

HEALTHY COOKING

with *Oats*

Recipes from Southeast Asia
*Volume 3: Indonesia, Malaysia, Philippines,
Thailand & Vietnam*

Jointly published by:



Food and Nutrition Society of
Indonesia (PERGIZI PANGAN Indonesia)



Nutrition Society of Malaysia



Nutrition Foundation of
the Philippines, Inc.



Institute of Nutrition
Mahidol University



Vietnam Nutrition
Association (VINUTAS)

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Acknowledgement

Healthy Cooking with Oats, Recipes from Southeast Asia Volume 3 - Indonesia, Malaysia, Philippines, Thailand & Vietnam is a collaboration among Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia), Nutrition Society of Malaysia (NSM), Nutrition Foundation of the Philippines, Inc (NFP), Institute of Nutrition Mahidol University (INMU) and Vietnam Nutrition Association (VINUTAS) and supported by Pepsico Services Asia Ltd (Quaker). The editorial committees would like to thank Versacomm Sdn Bhd for serving as the Secretariat to manage the coordination amongst the five countries and the development and publication of the cookbook.

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Oats are Ideal in SEA Cuisines!



Whole grains are an essential food group in our daily diet. One excellent example of whole grains is oat. Being a whole grain, oat provides the best source of carbohydrates for our daily energy needs. It is also a great source of micronutrients and phytonutrients that are vital for various body functions, and rich in dietary fibre that are important for our digestive health. Incorporating our diet with more oats and whole grains is a major leap forward in our healthy eating journey.



The great thing is, oat is a versatile ingredient that can be simply adapted in all kinds of meals. From a fulfilling breakfast to a wholesome lunch and ending with a hearty dinner, oat can be used in meals throughout the day. It is also suitable for making delicious desserts or savoury snacks. Oat can also be easily incorporated in traditional cuisines of Southeast Asian (SEA) countries. This is one way to make oat more acceptable to the people in the

region. Including more oats in our meals will not only be beneficial for our health, but will also make our food taste better and make us satisfied longer!

40 different recipes from Indonesia, Malaysia, Thailand, Vietnam and the Philippines are compiled in this cookbook to illustrate different ways of incorporating oat in our meals. Based on traditional dishes commonly offered in each country, these recipes include oat as one of the main ingredients to enrich their nutritional values. The variety of recipes presented here proves that oat is suitable for people of all ages, and not just for the elderly and sick people. This cookbook also contains full-colour pictures and nutritional information of each dish to guide readers. You can use these recipes at home as a way to increase your family's whole grain intake. Let's start using oats in our meals!



Contents

Introduction

Oats are Ideal in SEA Cuisines!	3
Message from Nutrition Society of Malaysia & Editor-in-Chief	6
Message from Food and Nutrition Society of Indonesia	7
Message from Nutrition Foundation of the Philippines, Inc	8
Message from Institute of Nutrition, Mahidol University	9
Message from Vietnam Nutrition Association	10

Know Your Whole Grains & Oats

Whole Grains in Our Diet	12
More Whole Grains for Health!	13
Get More Whole Grains, Choose Oat	14
Oat: Healthy, Nutritious, Delicious	15



Indonesia Recipes Section

About Food and Nutrition Society of Indonesia	16
Recipes from Indonesia: Adding oats into traditional Indonesian cuisine for more goodness	17

Recipes

<i>Sumsum Porridge with Oat (Bubur Sumsum dengan Oat)</i>	18
<i>Chicken & Anchovy Botok with Oat (Botok Ayam Teri dengan Oat)</i>	20
<i>Grilled Rice with Chicken, Tempe & Oat (Nasi Bakar Ayam Tempe dengan Oat)</i>	22
<i>Balinese Salad with Oat (Jukut Urap Bali dengan Oat)</i>	24
<i>Sticky Rice Ball Filled with Palm Sugar & Oat (Klepon dengan Oat)</i>	26
<i>Fried Cassava Ball with Oncom & Oat (Combrow dengan Oat)</i>	28
<i>Iced Selendang Mayang with Oat (Es Selendang Mayang dengan Oat)</i>	30
<i>Mud Cake with Oat (Kue Lumpur dengan Oat)</i>	32



Malaysia Recipes Section

About Nutrition Society of Malaysia	36
Recipes from Malaysia: Incorporating versatile oats in the diverse Malaysian cuisine	37

Recipes

<i>Lambok Spiced Porridge with Oat (Bubur Lambok dengan Oat)</i>	38
<i>Bandung Noodles in Spicy Mixed Gravy with Oat (Mee bandung dengan oat)</i>	40
<i>Stuffed Chilli with Fish & Oat (Solok Lada dengan oat)</i>	42
Sweet & Sour Chicken	44
Steamed Yam Cake with Oat	46
Chicken & Oat Wonton in Soup	48
Chicken Masala with Oat	50
Lentils & Oat Fritters (Masala Vadai)	52



Philippines Recipes Section

About Nutrition Foundation of the Philippines, Inc.	56
Recipes from the Philippines: Filipino cuisine: Oats for the future	57

Recipes

Sweet Corn & Oat Porridge in Coconut Milk (<i>Ginataang Mais</i>)	58
Oatmeal Rice Dumplings with Coconut & Toasted Sesame Seeds (<i>Oatmeal Palitaw</i>)	60
Oatmeal Muscovado Flat Bread (<i>Oatmeal Piaya</i>)	62
Sweetened Coconut Strips with Oats (<i>Bukayo</i>)	64
Rolled Oats <i>Ube</i> Jam	66
Goby & Oatmeal Fritters	68
Chicken with Oatmeal Meatloaf (<i>Chicken with Oatmeal Embutido</i>)	70
Oatmeal <i>Carioca</i> Balls	72

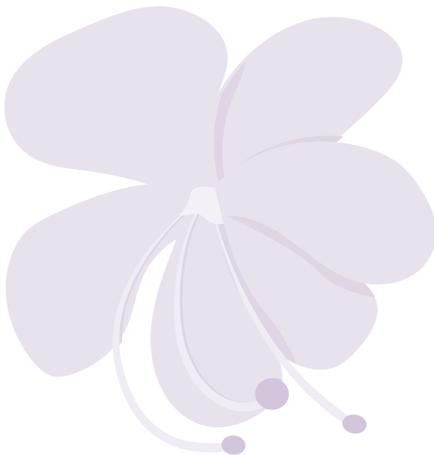


Thailand Recipes Section

About Institute of Nutrition, Mahidol University	76
Recipes from Thailand: Let oat be the dessert and snack	77

Recipes

Steamed Tapioca Balls Filled with Minced Meat & Oat (<i>Sakoo Sai Moo</i>)	78
Crispy Rice Cakes with Meat & Prawn Dressing with Oat (<i>Khao Tung Nha Tang</i>)	80
Coconut & Oat Dumplings with Sauce (<i>Khanom Tom Bua Loy</i>)	82
Fried Dough Balls with Mung Bean & Oat Filling (<i>Khanom Khai Hong</i>)	84
Thai Coconut Rice Cake with Oat (<i>Baa Bin</i>)	86
Sweet Sticky Rice with Ground Dry Fish & Oat Topping (<i>Khao Neow Pla Phon</i>)	88
Rice Crepe with Mung Bean & Oat Filling (<i>Thua Pab</i>)	90
Oat Soft Candy (<i>Khao Tu</i>)	92



Vietnam Recipes Section

About Vietnam Nutrition Association	94
Recipes from Vietnam: Oats create tastier and healthier meals for Vietnamese people	95

Recipes

Oat & Fruit Yoghurt (<i>Yoghurt trái cây và yến mạch</i>)	96
Oatmeal Corn Sticky Rice (<i>Xôi ngô lúa mạch</i>)	98
Banana Sweet Dessert with Oats (<i>Chè chuối với yến mạch</i>)	100
Oatmeal Beef Curry (<i>Thịt bò nấu cary với yến mạch</i>)	102
<i>Ho Tay</i> Prawn Cake (<i>Bánh tôm Hồ tây</i>)	104
Baked Oat-Stuffed Snakehead Fish (<i>Cá quả nhồi yến mạch bỏ lò</i>)	106
Pizza with Jambon Sauce & Oatmeal (<i>Pizza sốt thịt nguội với yến mạch</i>)	108
Rice Rolls with Meat & Oat (<i>Banh cuốn</i>) (<i>Bánh cuốn thịt với yến mạch</i>)	110



Message from Nutrition Society of Malaysia



It has been well-established that whole grains are more nutritious than refined grains. Whole grains are packed with nutrients such as fibre, protein, vitamins, minerals and phytonutrients. Numerous researches have demonstrated that adding whole grains to our diet can significantly lower our risk of chronic diseases and illnesses.

Grains serve as the main source of energy and nutrition for people in the Southeast Asian region. However, majority of the population prefer to consume polished or refined grains rather than whole grains. Even though whole grains provide a myriad of health benefits, the consumption of whole grains remain low in the region. This is probably due to insufficient understanding of the health benefits of whole grains and lack of promotion through official dietary guidelines.

In cognisance with the persistence of under-nutrition and an epidemic of non-communicable diseases related to over-nutrition in the region, there is a dire need to intensify the promotion of healthy diet, including greater consumption of whole grains. Toward this end, five professional bodies and academic institutions in SEA, namely the Nutrition Society of Malaysia (NSM), Institute of Nutrition Mahidol University, Nutrition Foundation of Philippines (NFP), Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) and Vietnam Nutrition Association (VINUTAS) have teamed up and published a series of cookbook focusing on the promotion of healthier food ingredients and the use of healthier cooking methods.

The series of cookbook highlights the use of oats in local cuisines as an effort to increase whole grain intake. Besides being nutritious, oat is also a highly versatile ingredient. Apart from the usual oatmeal and oat drinks, oat could easily be incorporated into daily cooking to increase the nutritional content of the dishes. The recipes in these cookbooks have been selected from the diverse variety of traditional dishes and cuisines from the respective countries of the five professional bodies and institutions. Oats are incorporated into the dishes either by adding or replacing other ingredients so that the taste of these dishes can be easily accepted by the population. Through these dishes, it can be seen that oats is not just for the sick and elderly.

Volume 1 and 2 of the Healthy Cooking with Oats cookbooks have been published in 2017 and 2018 respectively. This year, we are pleased to present to you Volume 3, with recipes from Indonesia, Malaysia, Philippines, Thailand and Vietnam. The cookbook also has a section on whole grains and oats to provide useful information to readers and encourage them to choose whole grains.

