:

-  Sauté garlic in a sauce pan.
-  Dilute 2 tbs corn starch in 1 cup of water.
-  Mix all other ingredients in the saucepan.
-  Cook over low heat while stirring continuously until the desired thickness.

Fish ball(s) is a popular street food in the Philippines and is also common in Southern China, Hong Kong, Macau, Southeast Asia. The oats is used to bind the mashed sweet potato and fish flakes.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	124 kcal	0.9 g	18.1 g	10 g	1.4 g	0.3 g	50 mg	473 mg



OATMEAL CHARCOALED COCONUT STRIPS IN BANANA LEAVES (*Oatmeal Tupig*)

Oatmeal Charcoaled Coconut Strips in Banana Leaves

(Oatmeal Tupig)

Serves: 4 (3pcs per serving)

Preparation time: 20 min

Cooking time: 5 to 10 min per batch

Ingredients

120 g (1 cup) glutinous rice flour or glutinous rice powder
 120 g (½ cup) young coconut strips
 125 ml (½ cup) coconut milk
 47 g (⅓ cup) muscovado sugar (brown sugar)
 22.5 g (¼ cup) oatmeal quick cook or instant
 14 pcs banana leaves (6 inches diameter)

Charcoaled coconut strips in banana leaves also known as *tupig* is a Filipino delicacy and all-time favorite take-home when one visits the Northern part of Luzon. *Tupig* is a type of rice cake made from rice flour and coconut strips. Wrapped in banana leaves, it is then grilled over hot charcoal. Oats is added to create new flavor and increase the fiber content of the dish.

Instructions

- In a mixing bowl, combine rice flour, coconut strips, coconut milk, and brown sugar. Mix well until desired smooth batter like.
- In a banana leaves, put each 1 tbsp of mixture in the middle then spread evenly and wrap.
- Grill over hot metal cooker with charcoal at the bottom or in a barbeque grill for 5 to 10 minutes or until done. Turn frequently to avoid too much burning.
- Serve immediately.

Nutrient Content Per Serving

Calorie
342 kcal

Fiber
3 g

Carbohydrate
56 g

Protein
4.1 g

Total Fat
11.3 g

Saturated Fat
9.6 g

Cholesterol
0 mg

Sodium
14 mg



LYE RICE CAKE IN BANANA LEAVES (*Suman sa Lihya*)

Lye Rice Cake in Banana Leaves

(Suman sa Lihya)

Serves: 7 (2 pcs per serving) Preparation time: 180 min Cooking time: 80 min

Ingredients

Rice cake:

- 545 g (2 ½ cup) glutinous rice
- 750 ml (3 cups) water
- 5 ml (1 tsp) lye water
- 3 pcs whole banana leaf, cleaned
- 140 g (14 tbsp) rolled oats

Crude Sugar Coconut Sauce:

- 440 g (2 cups) crude sugar (panutsa) or 315 g (1 ½ cup) brown sugar
- 250 ml (1 cup) coconut milk

Suman sa Lihya is a traditional sticky rice cake with lye water, wrapped tightly in banana leaves and boiled for two hours. This is usually served as snack or dessert in most occasions in the Philippines. Rolled oats is added to create a distinct taste and increase fiber content of the food.

Note: Do not go beyond the recommended measurement for lye water or else the lye rice cake will taste too bitter.

Instructions

Rice cake:

- Place the glutinous rice in a mixing bowl then pour in water. Stir and soak for 2 to 3 hours.
- Drain excess water from the mixing bowl and then add lye water. The mixture will turn yellowish. Let stand for 30 minutes.
- Prepare the banana leaves. Note: Fresh banana leaves can be heated directly in fire for a very short time. This releases the natural aroma of the leaf and makes it more flexible. If using fresh frozen banana leaves, it is better to wash it in warm water. You will need a pair of leaves per serving. The bigger leaf should measure about 12 by 10 inches while the smaller one would be about 4 by 5 inches.
- Arrange the banana leaves by placing the larger leaf first in a flat surface then put the smaller leaf in the center of the larger leaf.
- Scoop about ¼ cup of the rice mixture then add 1 tbsp of oats and place it over the smaller leaf.
- Fold the leaf to secure the rice mixture and tie with a kitchen twine.
- Arrange the folded banana leaves with rice mixture in a cooking pot then pour-in enough water.
- Turn on and then let boil. Simmer lye rice cakes for 80 minutes.
- Set aside the lye rice cake (suman) then let it cool for 15 minutes.
- Serve with 1 tbsp of crude sugar (panutsa) coconut sauce.

Crude Sugar Coconut Sauce:

- In a low/medium heat, dilute crude sugar in a sauce pan then add coconut milk.
- Mix thoroughly until you reach the desired thickness.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	304 kcal	3.4 g	61.4 g	6.2 g	3.6 g	2.0 g	0 mg	11 mg



ROLLED OATS GRATED CASSAVA WITH GRATED COCONUT AND CHEESE (*Rolled Oats Pichi-Pichi*)

Rolled Oats Grated Cassava with Grated Coconut and Cheese

(Rolled Oats Pichi-Pichi)

Serves: 20 (6 pcs per serving)

Preparation time: 15 min

Cooking time: 45 to 60 min per batch

Ingredients

440 g (2 cups) cassava, grated
 210 g (1 cup) sugar
 250 ml (1 cup) water
 2.5 ml (½ tsp) lye water
 2.5 ml (½ tsp) buko pandan essence or buko pandan flavor
 320 g (2 cups) rolled oats
 2000 ml (8 cups) water for steaming
 60 pcs small *pichi-pichi* molder (2 tsp per molder)
 1 cup coconut, grated
 440 g (2 cups) cheddar cheese, grated
 250 ml (1 cup) pure coconut milk

Pichi-pichi is a gelatinous delicacy made from grated cassava, coconut milk and sugar. It originated from the coconut capital of the Philippines, the Quezon province. Rolled oat is incorporated to create a richer texture and flavor.

Instructions

1. In a mixing bowl, combine grated cassava, sugar and water. Mix well.
2. Add lye water while continuously stirring the mixture
3. Add buko-pandan essence and rolled oats and mix well.
4. Pour 2 teaspoons of cassava mixture in individual *pichi-pichi* molds. Add 2 teaspoons oatmeal per mold.
5. Steam for 45 to 60 minutes until color becomes translucent.
6. Allow the steamed *pichi-pichi* to cool for at least 30 minutes before removing from the *pichi-pichi* molder.
7. Dredge *pichi-pichi* on grated coconut and top with grated cheese.
8. Serve and enjoy.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	192 kcal	2.6 g	29.1 g	3.7 g	6.6 g	4.6 g	3 mg	26 mg



ROLLED OATS SWEETENED RICE CAKE (*Rolled Oats Biko*)

Rolled Oats Sweetened Rice Cake

(Rolled Oats Biko)

Serves: 16 (1 slice per serving)

Preparation time: 20 min

Cooking time: 40 min

Ingredients

750 ml (3 cups) pure coconut milk
 440 g (2 cups) glutinous rice
 375 ml (1½ cup) water
 420 g (2 cups) brown sugar
 2.5 g (½ tsp) salt
 120 g (¾ cup) rolled oats
 250 ml (½ cup) pure coconut milk (for coconut caramel)
 1 pc whole banana leaf (for serving)

Biko is a Filipino rice cake made from sticky rice, coconut milk, and brown sugar. It is enjoyed either as snack or dessert. It is a very popular snack among children and is served during birthdays or New Year's Eve as its stickiness is said to symbolize the family bond. Oats replaced regular rice to increase fiber content which is lacking in the diet of children.

Instructions

- Extract 3 cups of pure coconut milk. Set aside. (this is about 6pcs matured coconut)
- Combine the sticky rice and water in a rice cooker and cook until the rice is ready. Lesser amount of water was added than the usual so that the rice will not be fully cooked.
- While the rice is cooking, in a separate pot, combine coconut milk with brown sugar and salt and cook in low heat until texture becomes slightly thick. Stir constantly. .
- Once the rice is cooked and the coconut milk-sugar mixture is thick enough, add the cooked rice in the coconut milk and sugar mixture and mix well. Continue cooking until all the liquid evaporates.
- Add rolled oats then mix well. Mix for 10 minutes.
- Scoop the cooked rice cake and place it in a circular basket (*bilao*) or baking pan. Flatten the surface.
- For Coconut Caramel:
Bring coconut milk (coconut caramel) to boil in a sauce pan and simmer gently over low heat while stirring frequently.
- Continue to simmer until the milk reduces to a thick cream for about an hour.
- Continue heating and stirring until the cream separates into coconut oil and coconut caramel.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	329 kcal	2.3 g	52.8 g	3.6 g	11.5 g	9.8 g	0 mg	92 mg

Quaker Overnight Oats



*mixed berries
Greek yogurt
chia seeds*

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Oats in Thai Cuisine - East meets West

Thai food is known for its complex and harmonious interplay of at least three and up to four or five fundamental taste senses (sour, sweet, salty, bitter, and spicy) in each dish or the overall meal. These unique tastes and flavors are largely due to the use of fresh and natural ingredients, especially herbs and spices. For example, common flavors in Thai food come from garlic, galangal, coriander/cilantro, lemon grass, shallots, pepper, kaffir lime leaves, and chilies. Sweet taste is from palm sugar, while lime and tamarind contribute sour notes. Thai meals typically consist of rice served with many complementary dishes shared by family's members or friends. Traditionally, complementary dishes are varied with at least five elements: a dip or relish eaten with raw or cooked vegetables, a clear soup, a curry or stew, a deep-fired dish, and a stir fried dish. Additionally, to finish up the meal, fresh fruits or sweet desserts are often served at the end.

Lots of the aforementioned ingredients used in Thai cooking are known for their health benefits. Likewise, oats, which are best grown in temperate region such as Northwest Europe, are well recognized as a healthy ingredient in western cuisines. Scientific literatures have shown also that sufficient consumption of oats is associated with a reduced risk of non-communicable diseases such as cardiovascular disease and type-2 diabetes. In Thailand, oats are eaten as porridge with fruit and milk, or as baked goods such as oat cakes, oatmeal cookies, and oat bread. Nevertheless, these western-pattern diets are eaten only occasionally by Thai laypeople and oats per se are rarely used as ingredient in Thai cuisines.

Therefore, a creation of Thai food recipes cooking with oats not only enhances health benefits of the foods by using a scientifically proven healthy ingredient, but also internationalizes our traditional Thai cuisines. All recipes here were created with care and tested to ensure their great taste. Different types, preparation method, and amount of oats are used in the recipes so that the addition of oats harmonizes with the other ingredients and the way that the foods are cooked.

Welcome to our recipe collection featuring various kinds of oat and wish you enjoy cooking all these delicious and healthy Thai foods.

Testing of recipes and preparation of photography were carried out with the assistance of the recipes developers: Dr Natira On-Nom and Ms Rungrat Chamchan





SPICY MINCED MEAT SALAD (*Larb Nuea*)

Spicy Minced Meat Salad

(Larb Nuea)

Serves: 1 portion

Preparation time: 15 min




Cooking time: 10 min

Ingredients

- 30 g (2 ½ tbsp) minced meat
- 20 ml (1 ½ tbsp) water
- 10 g (2/3 tbsp) *Nam Prik Ta Dang* (red hot chilli dip)
- 5 ml (1 tsp) fish sauce
- 3 g (1 tsp) sugar
- 5 ml (1 tsp) lime juice
- 20 g (2 tbsp) shallot, sliced
- 5 g (1 tsp) roasted rice, ground
- 10 g (2 tbsp) instant oatmeal, roasted
- 3 g (1 tsp) culantro, cut in trips
- 1 g (½ tsp) mint leaves
- 2 g (½ tsp) spring onion, cut in trips

Larb is a Thai salad, which is made from minced meat, fish sauce, chili flakes, lime juice, toasted sticky rice and herbs to bring it all together. Roasted oat substitutes toasted sticky rice to give it some crunchy texture and roasted fragrance.

Instructions

-  Put minced meat in the pan, add water and stir fry until cooked. Leave it on the side.
-  Put *Nam Prik Ta Dang*, fish sauce, sugar and lime juice in a bowl; stir them together.
-  Then put cooked meat, sliced shallot, ground roasted rice, roasted oat, culantro, mint leaves and spring onion into the sauce from step 2. Mix all ingredients together until well distributed.

* *Original recipe recommends using pork as the meat. You may substitute with other types of meat such as lamb, chicken, or others according to your preferences.*

Tips

- Ground roasted rice is often used in northeastern-Thai cuisine, e.g. spicy salads as the aromatic and textural agent. To prepare the ground roasted rice at home: roasted glutinous rice over very low heat until the rice grains turn yellow (about 15-20 min); let the rice cool to room temperature; ground the rice to medium fine grit by using a mortar. Ground roasted rice should be stored in an airtight container for long shelf life.
- Roasting can enhance nutty flavour of oats and turn them to a light brown colour. To prepare the roasted oat: roasted oat over medium heat; stir the oat constantly for about 3 minutes or until it turns light brown and smell toasty (your oats may require more or less time depending on how hot your stove top gets.). Roasted oat can be used directly in your recipe, or keep in an airtight packaging.