With the publication of the series of cookbook, we hope more people will gain understanding on the benefits of whole grains and discover the many ways to include more of this wholesome food in the diet. Hopefully, this cookbook, developed with an educational grant from the Pepsico Services Asia Ltd (Quaker), will inspire more to enjoy cooking and learn that healthy cooking is actually not difficult. Have fun trying out these oat-based recipes!

Dr Tee E Siong

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

Message from PERGIZI PANGAN Indonesia



Indonesia, a developing country in the Southeast Asia region, is now facing a double burden of malnutrition, which results in an increasing problem of obesity, cardiovascular diseases, stroke, diabetes and other non-communicable diseases. Malnutrition is mainly caused by imbalanced nutrient intake and unhealthy lifestyle.

A meta-analysis published in British Medical Journal (Ho HVT, 2016) concluded that whole grain intake reduced risk of coronary heart disease, cardiovascular disease, total cancer, and mortality from all causes. Further meta-analysis published in British Journal of Nutrition (Ho HVT, 2016) showed that consuming 3 g of oats β -glucan, a type of soluble dietary fibers, equal to 70 g of oats/day for more than three weeks has a lowering effect on LDL-cholesterol, non-HDL-cholesterol and apolipoprotein B. These evidences support one of the common dietary guidelines recommendations, namely increasing intake of whole grain and dietary fiber, to reduce the risk of chronic diseases.

This is the reason the Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia), Nutrition Society of Malaysia (NSM), Nutrition Foundation of the Philippines Inc. (NFP), Centre of Innovation and Reference on Food for Nutrition from the Institute of Nutrition, Mahidol University (INMU), and Vietnam Nutrition Association (VINUTAS) have teamed up and are delighted to present this book entitled HEALTHY COOKING WITH OATS – Recipes from Southeast Asia Volume 3: Indonesia, Malaysia, Philippines, Thailand & Vietnam. This book is a joint collaboration between nutrition professional organisations in Southeast Asia.

The cookbook encourages the consumption of healthier food ingredients and recipes as well as healthier cooking methods, which are an important step towards healthy eating. We enrich the Indonesian traditional recipes with oats appropriately. 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 Indonesian traditional cuisines. In order to make it easier for readers, the recipes featured in this book have been categorized according to mealtimes that will accommodate the practical needs of your family.

It is hoped that this book, developed with an educational grant from the Pepsico Services Asia Ltd (Quaker), will inspire more people to enjoy a healthier Indonesian traditional cuisines cooking. Enjoy trying out these oat-based recipes and be healthier!

Prof Dr Ir Hardinsyah

Chairman, Editorial Committee – Indonesia

President, Food and Nutrition Society Indonesia

Message from Nutrition Foundation of the Philippines Inc.



The face of malnutrition has changed through the years. The double burden of malnutrition (undernutrition and overnutrition) has not only emerged as a health concern but also a social interest in the Philippines and all over the world. Proper knowledge with regards to food choices and preparation is of equal importance as the quality and quantity of food consumed. Dietary fibre has been found to be beneficial in maintaining health through its association with the control of cholesterol, blood sugar levels and achieving a healthy weight.

Filipino cuisine remains underrepresented and understated in Asia. Being a fusion cuisine on its own, its identity can be considered a mesh of traditions and cultural influences from indigenous and colonial methods of cooking. It has slowly been getting recognition in the last few years; and its obscure uniqueness made it possible to be tweaked by adding familiar ingredients. The selection of recipes in this cookbook are not only nutritious but can be easily replicated in Filipino households.

Now for the second time, NFP extends our deepest thanks to SEAPHN and Pepsico for giving this opportunity to showcase authentic Filipino dishes, with a twist, to the rest of Southeast Asia. Mabuhay at Maraming Salamat po!

Dr Jesus Fernando B. Inciong
Chairman-President,
Nutrition Foundation of the Philippines Inc.

Message from Institute of Nutrition, Mahidol University, Thailand



After a fruitful collaboration on the book “Healthy Cooking with Oats Vol. 1”, we were asked to take part in the creation of Vol. 3 of the cookbook and gratefully accepted the invitation because of the sound concept of the project aiming at promoting the usage of oats. The aim is in line with the fact that whole grains are rarely used as ingredients in Thai cuisine and the cookbook can be a way to promote its consumption in Thailand. Furthermore, a creation of Thai food recipes with oat not only enhances health benefits of the foods by using a scientifically proven healthy ingredient, but also internationalises our traditional Thai cuisines.

In the first volume, we presented 15 food recipes comprising mainly main dishes, so we decided to select delicious recipes of two snacks and six desserts for this volume. All recipes here were created by researchers of the Institute of Nutrition, Mahidol University with care and were 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 harmonises with the other ingredients and the way that the foods are cooked. Each recipe includes preparation and cooking time, a step-by-step cooking direction, and nutrition per serving i.e. energy, carbohydrate, protein, fat, and fibre content.

Again, we hope that you enjoy our cooking recipes. Try and modify the recipes to suit your taste; make them your own healthy and delicious recipes.



Assoc Prof Dr Ratchanee Kongkachuichai
Director
Institute of Nutrition, Mahidol University, Thailand

Message from Vietnam Nutrition Association



Vietnam has achieved remarkable improvement in the nutrition status of the population. However, there is a growing challenge presented by the double burden of malnutrition, with high prevalence of under-nutrition in mothers and children, combined with rising rates of overweight, obesity, and related chronic diseases.

There are usually cereal and fibre-rich vegetables in traditional Vietnamese meals. To continue to improve the diet of Vietnamese people, in terms of quantity and quality, VINUTAS would like to promote nutritious meals and healthy cooking practices to families. In Vietnam, 10 Proper Nutrition Recommendations (Food-based Guidelines) are important nutrition educational messages, in which diversified diet is of primary importance for the community. Adding oats into regular meals would be one of the solutions to increase food diversity, food sensory features and nutrition values.

Scientific research showed that oat is a potential healthy food. Oat is incredibly nutritious with essential vitamins, minerals and antioxidants. In addition, they're high in soluble fibre and protein compared to other grains. Oat contains some unique components — in particular, the soluble fibre beta-glucan and antioxidants called avenanthramides that can help lower blood sugar and cholesterol levels, reduce the risk of heart disease. Oat is also very filling and should be a weight-loss friendly food.

Thus there is a need to promote the health benefits of oats to Vietnamese to contribute to the diversity of grains in daily diets. The VINUTAS is pleased to collaborate in the publishing of this cookbook to promote people using oats in their daily diets. We have selected 8 very popular traditional Vietnamese dishes to be modified by adding wholegrain oats. We hope this publication will be helpful so you will enjoy and love these dishes.

Prof Dr Le Thi Hop

Chairman, Editorial Committee – Vietnam
President, Vietnam Nutrition Association



Know Your Whole Grains & Oats



Whole Grains in Our Diet



Since thousands of years ago, as human began cultivating crops, we also started to consume whole grains. Whole grains became the main source of energy and staple foods for many population groups all over the globe. However, as we progressed in agriculture and food technology in the last century, refined grains and products based on refined grains became more popular as staple diet, probably due to their longer shelf life and their supposed better taste and texture.

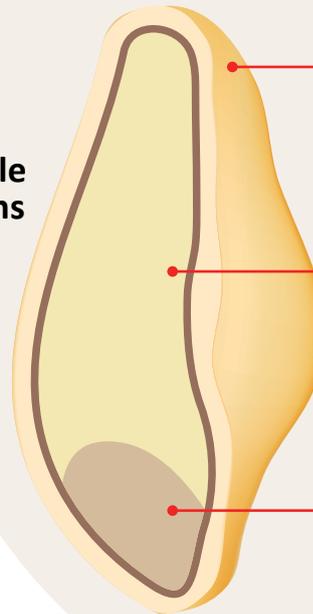
The main portion of diet for the population in most Southeast Asian countries is made up of grains and grain-based products. Indeed, the staple food in the region is rice, a type of grain. This follows the recommendation of most dietary guidelines, which specifies rice and other grains as the main source of energy by placing grains at the base of the food pyramid. Despite that, nowadays whole grains only make up a small percentage of our consumption, compared to our high intake of refined grains and their products.

Fortunately, the health movement in recent years has renewed the interest of the public in whole grains. Health authorities around the world are also beginning to put more emphasis on promoting the goodness of whole grains. The national dietary guidelines of Malaysia and Singapore recommend at least half of daily grain intake from whole grains as part of an effort to combat the increasing prevalence of diet-related illnesses in the region.

What are Whole Grains?

Whole grains can be described as 'complete' grains as they contain all three parts of grains, the bran, endosperm and germ:

Whole Grains



Bran: the hard outer layer of cereal grains containing important phytonutrients, B vitamins, minerals, and dietary fibre

Endosperm: the tissue produced inside the grains after seed fertilisation, which contains starchy carbohydrates, protein and phytonutrients

Germ: the reproductive part of the grains that can germinate into plants, containing B vitamins, vitamin E, phytonutrients, and unsaturated fatty acids

On the contrary, refined grains have gone through the milling process. This removes the bran and germ, thus losing the essential nutrients contained in both parts. Only the endosperm is left in refined grains, which now consist of mostly carbohydrates as well as some protein. Therefore, whole grains are more wholesome and nutritious than refined grains. They are richer in dietary fibre, micronutrients (vitamins and minerals), and phytonutrients (some with antioxidant properties). It is obvious that whole grains are the better option!

More Whole Grains for Health!



Why choose whole grains? Numerous studies have found that whole grains are beneficial in improving our health and reducing the risk of various chronic diseases. Some of the benefits include:

- **Good for digestive health:** Whole grains are high in dietary fibre, which helps to promote healthy gut microbiota, reduce constipation, and control bowel movement.
- **Healthy weight management:** Dietary fibre in whole grains makes you feel satisfied or full longer after eating, hence preventing overeating. Making whole grains as part of your regular diet can help decrease the risk of obesity and weight gain.
- **Control of blood glucose:** Whole grains are digested slowly by the body, thereby reducing spikes in blood glucose. Thus, regular intake of whole grains can help manage blood glucose level.
- **Reduce cancer risk:** Research has indicated that a diet rich in whole grains may reduce the risk of certain cancers. The antioxidant properties of some phytonutrients, the presence of vital micronutrients,
- and high fibre content may play a role in this.
- **Reduce risk of cardiovascular diseases (CVD):** Consistent whole grain intake may help to lower the risk of CVD, as they contain a combination of important nutrients like phytonutrients, trace minerals, dietary fibre and vitamin E.

Whole Grains: Nutrient-packed Goodness

A steady intake of whole grains are good for our health, all thanks to their rich content of essential nutrients, such as dietary fibre, several vitamins and minerals, phytonutrients, and unsaturated fatty acids.