Allergen information: Contains trace or residues of fish

Nutrient Content Per Serving

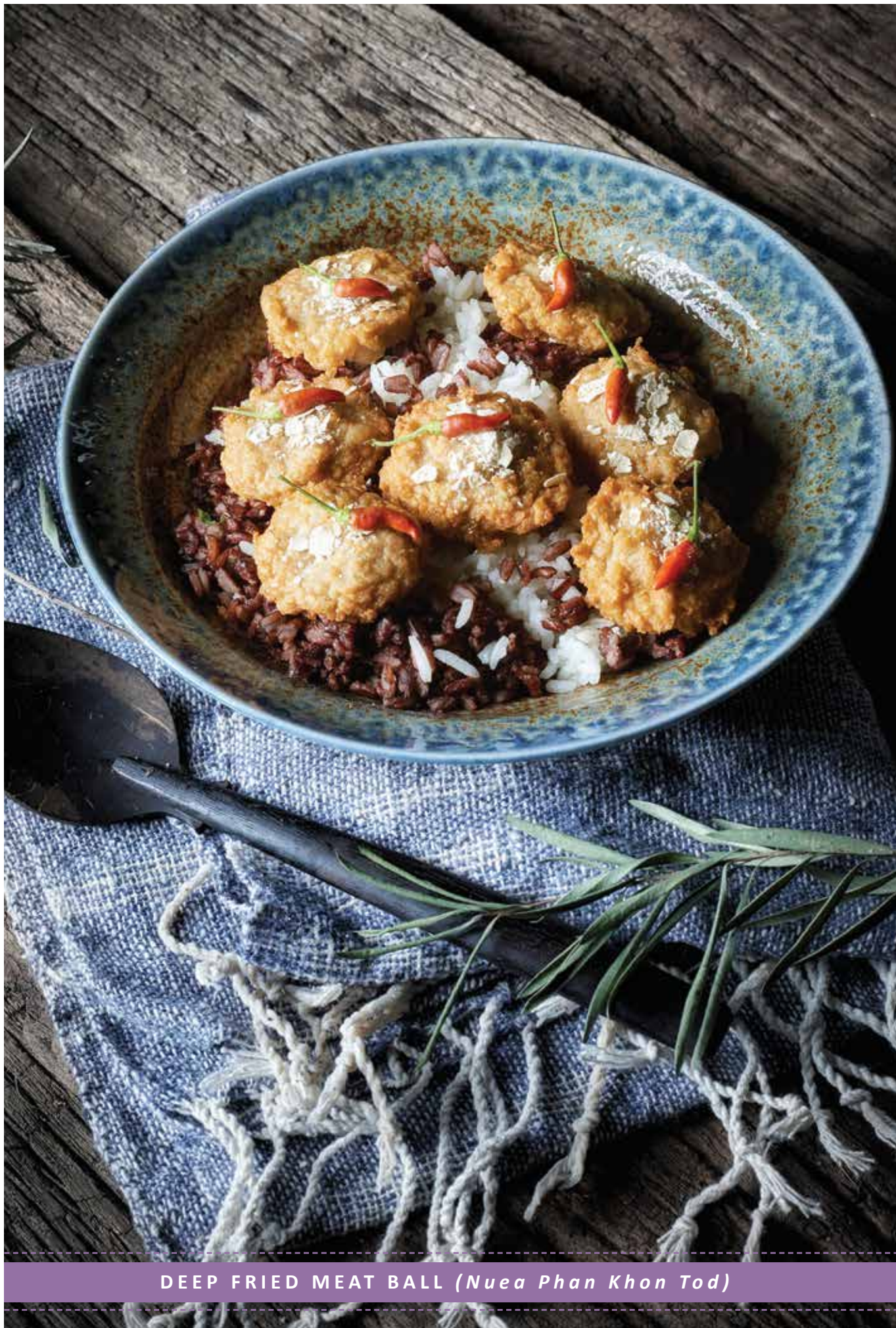
Calorie 173 kcal

Carbohydrate 21.2 g

Protein 15.1 g

Fat 3.1 g

Fiber 0.9 g



DEEP FRIED MEAT BALL (*Nuea Phan Khon Tod*)

Deep Fried Meat Ball

(Nuea Phan Khon Tod)

Serves: For 2 portions; 6 pieces

Preparation time: 15 min

Cooking time: 15 min

Ingredients

1 g (¼ tsp) coriander root, finely pounded
 0.2 g white pepper, ground
 3 g (1 tsp) garlic, peeled and roughly chopped
 40 g (3 tbsp) minced meat
 10 g (¼ cup) straw mushroom, roughly chopped
 1 g (¼ tsp) sugar
 4.5 ml (1 tsp) light soy sauce
 3 ml (½ tsp) water
 12 g (2 ½ tbsp) instant oatmeal, ground
 Palm oil (for deep frying)

Nuea Phan Khon Tod is a simple meal, which is served with steamed rice. The taste is pleasant for people of all ages, especially kids. Oat is blended and added for texture and to increase fiber content.

Instructions

1. Put coriander root, pepper and garlic in a mortar; pound them until roughly crushed. Mix the spices well with minced meat and chopped mushroom.
2. Season with sugar, soy sauce, water and grounded oat. Stir all ingredients until well mixed.
3. Pick about two tablespoons of the mixture; roll it in between your palms to get a round shape and make a thumbprint indentation into each patty.
4. Deep fry the patties in hot palm oil until they reach golden colour.
5. Place the fried meat balls onto a sieve or facial tissue papers to drain the excess oil.

* Original recipe recommends using pork as the meat. You may substitute with other types of meat such as lamb, chicken, or others according to your preferences.

Allergen information: Contains trace or residues of soy bean

Nutrient Content Per Serving	Calorie 126 kcal	Carbohydrate 5.7 g	Protein 8.2 g	Fat 7.8 g	Fiber 0.2 g
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RED HOT CHILLI DIP (*Nam Prik Ta Dang*)

Red Hot Chilli Dip

(Nam Prik Ta Dang)

Serves: For 5 portions

Preparation time: 15 min





Cooking time: 15 min

Ingredients

- 12 g (2 tsp) dried chilli, roasted
- 12 g (1 tbsp) shallot, grilled
- 12 g (1 tbsp) garlic, grilled
- 18 g (¼ cup) dried shrimp, ground
- 10 g (2 tbsp) instant oatmeal, roasted
- 13 g (1 tbsp) palm sugar
- 0.3 g (little) salt
- 7 ml (1 ½ tsp) fish sauce
- 22 ml (1 ½ tbsp) tamarind juice, cooked
- 10 ml (2 tsp) water
- 5 ml (1 tsp) soybean oil

Nam Prik Ta Dang is basically a garnish of pounded dry chillies with a bit of fish sauce and lime juice. It is madly spicy. Normally, it is eaten as a condiment or dipping sauce for fried fish and lots of boiled vegetables. Oat is added to increase the values of nutrient and fiber content.

Instructions

-  Pound roasted dried chilli, grilled shallot, grilled garlic, grounded dried shrimp and roasted oat in a mortar until evenly distributed into paste.
-  Season with palm sugar, salt, fish sauce, cooking tamarind juice and water.
-  Fry the paste with soybean oil over low heat until fragrant.
-  Allow dip to cool down and serve with rice and fresh vegetables.

Tips

- Each commercial cooking tamarind juice may have different flavours and levels of sourness. To prepare the cooking tamarind juice at home: shell sour tamarind; soak tamarind pulp in a double volume of warm water; squeeze tamarind to separate pulp from seed; strain the juice through a coarse sieve.

Allergen information: Contains trace or residues of soy bean and fish

Nutrient Content Per Serving

Calorie 57 kcal

Carbohydrate 7.6 g

Protein 3.4 g

Fat 1.5 g

Fiber 0.2 g



SALTED SOYA BEAN DIP (*Teow Jeow Lhon*)

Salted Soya Bean Dip

(Teow Jeow Lhon)

Serves: For 2 portions

Preparation time: 15 min





Cooking time: 10 min

Ingredients

- 15 g (1 tbsp) salted preserved soybean
- 5 g (½ tbsp) shallot (1)
- 110 ml (½ cup) coconut milk
- 12 g (1 tbsp) minced meat (loin)
- 5 g (1 tsp) ground dried chilli
- 8.5 g (2 tsp) sugar
- 7.5 ml (½ tbsp) tamarind juice, cooked
- 5 g (½ tbsp) sliced shallot (2)
- 14 g (3 tbsp) instant oatmeal, roasted

Teow Jeow Lhon is often favored by those averse to chili in their food. Ground pork or prawns are generally added in order to calm the boldness of the salted bean. Be sure to adjust and season the Lhon to obtain a balance of salty, sweet and sour. Oat is used to thicken the dip.

Instructions

-  Pound salted preserved soybean and shallot (1) in a mortar.
-  Boil coconut milk, add pounded mixture and minced meat, and cook until the meat is done.
-  Season with ground dried chilli, sugar, cooking tamarind juice and sliced shallot (2). Bring the dip to a boil, add roasted oat, and then take off the heat.
-  Add roasted oat into the dip and serve with rice and fresh vegetables.

* *Original recipe recommends using pork as the meat. You may substitute with other types of meat such as lamb, chicken, or others according to your preferences.*

Allergen information: Contains trace or residues of soy bean

Nutrient Content Per Serving	Calorie 140 kcal	Carbohydrate 13.7 g	Protein 4.4 g	Fat 8.0 g	Fiber 0.1 g
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CHICKEN MASSAMAN CURRY (*Massaman Kai*)

Chicken Massaman Curry

(Massaman Kai)

Serves: For 2 portions





Preparation time: 10 min

Cooking time: 15 min

Ingredients

20 g (2 ½ tbsp) red curry paste
 5 ml (1 tsp) cooking oil
 240 ml (1 cup) coconut milk, undiluted
 15 ml (1 tbsp) water
 50 g (¼ cup) chicken breast, cut into thumb-size pieces
 25 g (½ potato) small potato, peeled and quartered
 0.1 g cardamom
 0.1 g bay leaves
 3 g (1 tsp) peanut, roasted
 25 g (2 ½ tbsp) small onion, peeled and quartered
 13 g (1 tbsp) palm sugar
 10 ml (2 tsp) fish sauce
 0.3 g (little) salt
 8 g (½ tbsp) tamarind juice, cooked
 12 g (2 ½ tbsp) quick cooking oatmeal

Instructions

-  Stir fry red curry paste with cooking oil until fragrant; add undiluted coconut milk and water and boil until the oil floats up.
-  Add chicken breast and potato; simmer them until cooked and add cardamom, bay leaves, peanut and onion.
-  Season with palm sugar, fish sauce, salt and tamarind juice.
-  Add roasted oat into curry and serve hot with rice.

Massaman curry was ranked to be number one in an article titled “World’s 50 most delicious foods in 2011”. It has a sweet and salty taste. The signature of the dish is the aroma produced from spices and herbs like coriander seeds, cumin, cloves and cinnamon. This recipe is made from chicken, but it can be replaced with beef or lamb. Oat is used to thicken the gravy and increase fiber content.

Tips

- Roasted almond or cashew nut can be used in the recipe for people with peanut allergy.