- **Dietary fibre:** Originating from plants, dietary fibre is not digestible by our body, but vital for many digestive functions. However, we tend to neglect it in our diet.
- **Micronutrients:** Consisting of vitamins and minerals, a small yet optimum amount of micronutrients are essential for various body functions.
- **Phytonutrients:** Also found in plants, they are a group of biologically active components with different functions. Some of them act as antioxidants and can help reduce the risk of cancers and heart diseases.

Types of Whole Grains and Wholegrain Products

Whole grains



Brown rice



Oats



Corn



Hulled barley



Rye



Quinoa

Wholegrain products



Wholegrain bread



Wholewheat pasta



Wholegrain crackers



Wholegrain cereals



Wholegrain noodles

How to Identify Wholegrain Products

- Look for words such as 'whole grain', 'wholewheat', or 'wholemeal' on the food label
- Check the list of ingredients and make sure that whole grains are listed as the first or second ingredient
- Pick products that list the % of whole grain content on the label and opt for those with higher percentage



Nutrition Information Panel		
Serving Size: 75g (Amount Per Package: 1)		
Nutrients	Per serving	Per 100g
Energy (kJ)	130	200
Carbohydrate (g)	24.5	99.3
Protein (g)	4.2	11.3
Fiber (g)	1.8	6.1
Salt (mg)	0.0	1.7
Calcium (mg)	12	41
Vitamin B1 (mg)	0.3	1.5



Get More Whole Grains, Choose Oat

One great example of whole grains is oat. Most oat products in the market are considered as whole grains as they still retain the bran and germ even after processing. This keeps the nutrient content intact. It is a multipurpose ingredient and can be prepared quickly and easily. It is also suitable for different kinds of dishes, from a hearty lunch to a light supper. No matter sweet or savoury, oat can be used in any recipes and is perfect to include in your daily diet to increase your intake of whole grains to the recommended portion.



Old-Fashioned Oats: After steaming or roasting whole oat groats, they are rolled into flakes. Oats will last longer after going through this process. Only ten to fifteen minutes are needed to cook this variety. Use it for a simple breakfast meal or to make granola bars, cookies, muffins and other treats.



Quick-Cook Oats: Oat flakes are cut into smaller pieces, steamed longer, and rolled thinner to produce quick-cook oats. Only around five minutes are needed to cook this variety, so it is suitable for a quick yet fulfilling meal. Old-fashioned oats can be replaced with quick-cook oats in any recipes.



Steel-Cut Oats: Sharp metal blades are used to cut oats into smaller pieces. Steel-cut oats are not rolled and take longer time to cook. They also have a tougher and chewier texture. Another name for this variety is Irish oatmeal. Use it for making porridge, meatloaf, savoury congee, and stuffing.

Variety of Oats in the Market

A wide variety of oats and oat products are available for you to choose in the market. There are the good old-fashioned oats, the chewier steel-cut oats, as well as the convenient quick oats and instant oatmeal, which are all whole grains. Different methods of processing are involved in producing these different varieties of oats, hence resulting in different textures and cooking times. Nevertheless, you will get equivalent nutritional values from all types of oats, as they are all made from whole oat.



Instant Oatmeal: Cut oat groats are precooked, dried, and then rolled to produce instant oatmeal. The taste and texture is almost similar to quick oats. Instant oatmeal is quick and easy to prepare, and suitable as beverages.



Oat-Based Products: Various oat-based products are available, ranging from oat cookies, ready-to-eat oat cereals, oat beverages, to oat snack bars. The variety offered in the market made oats more accessible and more interesting for everyone!



There are also non-whole grain varieties such as oat bran – it only contains the bran without the endosperm and germ.



Oat: Healthy, Nutritious, Delicious

As a whole grain, oat is a great source of **essential nutrients** and good for health, in addition to being a tasty ingredient.

- Oat has a high content of **dietary fibre**, which is good for our digestive health. It can help regulate bowel movement, reduce the risk of constipation, and stimulate a feeling of fullness.
- It also contains a special type of dietary fibre, beta-glucan, which has been shown in studies to be able to lower blood cholesterol and control the rise of blood glucose level.
- Oat contains fair amounts of **protein and unsaturated fatty acids**. In fact, more protein and unsaturated fatty acids are found in oat compared to other grains.
- A rich source of **micronutrients**, oats contains a variety of vitamins and minerals. Different types of vitamins such as vitamin B1, B2, B3, E and folate can be found in oat. Several key nutrients like iron, phosphorus, magnesium and zinc are also available. These micronutrients are vital for various functions in our body.
- Another type of nutrient found in oat is **phytonutrients**, consisting of a wide variety of biologically active plant components. Studies found that phytonutrients exhibit antioxidant and anti-inflammatory properties which have the potential in lowering the risk of chronic diseases such as cardiovascular diseases and cancers.

With all these benefits, oat is clearly the ideal option to increase your family's whole grain intake. Together with a balanced diet and regular physical activities, these will be fruitful in your journey of healthy lifestyle.

In order to enjoy the health benefits of oat, sufficient amount of it need to be taken daily. This can be achieved by including oats into various meals throughout the day.

Oat Multipurpose Ingredient for Any Meals!

A healthy meal does not mean that it has to be bland and tasteless. Various ways are available to make a nutritious yet delicious dish. One way is by incorporating oats in your dish, making it healthier and tastier. Oat is a multipurpose ingredient that can be used in different meals throughout the day, either light or heavy, from sweet to savoury. Try these tips to include oat in your daily diet:

- Have breakfast with overnight oats (oats soaked in milk/ yoghurt overnight in fridge, served with fruits/nuts)
- Add oats in fruit smoothies or when baking cakes/muffins
- Add roasted oats to stir-fry dishes to add more crunch
- Coat fish/meat with rolled oats before grilling or roasting
- Top-up your bowl of oatmeal with savoury dishes like poached eggs or sautéed mushrooms

There are many more ways to include oat in your diet. This cookbook is published to introduce the benefits of oat as a whole grain, and to demonstrate its versatility as an ingredient. Using the recipes presented here, you and your family will be able to savour the goodness that wholegrain oats can offer to impart various benefits to health.

Good to know...

In recognition of the beneficial effect of beta-glucan on blood cholesterol, the Ministry of Health Malaysia has permitted a health claim that beta-glucan from oat may help lower blood cholesterol level.



Useful tips!

Use oat to replace wheat in recipes for people with wheat allergy. Oat is gluten-free.



NUTRITION and FOOD for HEALTHY and SMART GENERATION

Food and Nutrition Society
of Indonesia

Food and Nutrition Society of Indonesia (PERGIZI PANGAN Indonesia) is an organization of food and nutrition experts, which was established on August 19th 1973 in Indonesia.

The main objective of PERGIZI PANGAN Indonesia is to build better communication and collaboration among nutrition food experts in the development and application of science and technology for improving nutrition and health status of Indonesians through professional, public, private and people partnership.

PERGIZI PANGAN Indonesia is the only nutrition organization represent Indonesia as an Adhering Body of the International Union of Nutritional Sciences (IUNS), Federation of Asian Nutrition Societies (FANS), and South East Asia Public Health Nutrition (SEA-PHN)

For more information, please visit :

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The proceedings

Our Activities:

1. International Food and Nutrition Symposium
2. Annual National Food and Nutrition Seminar
3. Serial nutrition seminars in several cities
4. Serial food safety seminars in several cities
5. Workshop on limiting sugar, salt, and fat content of food
6. International Young Food and Nutrition Leadership (iYouLead) Training and Workshop
7. Indonesian Young Food and Nutrition Leadership (DoyouLead) Training and Workshop
8. Indonesian Young Nutrition Leaders Camp (IYNLC)
9. Nutrition Education for School Children
10. Nutrition education for teenagers
11. Nutrition education for young women
12. Nutrition ambassador for teen students
13. Food and Nutrition comics for school children
14. Photo and video competition
15. Recipes competition
16. Food Safety and Nutrition Quiz
17. Promoting healthy breakfast and healthy lifestyle
18. The host of Asian Congress of Nutrition 2019

Our Publications:

1. Journal of Nutrition and Food (JGP)
2. Fatty Acids Composition of Indonesian Foods
3. Proceedings of Nutrition and Food Symposium
4. A Pocket Book for Young Couple Marriage
5. Recipes of Local Complementary Foods
6. Safety of Monosodium Glutamate
7. Health Benefits of Whole Grains
8. Healthy Breakfast for All
9. Myths and Facts on Healthy Breakfast
10. Lets Have Healthy Breakfast: A Comic for Primary School Children
11. Lets Eat More Fruits & Vegetables: A Comic for Primary School Children
12. Health Benefits of Animal Foods
13. Balanced Diet for All
14. Messages of Dietary Guidelines in Asian Countries
15. Check Your Nutritional Status: A Simple Nutrition Education Tools for Moms
16. Check Your Nutritional Status: A Simple Nutrition Education Tools for School Children
17. Check Your Nutritional Status: A Simple Nutrition Education Tools for Teens
18. Check Your Nutritional Status: A Simple Nutrition Education Tools for Pregnant Women
19. Healthy Cooking with Oats. Volume 2
20. Healthy Cooking with Oats. Volume 3





Adding oats into traditional Indonesian Cuisine for more goodness!

Indonesia, with more than 300 ethnic groups, has one of the most vibrant and colourful cuisines in the world. They are intensely flavourful too! Many regional cuisines exist, often based upon indigenous culture and foreign influences. Indonesia has about 5,000 traditional recipes, with 30 of them considered the most important. Indonesia's cuisine may include rice, noodle, meat, fish and soup dishes which are sold in modest local eateries to street-side snacks and top-dollar plates. A worldwide online poll in 2011 among 35,000 respondents held by CNN International had voted *rendang* (a semi-wet curry meat) as the top favourite food, followed closely by *nasi goreng* (fried rice) in position two, and *sate* (satay) in position fourteen.

Indonesian cuisines often demonstrate rich and complex flavours, acquired from certain ingredients and mixture of spices. Throughout history, Indonesia's food ingredients and cuisines were influenced by India, China, the Middle East and European countries. The traders brought new ingredients and recipes even before the Dutch came to colonise most of the archipelago. Inversely, the Indonesian islands, which are famed as "the Spice Islands", also contributed to the introduction of spices, such as cloves and nutmeg, to Indonesian and global cuisines.