Allergen information: Contains peanut and trace or residues of fish

Nutrient Content Per Serving

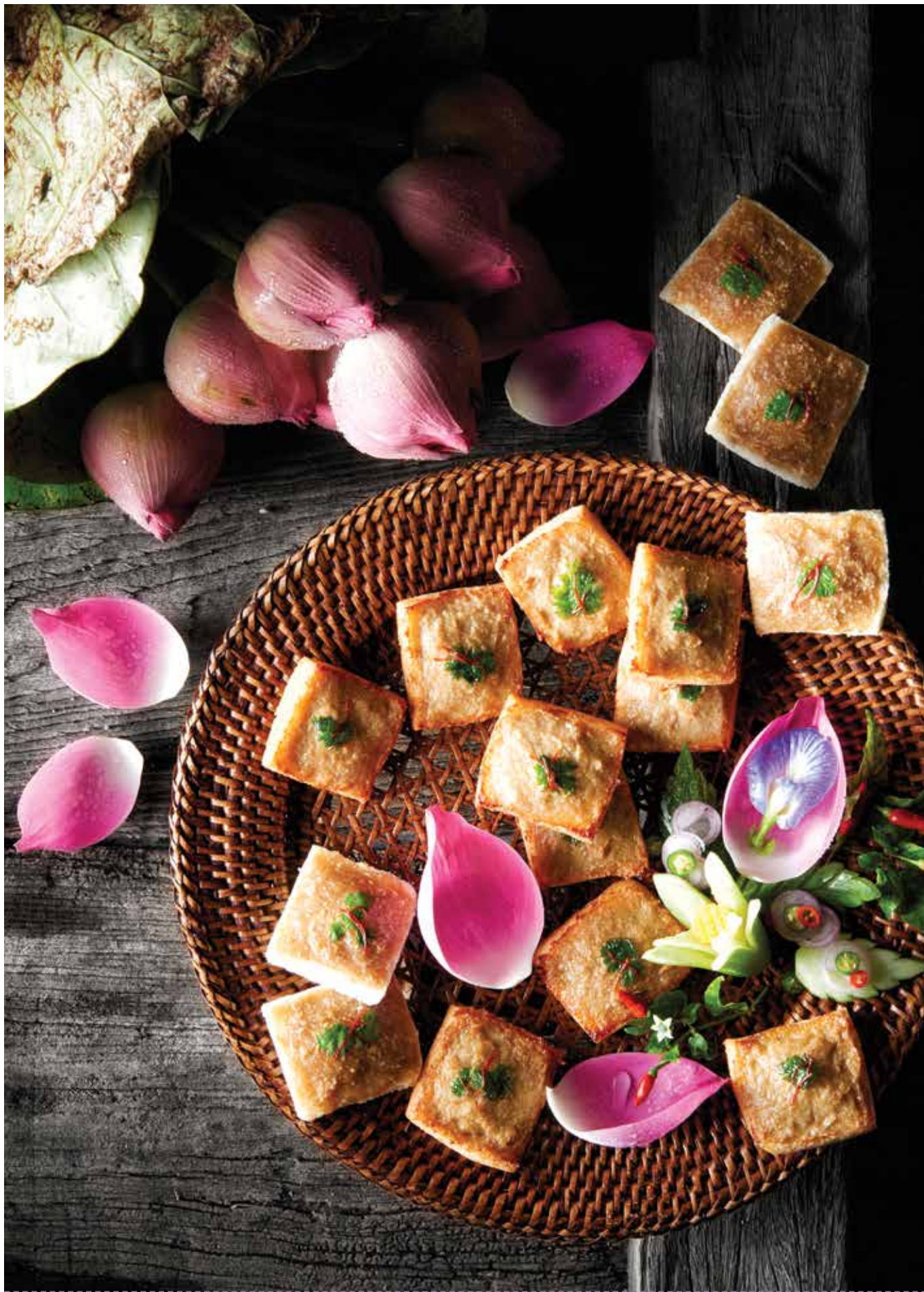
Calorie 300 kcal

Carbohydrate 18.6 g

Protein 11.6 g

Fat 21.0 g

Fiber 1.9 g



DEEP FRIED MEAT ON TOAST (*Ka Nom Pung Nha Nuea*)

Deep Fried Meat on Toast

(Ka Nom Pung Nha Nuea)

Serves: For 4 portions; 8 pieces

Preparation time: 10 min

Cooking time: 15 min

Ingredients

40 g (4 tbsp) minced meat
 10 g (¼ cup) straw mushroom, finely chopped
 12 g (2 tbsp) instant oatmeal, roasted
 1 g (¼ tsp) coriander root, finely pounded
 3 g (1 tsp) garlic, peeled and finely chopped
 0.4 g pepper, ground
 2 pcs sandwich bread
 5 g (1 tsp) egg
 Palm oil (for deep frying)
 5 ml (1 tsp) soy sauce
 1 g (¼ tsp) sugar

Ka Nom Pung Nha Nuea is one of the most favourite snacks in Thailand. It is delicious and simple to make. The meat toast should be accompanied by pickle cucumber relish. Oat is added in minced meat to improve the crispness and increase fiber content.

Instructions

1. Put minced meat, chopped mushroom and grounded roasted oat into a bowl; marinate the ingredients with pounded coriander root, garlic and grounded pepper for an hour in a refrigerator
2. Knead the whole until thoroughly mixed.
3. Cut each of sandwich bread into 4 small square pieces. Apply a thin layer of marinated minced meat on a side of the bread (make sure that the centre is more bulge than the side).
4. Prepare an egg wash by cracking an egg into a bowl and beating it thoroughly with a fork until combined. Brush the top of the meat toast with egg wash.
5. Deep fry the meat toasts in hot palm until the breads become golden colour. Take the meat toasts off the heat.
6. Place the toasts onto a sieve or facial tissue papers to drain the excess oil.

* Original recipe recommends using pork as the meat. You may substitute with other types of meat such as lamb, chicken, or others according to your preferences.

Tips

- When prefer, garnish the marinated minced meat with a coriander leaf and chilli pepper strip before deep frying.
- The meat toast goes well with pickle cucumber relish. The relish can be prepared easily by mixing diced cucumber, sliced onion and sliced chilli pepper and seasoning to taste with vinegar, sugar and a pinch of salt and pepper.

Allergen information: Contains wheat flour, egg and soy bean

Nutrient Content Per Serving	Calorie 96 kcal	Carbohydrate 11.9 g	Protein 4.0 g	Fat 3.5 g	Fiber 1.3 g



SALT AND PEPPER COATED CRISP (*Krob Khem*)

Salt and Pepper Coated Crisp

(Krob Khem)

Serves: For 6 portions; 60 pieces

Preparation time: 20 min

Cooking time: 30 min





Ingredients

66 g (11 tbsp) plain flour
 22 g (1/3 cup) instant oatmeal, roasted and ground
 1 g (1/4 tsp) salt
 3 g (1 tsp) sugar
 12 g (1 tbsp) egg
 35 ml (2 tbsp) limestone water
 7 ml (1 1/2 tsp) palm oil
 Palm oil (for deep frying)

Sugar coat

4 g (1 tsp) garlic, peeled
 1 g (1/4 tsp) white peppers
 6 g (2 tsp) coriander root
 80 g (1/2 cup) palm sugar
 0.8 g (1/4 tsp) salt
 8 ml (1 1/2 tsp) soy sauce
 20 ml (4 tsp) water




Instructions

-  Mix plain flour, ground roasted oat, salt and sugar in a bowl.
-  Mix egg, limestone water and palm oil together; pour the liquid mixture into the dry ingredient from step 1. Mix until all ingredients are combined and the dough is formed.
-  Use a rolling pin to spread the dough into a thin sheet. Cut the sheet into small rectangle sheets and then make them into a bow shape.
-  Deep fry the doughs in hot palm oil until they reach golden colour.

Krob Khem is a great Thai appetizer. The shape of *Krob Khem* is like a thin square sheet; however, it can be changed depending on the maker. It has salty and sweet mellow flavor with shiny sugar-coated and fragrant of pounded ingredients. Oat is used to replace some of wheat flour and increase fiber content.

Tips

- Limestone water is used in many Thai food recipes. To prepare limestone water: mix 1 tbsp of tinted limestone paste (*Pun Daeng*) with 4 cups of water and left undisturbed overnight to allow the limestone particles to settle at the bottom. The clear solution or limestone water is used for cooking.

-  Place the crisps on a sieve or facial tissue papers to drain the excess oil.
-  Pound garlic, pepper and coriander roots in a mortar. Stir fry the spices until fragrant. Add palm sugar, salt, soy sauce and water; simmer until the mixture becomes sticky, and then take it off the heat.
-  Put the crisps into a sauce pan and gently coat the crisp with the sauce. Take all the coated crisps off the pan. Allow the crisps to cool down in a tray and store them in an airtight jar.

Allergen information: Contains wheat flour, egg and trace or residues of soy bean

Nutrient Content Per Serving					
Calorie	95 kcal	Carbohydrate	18.0 g	Protein	2.0 g
		Fat	1.6 g	Fiber	0.4 g



THAI FISH CAKE (*Tod Mon*)

Thai Fish Cake

(Tod Mon)

Serves: For 1 portion; 4 pieces

Preparation time: 15 min

Cooking time: 10 min

Ingredients

33 g (2 ½ tbsp) scrapped clown knife fish meat
 6.5 g (½ tbsp) red curry paste
 4 g (½ tbsp) yardlong beans, transversely sliced into small pieces
 0.2 g kaffir lemon leaves, thinly sliced into strips
 5 g (½ tbsp) egg
 12 g (2 ½ tbsp) instant oatmeal
 1 ml (¼ tsp) water
 1 g (¼ tsp) sugar
 0.2 g (little) salt
 2.5 g (½ tsp) fish sauce
 Palm oil (for deep frying)

Tod Mon is a savoury complement of various kinds of Thai herbs and spices mixed well with grated fish meat and sliced spring beans to make it into a sticky mixture. It can be served as a snack or a main dish with rice. This dish provides nutritional value, especially protein from fish and fiber from vegetables. Oat is added to increase fiber content.

Instructions

1. Mix scraped fish meat with red curry paste, sliced beans, sliced kaffir lemon leaves, egg, oatmeal and water.
2. Season with sugar, salt and fish sauce. Knead the whole into a thick paste.
3. Scoop up around two tablespoons of the paste with fingers and form a small flat patty by making a thumbprint into each patty.
4. Gently slide each of the shaped patties towards the outer edge of the pan into hot cooking oil.
5. Deep fry the patties until they reach golden brown colour. Take them off the heat.
6. Place the fish cakes onto a sieve or facial tissue papers to drain the excess oil.

Tips

- The fish paste is sticky. Get a bowl of water handy and wet your hand from time to time during forming the fish cakes. The fish cake goes well with cucumber salad relish. The relish can be prepared easily by mixing diced cucumber with ground roasted peanut and seasoning to taste with a store-bought sweet chilli sauce.

Allergen information: Contains fish and egg

Nutrient Content Per Serving

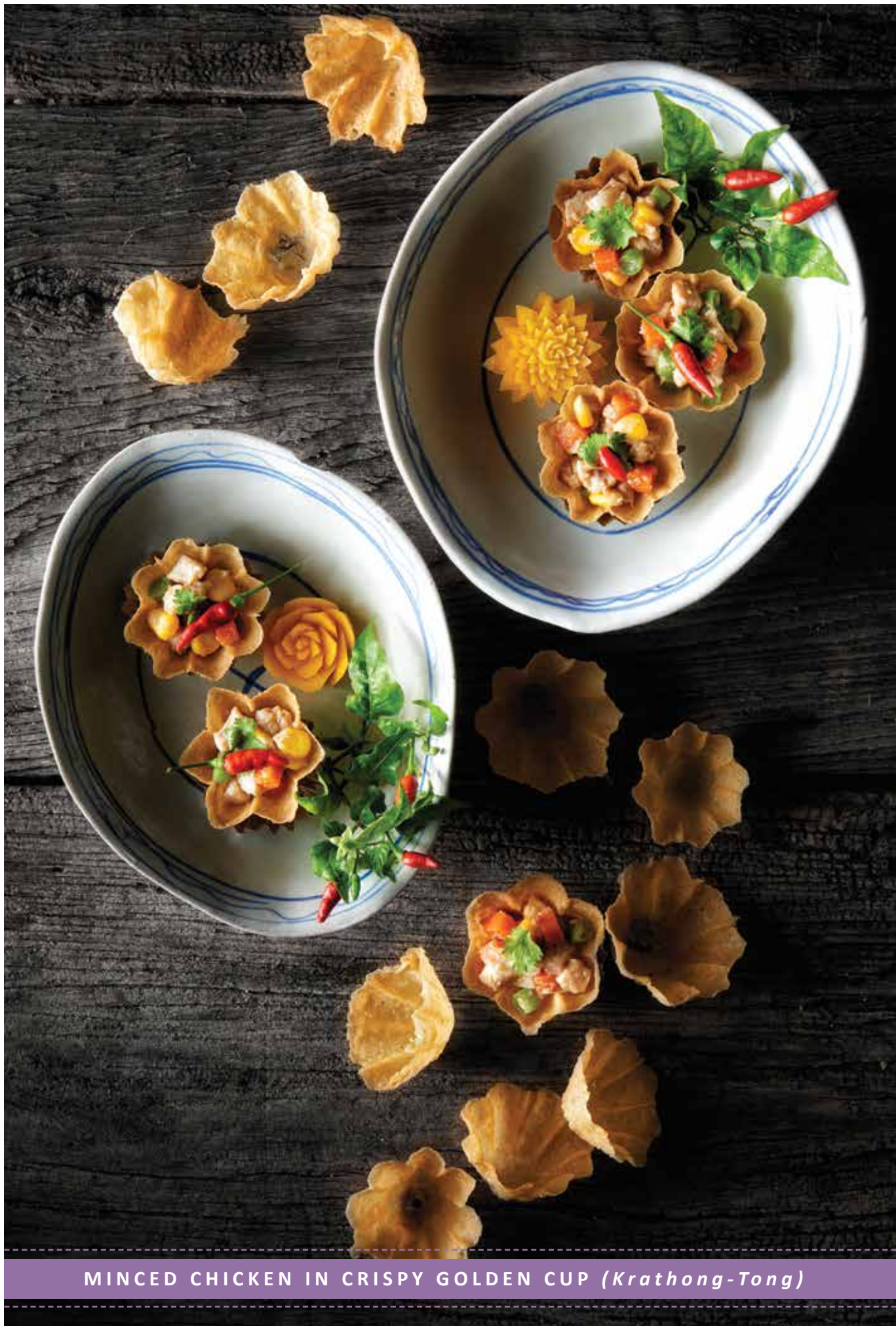
Calorie 105 kcal

Carbohydrate 11.0 g

Protein 10.8 g

Fat 1.8 g

Fiber 0.8 g



MINCED CHICKEN IN CRISPY GOLDEN CUP (*Kraithong-Tong*)

Minced Chicken in Crispy Golden Cup *(Krathong-Tong)*

Serves: For 6 portions; 18 pieces

Preparation time: 30 min

Cooking time: 30 min

Ingredients

Crispy golden cup





- 10 g (5 tbsp) plain flour
- 16 g (8 tsp) rice flour
- 15 g (3 tbsp) quick cooking oatmeal, roasted and ground
- 1 g (¼ tsp) sugar
- 0.6 g (¼ tsp) salt
- 20 g (½ egg) duck egg
- 16 ml (1 tbsp) coconut milk
- 96 ml (½ cup) limestone water

Filling





- 3 g (1 ½ tsp) coriander root
- 0.8 g (½ tsp) white peppers
- 3 g (1 tsp) garlic
- 120 g (½ cup) chicken breast, diced into 1cm sized pieces
- 28 g (2 tbsp) green bean
- 34 g (2 tbsp) corn
- 40 g (½ cup) carrot, peeled and finely diced
- 5 g (1 tsp) sugar
- 4 ml (1 tsp) soy sauce
- 20 ml (4 tsp) oyster sauce
- 0.5 g (little) sugar

Instructions

Crispy golden cup

-  Mix plain flour and rice flour together; add ground roasted oat, sugar, salt, duck egg and coconut milk. Gently whisk all ingredients until well mixed. Add limestone water and blend the mixture together until well combined.
-  Preheat molds in hot cooking oil; dip the hot molds into the flour mixture. Stir the flour mixture well each time before dipping the molds in.
-  Deep fry the flour mixture until it forms into a crispy pastry cup and reaches golden colour. Separate the cup from the mold with a fork.
-  Place the cup on a sieve or facial tissue papers to cool down and drain the excess oil.