It is interesting to note that Indonesian cuisines vary greatly by region and has many different influences. Sumatran cuisine, for example, often has Middle Eastern and Indian influences, featuring curried meat and vegetables such as *gulai* or curry, while Javanese cuisine is mostly indigenous, with some hint of Chinese influence. The cuisines of Eastern Indonesia are similar to Polynesian and Melanesian cuisine. Elements of Chinese cuisine can be seen in Indonesian cuisine: foods such as noodles, meat balls, and spring rolls have been completely assimilated. The ways to cook Indonesian cuisine include frying, grilling, roasting, dry roasting, sautéing, boiling and steaming

Creatively, oats can be a more interesting alternative ingredient for preparing meals for breakfast, main dishes, snacks and desserts as well as drinks based on Indonesian traditional cuisine. This book has 15 recipes that make use of oats as a more healthful ingredient in selected Indonesian cuisines. There are numerous ways for you to include them in your family's meals and turn them into more nutritious choices. In this book, we combine oat into *Sumsum Porridge with Oat*, *Chicken and Anchovy Botok with Oat*, *Grilled Rice with Chicken, Tempe and oat*, *Balinese Salad with Oat*, *Sticky Rice Ball Filled with Palm Sugar & Oat*, *Fried Cassava Ball with Oncom & Oat*, *Iced Selendang Mayang with Oat*, and *Mud Cake with Oat*. Try these recipes and enjoy the great taste and extra goodness!





SUMSUM PORRIDGE WITH OAT (Bubur Sumsum dengan Oat)

Sumsum Porridge with Oat

(Bubur Sumsum dengan Oat)

Serves: 4

Preparation time: 20 min

Cooking time: 10 min

Ingredients

220 g (2 bowl) rice flour
 80 g (1 cup) instant oat
 500 ml (2 cups) diluted coconut milk
 100 ml water

Sugar sauce

127 g (2 pcs) brown sugar
 3 g (1 pc) pandan leaf
 3 g (1 tsp) sugar
 100 ml (1 glass) water

Sumsum porridge is a typical Javanese food in the form of white porridge made from rice flour and eaten with sweet gravy (brown sugar sauce). *Sumsum* porridge has two distinct characteristics, namely white and sweet. The white colour of *sumsum* porridge has the meaning of purity of heart, body and mind while sweetness shows prosperity, gratitude, sweetness of life and happiness. Oat is added to the *sumsum* porridge to increase whole grain intake.

Instructions

1. Mix rice flour, instant oat and coconut milk and water in a bowl and mix well.
2. Sieve the mixture for a smooth, lump-free batter.
3. Bring the batter to a boil while constantly stirring until it thickens.
4. Let the mixture chill and cool down.
5. To make the sugar sauce, mix brown sugar, pandan leaf, sugar and water. Simmer over low heat.
6. Strain the sugar sauce to remove any crumbs.
7. Serve the *sumsum* porridge with sugar sauce.

Nutrient Content per Serving

Calories 542 kcal

Carbohydrate 97.3 g

Protein 9.6 g

Fat 14.0 g



CHICKEN & ANCHOVY *BOTOK* WITH OAT (*Botok Ayam Teri dengan Oat*)

Chicken & Anchovy Botok with Oat

(Botok Ayam Teri dengan Oat)

Serves: 4

Preparation time: 10 min

Cooking time: 30 min

Ingredients

380 g (4 pcs) chicken
 300 g (1 bowl) grated coconut
 25 g (½ small bowl) *petai*
 30 g (½ small bowl) anchovy
 180 g (2 ⅓ cup) quick cook oat
 75 g (1 medium) egg
 22 g (7 pcs) whole cayenne pepper
 2 g (2 pcs) bay leaf
 Banana leaf (to wrap)

Botok is a typical Javanese food made from young coconut, which has been extracted, seasoned and wrapped in banana leaves and steamed. Oat is mixed to *botok* to increase whole grain intake.

Ground spices

47 g (7 pcs) onion
 11 g (3 cloves) garlic
 13 g (4 pcs) cayenne pepper
 5 g (3 cm) cutcherry
 10 g (1 pc) leek
 5 g (1 tsp) salt
 3 g (½ tsp) sugar

Instructions

1. Boil the chicken until cooked then drain the water.
2. Shred the chicken into small pieces.
3. Mix grated coconut, *petai*, anchovies, quick cook oat, egg with the shredded chicken and ground spices. Mix all ingredients evenly. Season to taste.
4. Add bay leaves and whole cayenne pepper to the mixture. You can squeeze the bay leaves to get its aroma out to the *botok*.
5. Wrap the *botok* mixture into a piece of banana leaf.
6. Once wrapped, pin a toothpick into one part of the wrapper to hold it in place for the *botok* to cook well.
7. Steam for about 30 minutes over medium heat.
8. Remove the *botok* from steamer, and serve warm.

Nutrient Content per Serving

Calories 289 kcal

Carbohydrate 52.5 g

Protein 12.0 g

Fat 4.3 g



GRILLED RICE WITH CHICKEN, TEMPE & OAT (*Nasi Bakar Ayam Tempe dengan Oat*)

Grilled Rice with Chicken, Tempe & Oat

(Nasi Bakar Ayam Tempe dengan Oat)

Serves: 4

Preparation time: 10 min

Cooking time: 25 min

Ingredients

- 230 g (3 medium pcs) chicken
- 500 g (1 bowl) rice
- 100 g (1 ¼ cups) quick cook oat
- 5 g (1 tsp) salt
- 15 g (1 tbsp) butter
- 3 g (3 pcs) lime leaves
- 40 g (2 pcs) lemongrass
- 3 g (3 pcs) bay leaf
- 5 g (3 cm) galangal
- 200 g (1 small bowl) thick coconut milk
- 15 g (1 ½ tbsp) tamarind water
- 28 g (1 pc) tempe
- 50 g (1 cup) peanuts
- 75 g (1 medium) egg
- Banana leaf (for wrap)

Grilled rice is also called *buru* rice in Sundanese. Grilled rice is rice which is seasoned and wrapped in banana leaves and grilled over an open flame. Grilled rice usually contains chicken and other side dishes such as tempe which has been previously sauteed. Oat is mixed to grilled rice to increase whole grain intake.

Ground spices

- 47 g (6 pcs) onion
- 11 g (3 cloves) garlic
- 18 g (6 pcs) red chilli pepper
- 22 g (6 pcs) curly red chilli
- 3 g (1 cm) roasted turmeric
- 1 g (1 tsp) shrimp paste
- 5 g (1 tsp) salt
- 5 g (1 tbsp) pepper powder
- 3 g (½ tsp) sugar

Instructions

-  Boil the chicken until cooked and then drain the water.
-  Shred the chicken into small pieces.
-  Mix the rice with salt and butter and set aside.
-  Heat the oil, then add spices and fry until fragrant.
-  Add lemongrass, bay leaves, lime leaves and galangal into the spices.
-  Next add the coconut milk, then the chicken, quick cook oat and tamarind water. Cook until soaked, then lift and aside.
-  In a separate pan, saute tempe along with onion, garlic, salt and pepper until cooked, and set aside.
-  In another pan, fry the peanuts until it turns brown, and set aside.
-  Fry the eggs, cut into small pieces, and set aside.
-  To wrap the rice and other fillings together, use a banana leaf. Place the butter rice then spicy chicken, dried tempe, and fried egg in the middle and wrap it nicely. Seal using a toothpick.
-  Grill the wrapped rice over fire until fragrant and dry. Serve while warm with additional chilli on top.

Nutrient Content per Serving

Calories 690 kcal

Carbohydrate 72.4 g

Protein 20.6 g

Fat 36.6 g



BALINESE SALAD WITH OAT (*Jukut Urap Bali dengan Oat*)

Balinese Salad with Oat

(Jukut Urap Bali dengan Oat)

Serves: 3

Preparation time: 10 min

Cooking time: 30 min

Ingredients

230 g (1 medium bowl) grated coconut
 80 g (1 cup) instant oat
 115 g (2 bunches) water spinach
 100 g (1 medium bowl) bean sprouts
 23 g (10 pcs) long beans

Ground spices

5 g (5 pcs) lime leaves
 10 g (3 cloves) garlic
 27 g (7 pcs) curly red chili
 14 g (2 tbsp) fried onion
 5 g (3 cm) cutcherry
 5 g (1 tsp) salt
 5 g (1 tsp) sugar
 1 g (¼ small pc) shrimp paste

Jukut Urap is a traditional food from Bali that is the same as Javanese cuisine (*Urap, Urap, Gudangan, Kluban*). *Urap* is a salad dish in the form of boiled vegetables mixed with seasoned grated coconut. Oat is added to *Jukut Urap* to increase whole grain intake.

Instructions

1. Mix grated coconut, instant oat and ground spices. Stir well.
2. Steam spice mixture for 30 minutes until done and set aside.
3. Blanch water spinach, long beans, and bean sprouts. Once vegetables are soft, remove from the water. Drain well.
4. Combine vegetables and spice mixture. Mix well and serve immediately.

Nutrient Content per Serving

Calories 300 kcal

Carbohydrate 34.6 g

Protein 14.6 g

Fat 14.7 g



STICKY RICE BALL FILLED WITH PALM SUGAR & OAT (*Klepon dengan Oat*)

Sticky Rice Ball Filled with Palm Sugar & Oat

(Klepon dengan Oat)

Serves: 4

Preparation time: 15 min

Cooking time: 30 min

Ingredients

308 g (1 bowl) glutinous rice flour
 150 g (2 cup) instant oat
 30 g (2 tbsp) natural pandan colouring
 30 g (2 tbsp) natural beetroot colouring
 30 g (2 tbsp) natural carrot colouring
 Sufficient water

Content

40 g (½ cup) instant oat
 130 g (2 pcs) brown sugar

Complementary

100 g (½ medium bowl) grated coconut, steamed
 6 g (2 pcs) pandan leaves
 Salt to taste

Klepon is an Indonesian traditional cake which is included in market snacks. This delicious food is made from sticky rice flour which is shaped like small balls and filled with brown sugar and then cooked in boiling water. The cooked *Klepon* is given a coating of grated coconut. Oat is mixed in to the *Klepon* filling and dough while cooking to increase whole grain intake.

Instructions

1. Mix glutinous rice flour, instant oat, water and salt. Stir mixture until smooth.
2. Separate dough into three parts: beetroot colour for one, pandan green colour for another, and carrot orange colour for the last.
3. Combine brown sugar and instant oat. Mix well and set aside.
4. Take a little dough, fill it with brown sugar mixture. Roll dough into a ball and repeat until the dough is finished.
5. Boil water with pandan leaves.
6. Place dough in the water to cook. When it floats, quickly remove and set aside.
7. Coat the cooked dough *klepon* with the grated steamed coconut.
8. *Klepon* is ready to be served.