Filling

-  Put coriander root, pepper and garlic in a mortar and pound them into small crushed pieces. Stir fry the spices over low heat until fragrant.
-  Add chicken meat, green bean, corn and carrot and season with sugar, soy sauce, and oyster sauce.
-  Stir fry until the meat is cooked. Allow the filling to cool down.
-  Place the prepared pastry cup onto a serving plate and put in with the fillings.

Krathong-Tong is a non-spicy Thai appetizer dish. *Krathong-Tong*, which means a golden cup in Thai, works perfectly to create the unique little cup for the filling. This dish looks beautiful and delicious, so it is perfect for holidays and to serve in a party. Oat is added in the filling and crispy golden cup to increase fiber content.

Tips

- The fillings should be put into the pastry cup shortly before serving.

Allergen information: Contains wheat flour, duck egg and trace or residues of soy bean

Nutrient Content Per Serving

Calorie 75 kcal

Carbohydrate 7.3 g

Protein 4.6 g

Fat 3.0 g

Fiber 0.7 g



STEAM STUFFED FLOWERING CAKE (*Chor Muang*)

Steam Stuffed Flowering Cake

(Chor Muang)

Serves: For 3 portions; 12 pieces

Preparation time: 20 min

Cooking time: 30 min

Ingredients

Filling




- 3 g (1 tsp) coriander root
- 0.5 g (little) pepper
- 3 g (1 tsp) garlic
- 5 ml (1 tsp) cooking oil
- 15 g (1 tbsp) minced meat
- 10 g (1 tbsp) minced prawn
- 18 g (4 tbsp) quick cooking oatmeal, roasted and ground
- 8 g (2 tsp) sugar
- 2 ml (½ tsp) fish sauce
- 3.5 ml (1 tsp) soy sauce
- 2 ml (½ tsp) oyster sauce

Dough



- 45 g (7 tbsp) rice flour
- 0.5 g (¼ tsp) plain flour
- 0.5 g (¼ tsp) tapioca flour
- 0.5 g (¼ tsp) arrowroot flour
- 90 ml (½ cup) warm water
- 0.1 g (little) food colour/ purple

Instructions




Filling

-  Put coriander root, pepper and garlic in a mortar and pound them into small crushed pieces.
-  Stir fry the spices over low heat until fragrant. Add minced meat, minced prawn and ground roasted oat. Season the ingredients with sugar, fish sauce, soy sauce and oyster sauce.
-  Stir fry the filling until the meat is cooked. Turn off the heat and allow the filling to cool down.

Dough

-  Mix 4 types of flour together in a Teflon or brass pan.
-  Add food coloring in warm water and slowly pour the water into the flour. Stir the flour mixture under low heat until it starts to stick together. Allow the

dough to cool down and knead until it forms smooth elastic dough. Divide the dough into small portions of around ¾ tsp.

-  Roll the divided dough between your palms into a ball shape and pat the ball into a small cake.
-  Place the filling in the middle of each cake and pinch the edges together to enclose the filling. Use a tweezer to make petal shape.
-  Spray little water onto the flower shaped dumpling and steam for 10 minutes. Serve warm with chilli and coriander leaves.

* Original recipe recommends using pork as the meat. You may substitute with other types of meat such as lamb, chicken, or others according to your preferences.

Chor Muang is royal Thai cuisine, which requires meticulousness. It shows the unique Thai art and deserves to preserve. The filling could be made with pork, shrimp, or chicken stir-fried with coriander root, garlic and pepper. By incorporating oat in the recipe, it becomes an interesting way to introduce whole grains and increase the fiber intake.

Tips

- Top the flower-shaped dumpling with fried garlic, if desired.
- The water-extract of flowers from blue butterfly pea can be used instead of commercial food colour.

Allergen information: Contains wheat flour and trace or residues of fish and soy bean

Nutrient Content Per Serving

Calorie 120 kcal

Carbohydrate 19.9 g

Protein 4.3 g

Fat 2.5 g

Fiber 0.5 g



THAILAND – STEAM BANANA CAKE (*Ka-Nom Gluay*)

Steam Banana Cake

(Ka-Nom Gluay)

Serves: For 4 portions; 32 cups

Preparation time: 30 min

Cooking time: 30 min

Ingredients

25 g (¼ cup) rice flour
 4 g (2 tsp) tapioca starch
 8 g (4 tsp) arrowroot flour
 80 ml (⅓ cup) coconut milk
 50 g (1 banana) cultivated banana (yellow)
 48 g (3 tbsp) sugar
 0.3 g (little) salt
 17 g (3 tbsp) fresh coconut, shredded
 25 g (⅓ cup) instant oatmeal, roasted

Ka-nom Gluay is a sweet Thai dessert, which is kind of a cross between cake and custard or jelly. It is sweet, slightly creamy, and topped with fresh grated coconut meat. It is one of the easiest Thai desserts to make and does not need many ingredients. Oat is used to reduce the usage of fresh shredded coconut.

Topping

11 g (2 tsp) fresh coconut, trimmed off the brown rind and grated
 A pinch of salt

Instructions



Mix 3 types of flour together, knead the mixed flour with coconut milk, and incubate for 20 minutes.



Crumb banana into small pieces.



Mix the flour mixture with crumbed banana, sugar, salt, shredded coconut, and roasted oat.



For the topping, mix grated coconut with salt.



Put the banana mixture into cups (30 g/cup), top with the grated coconut, and steam for 20 minutes.

Nutrient Content Per Serving

Calorie 82 kcal

Carbohydrate 14.5 g

Protein 0.95 g

Fat 2.4 g

Fiber 0.5 g



STEAMED FLOUR WITH COCONUT FILLING (*Ka-Nom Sod Sai*)

Steamed Flour with Coconut Filling

(Ka-Nom Sod Sai)

Serves: 10 portions; 50 pieces

Preparation time: 40 min

Cooking time: 30 min

Ingredients

Coconut filling

25 g (¼ cup) fresh coconut meat, scraped into strips

65 g (¼ cup) palm sugar

25 g (½ cup) quick cooking oatmeal, roasted

40 ml (8 tsp) fresh water

Thai scented candle (Tian Op)

Dough

25 g (¼ cup) black sticky rice flour

25 g (¼ cup) white sticky rice flour

47.5 ml (¼ cup) warm water

Topping (coconut milk)

35 g (6 tbsp) rice flour

210 ml (1 cup) coconut milk

140 ml (½ cup) water

21 g (5 tsp) sugar

2.8 g (½ tsp) salt


Ka-Nom Sod Sai is an ancient Thai dessert made from flour, coconut milk, and sugar. The dessert is available in all regions in Thailand because it is tasty and easy to prepare. It consists of three parts: filling, filling cover, and topping. Oat is used to reduce the usage of fresh shredded coconut in the filling.