Nutrient Content per Serving

Calories 535 kcal

Carbohydrate 115.7 g

Protein 9.4 g

Fat 22.7 g



FRIED CASSAVA BALL WITH *ONCOM* & OAT (*Combros dengan Oat*)

Fried Cassava Ball with Oncom & Oat

(Combro dengan Oat)

Serves: 4

Preparation time: 15 min

Cooking time: 25 min

Ingredients

500 g (1 bowl) grated cassava
 20 g (2 tbsp) sago flour
 30 g (½ cup) instant oat
 125 g (½ bowl) grated coconut
 30 g (3 tbsp) cooking oil

Ground spices

7 g (2 cloves) garlic
 9 g (3 pcs) Cayenne pepper
 12 g (1 ½ tsp) salt
 5 g (1 tsp) pepper powder
 7 g (1 ½ tsp) sugar
 47 g (6 pcs) onion
 10 g (1 tbsp) cooking oil

Combro is a typical West Java or Sundanese fried food. It is made from grated cassava which is rounded and filled with *oncom* sauce and then fried. The name *Combro* is a synergy of "*Oncom do Jero*" (Oncom inside). Oat is added in *Combro* to increase whole grain intake.

Filling

83 g (1 cup) quick cook oat
 117 g (½ bowl) oncom
 42 g (3 pcs) leek
 9 g (3 pcs) celery
 10 g (1 tsp) sweet soya sauce
 10 g (1 tbsp) water

Instructions

1. Mix grated cassava, instant oat, grated coconut, sago flour, salt and sugar. Set aside.
2. Saute ground spices, add oncom, quick cook oat, salt, pepper, sweet soya sauce, flavouring, chives, and celery. Set aside as a filling mixture.
3. Take 1 tablespoon of dough, flatten it and place filling mixture in the centre. Fold and roll into an oval shape.
4. Repeat until the dough is finished. Fry the dough in hot oil.
5. *Combro* is ready to be served warm.

Nutrient Content per Serving

Calories 575 kcal

Carbohydrate 96.3 g

Protein 20.9 g

Fat 30.2 g



ICED SELENDANG MAYANG WITH OAT (*Es Selendang Mayang dengan Oat*)

Iced *Selendang Mayang* with Oat

(*Es Selendang Mayang dengan Oat*)

Serves: 5

Preparation time: 15 min

Cooking time: 25 min

Ingredients

100 g (½ medium bowl) *hunkwe* (mung bean) flour
 50 g (¼ medium bowl) rice flour
 3 g (2 pcs) pandan leaves
 2 g (½ tsp) vanilla powder
 5 g (½ tsp) salt
 80 g (1 cup) instant oat
 30 g (3 tbsp) natural pandan colouring
 30 g (3 tbsp) natural beetroot colouring
 1 liter of water to boil

Sauce

150 g (2 pcs) brown sugar
 50 g (4 tbsp) sugar

200 ml (1 glass) water
 500 ml (1 bowl) coconut milk

Iced *Selendang Mayang* is one of Indonesia's traditional drinks from Jakarta or Betawi. In addition to being refreshing, this drink can reduce hunger because it is made with the basic ingredients of rice flour or with *hunkwe* flour. Oat is mixed into the iced *Selendang Mayang* to increase whole grain intake.

6 g (2 pcs) pandan leaves
 5 g (½ tsp) salt

Additional side ingredient

Sufficient ice cube

Instructions

 Mix water, *hunkwe* flour, instant oat, vanilla powder, pandan leaves, rice flour, and salt and then simmer over medium heat. Stir regularly and wait for the mixture to come to a boil.

 Divide the mixture into 3 parts. One part is added with beetroot colouring and stir it well. Another part is added with green pandan coloring and stir well. Leave the rest of the mixture white.

 Pour the green mixture into an oil-coated pan and even it on the pan. Next pour the white mixture on top and pour the red mixture over it again. Cool it down. Cut into small pieces about 2 cm and set aside.

 To make the sauce, boil brown sugar, sugar, and pandan leaves with water while stirring occasionally. Cool and set aside.

 In a different pot, boil coconut milk, salt and pandan leaves, stirring until the mixture boils. Remove the pot from the stove and allow to cool.

 Serve large pieces of *Selendang Mayang* ice with a splash of coconut milk, sauce and add ice cubes.

Nutrient Content per Serving

Calories 372 kcal

Carbohydrate 62.9 g

Protein 6.4 g

Fat 11.4 g



MUD CAKE WITH OAT (*Kue Lumpur dengan Oat*)

Mud Cake with Oat

(Kue Lumpur dengan Oat)

Serves: 4

Preparation time: 15 min

Cooking time: 35 min

Ingredients

75 g (½ medium bowl) wheat flour
 80 g (1 cup) instant oat
 10 g (2 tsp) baking powder
 2.5 g (½ tsp) vanilla powder
 300 ml (1 medium bowl) thick coconut milk
 36 g (3 tbsp) margarine
 108 g (2 medium) eggs
 12 g (1 tbsp) sugar
 5 g (½ tsp) salt
 200 ml (1 glass) diluted coconut milk
 Sufficient raisins for topping

Mud Cake is a traditional Indonesian snack originating from Sidoarjo and is popular because of its soft texture and sweet taste. Oat is mixed into Mud Cake to increase whole grain intake.

Instructions

1. Mix flour, instant oat and baking powder and vanilla powder. Set it aside.
2. Cook the thick coconut milk and margarine until it melts. Stir until well mixed.
3. Add sifted flour mixture, stir until well mixed.
4. Add the eggs, salt, sugar. Gradually add diluted coconut milk while stirring.
5. Coat mud cake mold well with margarine then heat it. Add 2 table spoon of dough to each mold.
6. Add raisin topping, and bake with medium heat until done and serve.

Nutrient Content per Serving

Calories 345 kcal

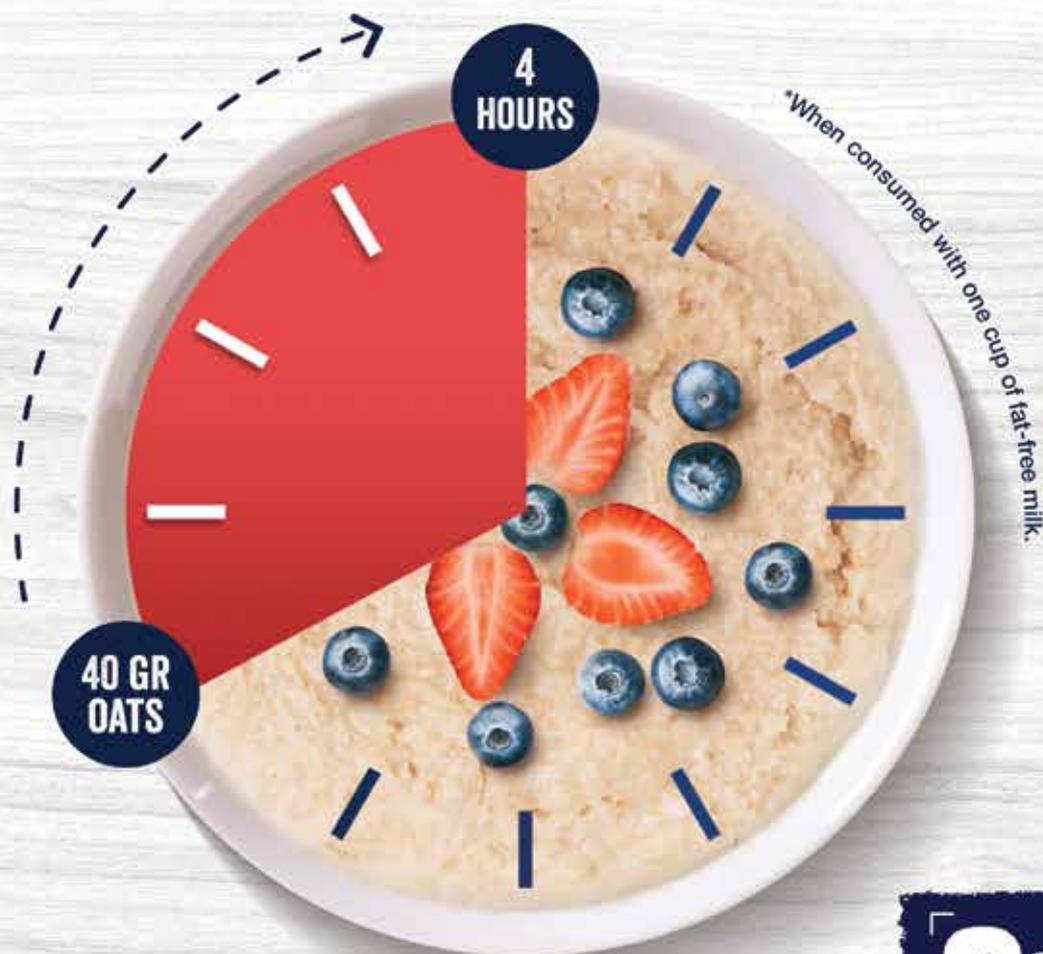
Carbohydrate 36.6 g

Protein 9.8 g

Fat 19.1 g



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SUPER OVERNIGHT OATS WITH QUAKER



Serving Suggestion



INGREDIENTS

- 6-8 tbsps. QUAKER Oats
- ½ Cup Milk or Yogurt
- Toppings (fruit, nuts, honey...)

HOW TO PREPARE

- Put the lid on, refrigerate overnight
- Add your choice of toppings (fruits, nuts, honey – you name it!)
- Add ½ cup milk or yogurt
- Add 6-8 tbsps. QUAKER Oats



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

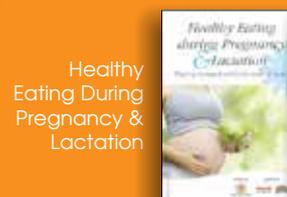
- Malaysian Journal of Nutrition
- Junior Chef Cookbook Vol 1 Let's Play Healthy Cooking
- Nutritionists' Choice Cookbook (Vol 1: Healthy Recipes for Your Little Ones, Vol 2: Resipi Untuk Seisi Keluarga)
- Resipi Sihat, Pilihan Bijak (Vol 1 & 2)
- Women@Heart *Wanita & Pemakanan* manual for professionals 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



Incorporating versatile oats in the diverse Malaysian Cuisine

The diverse multi-ethnic population of Malaysia, comprising the Malay, Chinese, Indian, and various indigenous ethnics in the Peninsula, Sabah, and Sarawak, is reflected in the rich and wide-ranging cuisines. Malaysians are proud of the wealth of their dishes with various styles from different cultures. Malaysian dishes are also famous for using numerous combinations of exotic herbs and spices, such as turmeric, ginger, coriander, lemon grass, kaffir lime, curry leaf, and others, which are sure to bring excitement to your taste buds.