Tips

- Thai scented candle is horseshoe-shaped. It is commonly used to add a unique aroma to many traditional Thai desserts. To perfume foods with its smoke, the candle is placed in a glass jar or tight container with foods and lighted at the both ends. When close the lid, the candle will go out on its own and release lot of smoke giving special and complex aromas to the foods.


Instructions


Coconut filling


 Put scraped coconut and palm sugar into a pan, stir the whole until sticky, and then add the roasted oat. Allow the filling to cool down.


 Take around one tablespoon of the filling and roll it between your palms into a ball. Smoke the filling balls with scented candle.

Dough


 Mix black and white sticky rice flour together, add warm water, and knead the flour mixture into dough.


 Cover the dough with a thin damp cloth for 20 minutes.

 Pick the dough around the same size as the filling ball and roll it between your palms into a ball.


 Pat the ball into a small cake, place the filling in the middle of the cake and pinch its edges together to enclose the filling.


Topping


 Mix rice flour with coconut milk and water, and then add sugar.

 Heat the rice flour mixture over low heat and stir the mixture until cooked and thicken.

Wrapping and cooking

 Use two sheets of banana leaves for one portion of the dessert (put smaller sheet inside). Place the filled dough on the banana leaves and add some coconut topping.

 Wrap the whole by folding the banana leaves into a pyramid shape and pin the leaves with a small bamboo stick or toothpick.

 Steam them for 20 minutes and serve warm.

Nutrient Content Per Serving

Calorie 102 kcal

Carbohydrate 16.9 g

Protein 1.3 g

Fat 3.3 g

Fiber 0.3 g



SWEETENED MASHED TARO PASTE (*Med Ka-Nhoon*)

Sweetened Mashed Taro Paste

(Med Ka-Nhoon)

Serves: For 5 portions; 20 pieces

Preparation time: 30 min

Cooking time: 15 min

Ingredients

Med Ka-Nhoon

50 g (¼ cup) taro, peeled and steamed

30 g (½ cup) instant oatmeal

100 ml (6 ½ tbsp) coconut milk

40 g (10 tsp) sugar

0.3 g (little) salt

2 whole duck egg (only yolk)

Syrup

200 ml (1 ⅞ cup) sugar

100 ml (½ cup) water

Med Ka-Nhoon is a Thai traditional dessert with sweet, nutty, and slightly creamy tastes. The name literally means jackfruit seed because of its size and shape. *Med Ka-Nhoon* is usually made of sweet beans or taro paste. Oat is used to reduce the usage of mashed taro and to increase the nutrients and fiber content.

Instructions

1. Mash the taro through a colander to ensure smooth texture of the taro paste.
2. Beat the taro paste and roasted oat with coconut milk, sugar and salt over low heat. Keep stirring until the paste becomes dense and homogeneous.
3. Take the paste off the heat and allow it to cool down.
4. Take around a teaspoon of the paste and roll it between your palms into an oval shape like a jackfruit seed.
5. Prepare syrup by heating sugar and water in a brass pan until melted.
6. Put egg yolk in a bowl and whisk until homogeneous.
7. Dip each pieces of the rolled taro paste into the egg yolk and cook them in the syrup over low heat until done.
8. Strain the rolled taro paste out from the boiling syrup. Allow them to cool down before serving.

Tips

- Mung bean can be used in the recipe to replace taro.

Allergen information: Contains duck egg

Nutrient Content Per Serving

Calorie 112 kcal

Carbohydrate 17.0 g

Protein 1.8 g

Fat 4.3 g

Fiber 0.3 g



STEAMED SWEET STICKY RICE WITH TARO AND GRAINS (*Khaw Neaw Nung Tan Ya Phued*)

Steamed Sweet Sticky Rice with Taro and Grains

(*Khaw Neaw Nung Tan Ya Phued*)

Serves: For 4 portions

Preparation time: 15 min

Cooking time: 40 min

Ingredients

Steamed sticky rice




- 72 g (½ cup) sticky rice
- 15 g (3 tbsp) instant oatmeal
- 16 g (1 tbsp) corn, steamed
- 30 g (2 tbsp) taro, diced and steamed
- 15 g (2 ½ tbsp) fresh coconut, trimmed off the brown rind and grated

Seasoning

- 4 g (1 tsp) sesame, roasted and crushed
- 30 g (2 tbsp) sugar
- 1.2 g (¼ tsp) salt

Khaw Neaw Nung Tan Ya Phued is glutinous sticky rice seasoned with salty-sweet coconut milk and served with a variety of ingredients (depending on which flavors you prefer) such as red bean, taro, and peanut. Using oat in this recipe could encourage the consumption of whole grains.

Instructions

-  Steam the sticky rice until cooked.
-  Add roasted oat, corn, diced taro and shredded coconut with the sticky rice. Mix them until well distributed.
-  Mix the crushed roasted sesame with sugar and salt and sprinkle over the steamed sticky rice before serving.

Nutrient Content Per Serving

Calorie 108 kcal

Carbohydrate 20.8 g

Protein 1.8 g

Fat 2.0 g

Fiber 0.6 g



OAT AND COCONUT CUSTARD TOPPING (*Ta Koe*)

Oat and Coconut Custard Topping *(Ta Koe)*

Serves: For 4 portions; 4 pieces

Preparation time: 10 min

Cooking time: 25 min

Ingredients

Pudding

20 g (10 tsp) rice flour
3.3 g (2 tsp) tapioca flour
5 ml (1 tsp) butterfly pea flower water
60 g (4 tbsp) sugar
25 g (2 tbsp) taro, diced and steamed
20 g (4 ½ tbsp) instant oatmeal
200 ml (1 cup) water




Topping

7 g (4 tsp) rice flour
83 ml (⅓ cup) coconut milk
6 g (1 ½ tsp) sugar
0.4 g (little) salt



Ta Koe is a famous Thai dessert. It consists of two parts: the jelly base and the coconut topping. Flavouring ingredients, such as corn or taro, are commonly embedded in the jelly base. In Thailand, the dessert is always served in a pandan leaf cup. By incorporating oat in the recipe, it becomes an interesting way to introduce whole grains and increase fiber intake.

Instructions

Pudding

-  Mix rice flour and tapioca flour with butterfly pea water; cook the flour mixture over low heat and keep stirring until it becomes clear.
-  Add sugar in the mixture and keep stirring until thickened.
-  Add the steamed taro and roasted oat, remove the pudding from heat, and immediately pour it into small glass cups.

Topping (coconut milk)

-  Mix rice flour with coconut milk, sugar and salt and simmer the mixture over low heat until cooked.
-  Pour the topping on the pudding and allow them to cool down before serving.

Tips

- To prepare butterfly pea flower water: crush petal parts of butterfly pea flower with water and then filter with sieve to remove the flower.

Nutrient Content Per Serving

Calorie 140 kcal

Carbohydrate 27.8 g

Protein 1.5 g

Fat 2.8 g

Fiber 0.4 g

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