Being a versatile ingredient, oat can be adapted to most Malaysian dishes with ease. For example, oat can be used to replace flour as gravy thickener such as in our Mee Bandung recipe. It is also suitable as additional ingredients as shown in our Chicken Masala with Oats and Bubur Lambuk Oat recipes. You can also use oat to replace similarly-textured ingredients such as grated coconuts (such as in the Solok Lada) or bread crumbs (example the Sweet & Sour Chicken), to give you that extra crunch!

With these small yet significant changes, your meals will be more fulfilling and you can get the benefits of whole grain from oat. The adaptability of oat means that you can use it in any kinds of meals, from main meals to savoury Wonton soup and Masala Vadai. These recipes are sure to attract people of all ages – from kids to adults – to try oat and make them realise that it is not only for sick people. Try these recipes and taste for yourself how oat can be added in the diverse dishes of Malaysia.





LAMBOK SPICED PORRIDGE WITH OAT (*Bubur Lambok dengan Oat*)

Lambok Spiced Porridge with Oat

(Bubur Lambok dengan Oat)

Serves: 4

Preparation time: 45 min

Cooking time: 45 min

Ingredients

225 g (1 ½ cup) uncooked rice
 15 ml (1 tbsp) oil
 70 g (7 whole) red shallot, chopped finely
 50 g (10 cloves) garlic, chopped finely
 50 g (2 ½ inches) ginger, chopped finely
 3-5 g each mixed herbs [10 pcs clove, 1 cinnamon,
 5 pcs cardamom, 5 pcs star anise]
 20 g (4 tsp) kurma powder/soup herb powder
 1 pc pandan leaf
 150 g (¾ cup) beef, minced
 70 g (½ cup) carrot, diced
 1000 ml (4 cups) water
 100 g (1 cup) quick cook oat
 150 ml (½ cup) fresh milk
 Salt to taste
 Black pepper to taste

Bubur lambok is a quintessential Malay porridge usually cooked with assorted spices. This is a tasty rice porridge that is popularly served during the fasting month and is also considered a comfort food. Oat blends well into the dish and its addition can increase whole grain intake.

Garnishing

70 g (½ cup) fried shallot
 30 g (½ cup) coriander leaves
 30 g (½ cup) Chinese celery leaf

Note: You may wish to replace beef with chicken for this recipe. For vegetarians, you can replace beef with tofu and use diluted coconut milk in place of milk.

Instructions

1. Rinse the rice and let it soak for 15 minutes in a small bowl (this step is to help reduce cooking time of the rice).
2. In another bigger pot, add oil and sauté the shallot, garlic, ginger, mixed herbs, kurma powder, pandan leaf until fragrant. Add minced beef, carrot, salt and black pepper and continue to sauté for 1 minute.
3. Put in the rice and sauté together for about another minute.
4. Add water and bring to boil the rice mixture until the rice is properly cooked.
5. Stir in quick cook oat and milk and simmer until it is well-cooked and reaches porridge consistency.
6. Season to taste with salt and black pepper.
7. Garnish the dish with less-oil fried shallot, coriander and Chinese celery leaf.

Nutrient Content Per Serving

Calories 345 kcal

Carbohydrate 51.9 g

Protein 17.7 g

Fat 8.4 g



BANDUNG NOODLES IN SPICY MIXED GRAVY WITH OAT (*Mee bandung dengan oat*)

Bandung Noodles in Spicy Mixed Gravy with Oat

(Mee bandung dengan oat)

Serves: 5

Preparation time: 60 min

Cooking time: 45 min

Ingredients

300 g (2 cups) yellow noodles
60 g (1 ½ cups) mustard leaves
200 g (¾ cup) beef, boiled until tender (keep the stock)

For gravy

Item A

30 ml (2 tbsp) oil
40 g (4 tbsp) onion, chopped
50 g (5 cloves) garlic, chopped
50 g (50 pcs) dried chilli, boiled and blended
80 g (½ cup) dried shrimp, soaked and chopped coarsely
40 g (3 tbsp) ground peanut, roasted and pounded

Item B

120 g (3 small) fresh squid, cleaned and sliced into rings
200 g (10 medium) fresh prawn, de-shelled
300 ml (1 ¼ cups) beef stock (stock prepared by boiling the beef)
50 g (½ cup) quick cook oat
2 egg whites
Salt, pepper and sugar to taste

Mee bandung is a Malay noodle dish originated from Muar in the Southern state of Johor. The dish combines yellow noodles with a thick, spicy gravy. The dried shrimp and ground peanut provide the special taste to *Mee bandung*. Oat is added to thicken the gravy while serving to increase the amount of whole grain in the dish.

Garnishing

Thinly sliced beef (1 part)
2 pcs hard bean curd, fried and sliced
20 g (1 tbsp) fried shallots
30 g (2 tbsp) Chinese celery
20 g (2 pcs) red chillies, sliced
2 pcs calamansi lime, halved
Optional: hard boiled egg, sliced

Note: You may replace beef in the recipe with chicken. For vegetarians, you may replace seafood and any meat with tofu and use vegetable stock instead of beef stock.

Instructions

-  In a pot of boiling water, blanch the noodles and mustard leaves for about 3 minutes, strain and put aside.
-  In a separate pot, boil the beef until tender. Once cool, slice the beef thinly and put it aside. Keep the stock to make the gravy.
-  To prepare the gravy, sauté Item A until the chilli is cooked and fragrant.
-  Stir in the squid, prawn, sliced beef (leave some for garnishing) and the beef stock and cook for 2-3 minutes. Season with salt, sugar, pepper to taste.
-  Add oat to thicken the gravy and stir well so that the oats do not clump.
-  Add the egg whites and stir gently.
-  To serve, put the noodle in a bowl, blanched mustard leaves on top, and pour the gravy. Add garnish ingredients and serve immediately.

Nutrient Content Per Serving

Calories 470 kcal

Carbohydrate 45.5 g

Protein 41.3 g

Fat 14.0 g



STUFFED CHILLI WITH FISH & OAT (*Solok Lada dengan Oat*)

Stuffed Chilli with Fish & Oat

(Solok Lada dengan Oat)

Makes: 12 pcs

Preparation time: 45 min

Cooking time: 30 min

Ingredients

500 g (5 medium size) sardine fish, head removed and deboned
 40 g (4 whole) red shallot
 40 g (2 inches) ginger
 30 g (3 cloves) garlic
 10 g (3 ¼ tsp) black pepper crust
 1 whole egg
 125 ml (½ cup) fresh milk
 120 g (1 ¼ cups) rolled oat
 30 g (½ cup) grated coconut
 Salt to taste
 Pepper to taste
 6 big green chillies
 6 big red chillies

Solok lada is a traditional Malay cuisine. It is a popular and special dish in Kelantan and Terengganu. *Solok lada* is made from green peppers that are split and stuffed with a core made of grated coconut, fish fillets, and coconut milk. Oat is added to reduce the amount of grated coconut and increase whole grain intake.

Gravy

125 ml (½ cup) low fat milk
 100 ml (¼ cup) coconut milk
 2 sticks lemongrass
 Salt to taste

Instructions

1. Place the deboned fish together with ginger, garlic, black pepper, egg and milk in a food processor. Blend at moderate speed until it becomes smooth in texture for stuffing.
2. Transfer the mixture into a mixing bowl and add rolled oat, grated coconut and mix well. Season the mixture with salt and pepper. Chill in the fridge for about 15 minutes.
3. Cut one side of the chilli and remove the seeds. Stuff the chilli with the blended sardine and steam the stuffed chilli or *solok lada* in a steamer for about 15-20 minutes.
4. To prepare the gravy, put all the ingredients in a small pot and heat up at low heat until boil. Add salt to taste.
5. To serve, place the *solok lada* in a bowl and pour the hot gravy. Serve hot.

Nutrient Content Per Piece

Calories 147 kcal

Carbohydrate 9.7 g

Protein 12.5 g

Fat 6.6 g



SWEET & SOUR CHICKEN

Sweet & Sour Chicken

Serves: 5

Preparation time: 45 min

Cooking time: 25 min

Ingredients

400 g (1 ½ cups) chicken breast, sliced to finger size
 Salt and pepper to taste
 40 g (¼ cup) wheat flour
 3 egg white
 100 g (1 cup) rolled oat

Sauce

1 big onion
 125 ml (½ cup) chilli sauce
 125 ml (½ cup) tomato ketchup
 45 ml (3 tbsp) pineapple juice
 50 g (½ cup) pineapple, cubed
 40 g (¼) red bell pepper
 40 g (¼) green bell pepper
 40 g (¼) yellow pepper
 Sugar and salt to taste

Sweet and sour chicken is a popular Chinese dish. It is basically fried chicken pieces coated with a crispy batter and stir-fried with mouth-watering sweet and sour sauce. Oat can be used to replace the traditional flour as batter and is a convenient way to introduce whole grain into the dish.

Instructions

-  Season the chicken pieces with salt and pepper and coat them with a thin layer of flour.
-  Roll the chicken pieces in egg white and immediately coat them with oat.
-  Press and ensure that the oat sticks onto the chicken pieces.
-  Heat up oil in a wok and fry the chicken pieces till golden and set aside in a serving dish bowl.
Tip: You also can use the air frying cooking method. Place the coated chicken pieces with a bit of oil for about 20 - 25 minutes at 160 degrees.
-  For sauce, sauté the onions in a small pot until soft and mix in the sauces and pineapple juice. Stir until the sauce thickens. You may add water to dilute if it is too thick. Add sugar and salt to taste.
-  Add the pineapple and bell peppers and cook until slightly soft, and pour the sauce on top of the chicken.

Nutrient Content Per Serving

Calories 282 kcal

Carbohydrate 24.8 g

Protein 23.4 g

Fat 8.1 g



STEAMED YAM CAKE WITH OAT

Steamed Yam Cake with Oat

Serves: 6

Preparation time: 60 min

Cooking time: 60 min

Ingredients

60 g (6 pcs) shallot, sliced
 60 g (6 pcs) dried shrimp, rinsed and chopped
 15 ml (1 tbsp) oil
 300 g (1 ½ cups) yam, diced into small cubes (1cm x 1cm)
 80 g (½ cup) rice flour
 40 g (¼ cup) tapioca flour
 10 g (1 ½ tbsp) five spices powder
 50 g (½ cup) quick cook oat
 1000 ml (4 cups) water

Steamed yam cake is a favourite in many Asian countries such as Malaysia especially among the Chinese population. It is a savoury cake that is often eaten for breakfast or even as an afternoon snack. In this recipe, oat is used to replace part of the flour needed, thereby increasing the whole grain content of the yam cake.

For topping / garnishing

60 g (6 pcs) shallots, sliced
 30 g (3 tbsp) dried shrimps
 15 g (1 tbsp) sugar
 20 g (1 stalk) spring onion, thinly sliced
 30 g (2 pcs) red chillies, seedless and julienne cut

Instructions

-  Sauté shallot and dried shrimps for a few minutes then add in the cubed yam and fry together until the mixture is brown and the yam is half cooked.
-  In a separate bowl, mix the rice flour, tapioca flour, spice powder, oat and water, then stir until the mixture is smooth.
-  Pour the flour mixture into the pan gently. Stir and cook until the mixture thickens to form a thick paste.
-  Add salt, pepper and season to taste.
-  Pour the mixture into a steaming tray and steam for about 50 minutes or until it is cooked. Once cooked, let it cool before serving.
-  For topping, fry the sliced shallots until golden brown and fragrant. Drain the oil and sprinkle on top of the steamed yam cake.
-  In a separate pan, caramelize the dried shrimps with some sugar and sprinkle on top as well.
-  Then, garnish with some spring onions and red chilli. To serve, cut the dish into rectangular shapes.

Nutrient Content Per Serving

Calories 167 kcal

Carbohydrate 24.6 g

Protein 9.4 g

Fat 3.6 g



CHICKEN & OAT WONTON IN SOUP

Chicken & Oat Wonton in Soup

Serves: 5 (Makes 20 pcs)

Preparation time: 45 min

Cooking time: 25 min

Ingredients

Filling

300 g (1 ¼ cups) chicken breast, minced

20 g (2 inches) ginger, blended

20 g (4 cloves) garlic, finely blended

40 g (4 tbsp) green onion, chopped

100 g (1 cup) quick cook oat

1 egg

30 ml (2 tbsp) soy sauce

15 ml (1 tbsp) sesame oil

20 pcs *wonton* skin

10 g (1 tbsp) corn starch

120 g (2 cups) baby *bok choy*, blanched for 3-4 minutes in hot water

Chicken *wonton* soup is an authentic Chinese cuisine that has silky and flavourful *wonton* fillings. It is cooked in a delicious broth for a light and healthy soup. In this modified recipe, oat is mixed into the chicken filling to increase the whole grain content.

Chicken soup

750 ml (3 cups) water

200 g chicken, bony parts/carcass

30 g (3 cloves) garlic

20 g (2 inches) ginger

Salt

Instructions

-  In a mixing bowl, mix together minced chicken, ginger, green onion, oat, garlic, egg, and soya sauce. Add a bit of sesame oil for flavour.
-  Scoop the mixture using a teaspoon (20-25g/each), wrap small balls of the mixture into individual *wonton* skins and seal with wet corn starch.
-  Boil the dumplings in hot water for about 15 minutes.
-  To prepare the soup, boil the chicken with garlic and ginger. Season to taste with salt.
-  Serve the *wonton* and *bok choy* in the hot chicken soup.

Nutrient Content Per Serving

Calories 363 kcal

Carbohydrate 34.0 g

Protein 27.5 g

Fat 13.6 g



CHICKEN MASALA WITH OAT

Chicken *Masala* with Oat

Serves: 6

Preparation time: 45 min

Cooking time: 20 min

Ingredients

500 g chicken breast, medium size cut

Item A

20 g (2 tbsp) turmeric

30 g (3 tbsp) cumin powder

30 g (3 tbsp) coriander powder

15 g (3 ½ tbsp) cardamom

15 g (2 ½ tbsp) fennel seed

1 tsp salt

1 tsp pepper

2 tbsp water

Item B

60 g (4 tbsp) tomato paste

20 g (1 tbsp) tomato, chopped

10 g (1 stalk) curry leaf

80 g (8 pcs) red onion, sliced thinly

30 g (3 pcs) garlic, blended

30 g (3 inches) ginger, blended

25 g (5 sticks) cinnamon

40 g (7 whole) red chillies, thinly sliced

10 g (1 tbsp) mustard seed

60 g (2 ½ whole) tomatoes, cut into wedges

15 g (15 pcs) dried chillies, blended

30 g (2 tbsp) chilli powder

Chicken *masala*, a famous traditional Indian dish of tender chicken with a delectable blend of aromatic spices. It can be served with rice, butter naan or capati, and is perfect for special occasions. Oat is added as a thickener and also serves to increase whole grain intake.

100 g (1 cup) rolled oat

80 g (½ cup) yoghurt

Salt and pepper to taste

Note: For a vegetarian version of the masala, you can use the same recipe and omit the chicken and replace it with potatoes and cauliflower.

Instructions



Place the chicken in a bowl, mix in items (A) with water and marinate the chicken for 20 minutes.



In a hot pan, sauté items (B) for about 5 minutes, add in the marinated chicken and continue to stir well.



Next, add in the oats, pour the yoghurt and continue to stir well until the gravy thickens.



Season to taste and garnish with fried curry leaves.

Nutrient Content Per Serving

Calories 313 kcal

Carbohydrate 34.2 g

Protein 23.7 g

Fat 11.8 g



LENTILS & OAT FRITTERS (*Masala Vadai*)

Lentils & Oat Fritters

(Masala Vadai)

Makes: 20 pcs

Preparation time: 2.5 hrs

Cooking time: 25 min

Ingredients

200 g (1 ¼ cups) yellow lentils, dhal
 30 g (5 whole) red chillies, chopped
 50 g (½) red onion, chopped
 15 g coriander leaves, chopped
 20 g (4 tsp) chilli flakes
 20 g (1 tbsp) curry powder
 15 g (7 ½ tsp) fennel seed
 8 g (¾ tsp) cumin
 10 pcs curry leaves
 90 g (1 cup) quick cook oat
 Salt and pepper to taste

Masala vadai is a famous Indian snack or street food. It is a type of spicy, crunchy fritter made with dhal, which has a soft texture inside. In this modified recipe, oat is mixed into *masala vadai* to increase the whole grain content.

Instructions

-  After washing the lentils until water runs clear, soak them in good amount of water for 2 hours. Once soft, drain the lentils in a colander. Next, blend the lentils into a rough mixture.
-  Put the mixture into a mixing bowl and add in other ingredients including the oat. Mix well and season with salt and pepper to taste.
-  Take a handful of mixture and shape it into a small ball and flatten it a bit. Repeat for the remaining mixture.
Noted: If needed, add a small amount of water to help shape the mixture.
-  Heat a deep pan with oil and fry the *vadai* at medium heat until it is golden brown and crispy on the outside. Do not flip it too fast as the *vadai* may break.

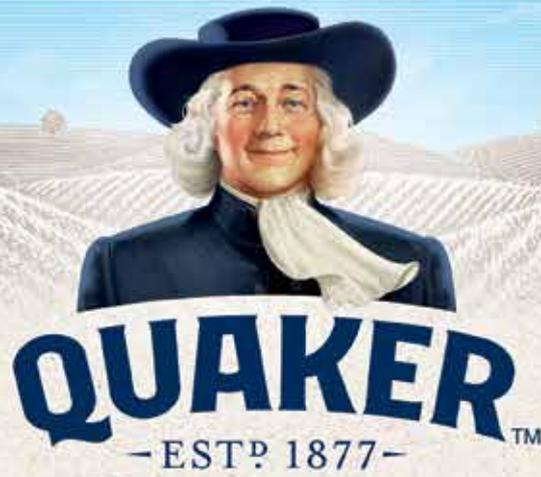
Nutrient Content Per Piece

Calories 129 kcal

Carbohydrate 10.9 g

Protein 3.1 g

Fat 8.3 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.





Filipino Cuisine: “Oats for the Future”

The Philippine archipelago is known for adopting different varieties of spices around the world since the time of Spanish colonization. Because of this, new kinds and combinations of flavours were created. Filipinos are known for being creative, innovative and authentic in making new dishes. In recipe cookbook volume 3, the Philippines would like to showcase the following dishes which are mostly indigenous in nature. These are *Piaya*, *Embotido*, *Ginataang Mais*, *Oatmeal Palitaw*, *Oatmeal Bukayo*, *Ube Halaya*, *Goby Fritters*, and *Carioca*.

These recipes were initially developed with the thought of catering as well those who are suffering from lifestyle health concerns, like diabetes, heart disease, and hypertension.

All recipes in this cookbook represent the rich flavor and history of Filipino cuisine with some added twist. Just like the recipes in cookbook volume 1, all dishes were tried and tested and were evaluated through a series of sensory evaluation. Aroma, appearance, texture, taste and nutritional value were part of the considerations in developing these dishes. Majority of these are all-time favorite snacks and desserts, sometimes served during special occasions and/or readily available in local food stalls in markets and food courts.

The importance of developing and innovating the flavors of traditional food and methods of cooking can also help address the increasing prevalence of lifestyle diseases due to unhealthy snacking, insufficient awareness when it comes to food choices, stress, emerging mental health issues like depression, and other related factors. A holistic approach when it comes to food hand in hand with immediate action could not only elevate the cuisine but also help solve these emerging problems. It is possible that in the near future, oats can be a key ingredient in the management and/or prevention of certain lifestyle diseases.



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



SWEET CORN & OAT PORRIDGE IN COCONUT MILK (*Ginataang Mais*)

Sweet Corn & Oat Porridge in Coconut Milk

(Ginataang Mais)

Serves: 12 (⅔ cup per serving)

Preparation time: 10 min

Cooking time: 35-45 min

Ingredients

3 pcs matured coconut
 1000 ml (4 cups) of water
 105 g (½ cup) glutinous rice
 225 g (1 cup) corn kernels
 90 g (1 cup) oatmeal, quick cook or instant
 210 g (1 cup) granulated sugar

Ginataang mais means, "corn cooked in coconut milk" in Filipino. It is a common merienda or afternoon snack that is also sometimes served as breakfast, or a dessert. It is composed of rice gruel, coconut milk and corn, and is usually served or eaten warm during the colder months of the year. On some occasions, this can be also be served cold during summertime. Rice gruel is substituted with oat in this modern and twisted version of a traditional classic, increasing its whole grain content.

Instructions

1. Grate coconut meat. Extract 2 cups (about 500 ml) of pure coconut milk.
2. Add 4 cups (1000 ml) of water to grated coconut for second extraction of coconut milk.
3. Wash the glutinous rice.
4. In a saucepan, put the coconut milk from the second extraction, the glutinous rice and the corn kernels and cook on medium fire.
5. After 10 minutes, add the oatmeal.
6. Cover and bring to a boil, stirring continuously to avoid scorching. Cook for about 20 minutes.
7. Add sugar to the boiling mixture, stirring until dissolved.
8. Add the pure coconut milk two minutes before removing from fire.
9. Serve the dish either hot or cold.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	172 kcal	2.1 g	33.7 g	2.2 g	3.2 g	2.5 g	0 mg	6 mg



OATMEAL RICE DUMPLINGS WITH COCONUT & TOASTED SESAME SEEDS (*Oatmeal Palitaw*)

Oatmeal Rice Dumplings with Coconut & Toasted Sesame Seeds *(Oatmeal Palitaw)*

Serves: 4 (3 pcs per serving)

Preparation time: 15 min

Cooking time: 25 min

Ingredients

240 g (2 cups) glutinous rice flour
 60 g (¼ cup) oatmeal, quick cook or instant
 250 ml (1 cup) water
 105 g (½ cup) granulated sugar
 60 g (½ cup) sesame seeds, toasted
 250 g (1 cup) grated coconut (matured)

Palitaw means to “float or rise” and is considered a famous traditional merienda (snack) or kakanin (delicacy). *Palitaw* is a small, flat, sweet rice cake made from washed, soaked, and ground glutinous rice flour or galapong. Adding oat to the *Palitaw* gives it a different texture and an additional amount of whole grain.

Instructions

1. Combine glutinous rice flour and oatmeal with water. Mix until dough is formed.
2. Divide dough into balls, each roughly 2 tablespoon in size.
3. Flatten the ball-shaped dough using the palm of your hands.
4. Boil water in a cooking pot. Place flattened dough one by one into the pot, with not more than 8 pieces at a time.
5. Remove the flattened dough when it floats. Set aside and allow water to drip.
6. Combine sugar and toasted sesame seeds in a plate or bowl, mix well.
7. Roll the cooked dumplings in the grated coconut and then in the sugar-sesame seed mixture.
8. Arrange in a serving plate and then serve.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	356 kcal	4.7 g	60.7 g	6.8 g	9.5 g	3.2 g	0 mg	2 mg



OATMEAL MUSCOVADO FLAT BREAD (OATMEAL PIAYA)

Oatmeal Muscovado Flat Bread

(Oatmeal Piaya)

Serves: 8 (1 pc per serving)

Preparation time: 40 min

Cooking time: 30 min

Ingredients

Dough

120 g (1 cup) all-purpose flour

2.5 g (½ tsp) salt

45 g (3 tbsp) butter or shortening, chilled

75 ml (5 tbsp) water, icy cold

Filling

70 g (½ cup) dark muscovado sugar

5 ml (1 tsp) glucose or honey syrup

30 g (½ cup) oatmeal, quick cook or instant

30 g (½ cup) sesame seeds, for coating

Piaya is a local unleavened flat bread in the province of Negros Occidental, the sugar capital of the Philippines in the Visayas Region. It is locally made with flour, muscovado sugar, and sesame seeds. The dough is filled with muscovado sugar, shaped into a ball, and then flattened. It is then heated in a saucepan or griddle until it achieves its distinctive crispy crust. Adding oat in the recipe will lessen the sweetness and will create a distinct taste that you have never tasted before. At the same time, this modification results in more whole grain in this traditional bread.

Instructions

- Combine all-purpose flour and a pinch of salt in a bowl, mix well.
- Add chilled butter or shortening into the flour. Mix using the hands until mixture is crumbly.
- Add the icy cold water 1 tablespoon at a time to form the mixture into a dough.
- Place on a clean board and knead until smooth.
- Divide the dough into 8 equal portions (approximately 40-50g per piece). Cover with plastic wrap and chill for at least 15 minutes.
- For the filling, combine dark muscovado sugar and glucose syrup in a small bowl, and then add the oatmeal. Continue mixing until well-combined.
- To make the piaya, flatten a piece of dough using a rolling pin or the palm (until round in shape), making sure that the dough is equally flat.
- Place about a tablespoon of the filling in the center. Fold the edges and pinch into the center to seal.
- Carefully flatten the filled dough one at a time with a rolling pin until the desired thickness is achieved. Sprinkle sesame seeds on both sides of the flat bread.
- Preheat a pan or a char griddle over medium heat. Cook the flat bread for 2-3 minutes on each side or until crisp with brown spots.

Nutrient Content Per Serving	Calorie 160 kcal	Fiber 1 g	Carbohydrate 23.9 g	Protein 2.5 g	Total Fat 6.2 g	Saturated Fat 3.1 g	Cholesterol 12 mg	Sodium 203 mg
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SWEETENED COCONUT STRIPS WITH OATS (*Bukayo*)

Sweetened Coconut Strips with Oats *(Bukayo)*

Serves: 9 (2 pcs per serving)

Preparation time: 10 min

Cooking time: 40-50 min

Ingredients

- 1 pc young coconut, grated into strips with reserved juice
- 2-3 pcs pandan leaves, tied
- 250 g (1 cup) brown sugar
- 7.5 ml (½ tbsp) vanilla extract (optional)
- 45 g (½ cup) oatmeal, quick cook or instant
- 1.25 g (¼ tsp) cornstarch (dissolved in 2 tablespoons water)
- 15 ml (1 tbsp) cooking oil

Bukayo is a local coconut candy dessert in the Philippines made by simmering strips of young coconut, coconut juice and brown/muscovado sugar or panutsa. Sometimes this is used as topping to some desserts, including *halo-halo*. There are many variations of *bukayo*. It can be either soft, hard or chewy. Adding oat to *bukayo* subdues its sweetness, making it a little milder. This also results in the modified candy having some whole grain in it.

Instructions

1. Heat oil in a pan and stir fry coconut strips until light brown. Set aside.
2. Boil coconut juice in a pot with pandan leaves and brown sugar, stirring constantly until dissolved and starts to thicken.
3. Remove pandan leaves, and then add vanilla extract. Stir until well blended.
4. Add coconut strips, oatmeal and dissolved cornstarch, stirring frequently until it thickens and caramelize.
5. While still hot, scoop the mixture into 1 tablespoon portions and place them on banana leaves or parchment paper.
6. Let them cool for a few hours to harden before serving.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	128 kcal	2.4 g	12.6 g	1.6 g	8.2 g	6 g	0 mg	4 mg



ROLLED OATS *UBE* JAM

Rolled Oats *Ube* Jam

Serves: 8 (3 tin molding dish) (¼ cup per serving)
Cooking time: 40 min

Preparation time: 15 min

Ingredients

500 g boiled purple yam, grated/shredded/mashed
380 g (1 can) condensed milk
15 ml (½ tsp) vanilla extract (optional)
80 g (½ cup) rolled oats
125 ml (¼ cup) UHT milk
60 g (¼ cup) butter

Ube halaya or ube jam is a popular dessert and bread filling in the Philippines. It is also commonly used as flavoring for other desserts like cakes, ice cream and pastries. By popularity, *ube* is a staple topping of the summer dessert *halo-halo*. The purple yam is boiled, then mashed until it reaches the appropriate smoothness. Adding rolled oats in the mixture during cooking heightens the flavour of *ube halaya* while also providing some whole grain into the dessert.

Instructions

1. Heat cooking pot. Add butter and let it melt.
2. Add the condensed milk while stirring constantly under low fire.
3. Add the purple yam and rolled oats while continue stirring.
4. Add vanilla extract. Continue stirring until the texture of the mixture becomes thick.
5. Transfer the mixture to a mould or heat-proof container. Let it cool down.
6. Refrigerate for at least 2 hours or until set before serving.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	346 kcal	3.1 g	49.9 g	8 g	12.8 g	7.6 g	39 mg	92 mg



GOBY & OATMEAL FRITTERS

Goby & Oatmeal Fritters

Serves: 9 (1 pc per serving)

Preparation time: 20 min

Cooking time: 10 min

Ingredients

250 g lacustrine goby (dulong fish)
 120 g (1 cup) all-purpose flour
 187.5 ml (¾ cup) water
 5 g (1 tsp) salt
 2.5 g (½ tsp) ground black pepper
 60 g (1 pc) beaten egg
 45 g (2 tbsp) minced red onion
 20 g (3 cloves) minced garlic
 2.5 g (½ tsp) baking powder
 45 g (½ cup) oatmeal, quick cook
 125 ml (½ cup) cooking oil for frying

For the vinaigrette dipping sauce

125 ml (½ cup) vinegar
 15 g (1 tbsp) chopped red onion
 2.5 g (½ tsp) ground black pepper
 5 g (1 tsp) sugar
 1.25 g (¼ tsp) iodised salt

A goby fritter is a famous fried appetizer and dish, consisting of a batter or wet breading filled with goby fish, vegetables, aromatics, herbs, and seasonings. Fritters in the Philippines can either be prepared as sweet or savoury, such as this variety. Oat increases the dietary fiber of this modified recipe, which helps reduce the slimy aftertaste of the fish. The oat also provides additional body to the dish.

Instructions

1. Place the goby fish on a strainer and wash under running water. Drain and set aside for a while.
2. Prepare the batter by mixing flour, baking powder, water, salt, ground black pepper, egg, onion, and garlic.
3. Add the goby fish and oatmeal to the batter and then mix.
4. Heat frying pan with oil. Scoop ¼ cup of the goby batter mix, spreading the mixture into the pan until forming a thin patty. Check the bottom of the patty after a minute or two. Once the bottom turns golden brown, flip it and cook the other side. Continue frying until all batter is cooked.
5. For the dipping sauce, mix all ingredients until well-combined.
6. Serve hot with dipping sauce.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	179 kcal	1.4 g	17.4 g	9.9 g	7.6 g	2.9 g	99 mg	307 mg



CHICKEN WITH OATMEAL MEATLOAF (*Chicken with Oatmeal Embutido*)

Chicken with Oatmeal Meatloaf

(Chicken with Oatmeal Embutido)

Serves: 22 (4 pcs per serving)

Preparation time: 15 min

Cooking time: 60 min

Ingredients

- 500 g ground chicken
- 90 g (1 cup) oatmeal, quick cook or instant
- 120 g (2 pcs) raw eggs
- 60 g (½ cup) carrots, minced
- 60 g (½ cup) red bell pepper, minced
- 60 g (½ cup) green bell pepper, minced
- 80 g (½ cup) red onion, minced
- 45 g (6 cloves) garlic, minced
- 60 g (¼ cup) sweet pickled relish
- 220 g (1 cup) cheddar cheese, grated
- 50 g (½ cup) raisins
- 62.5 ml (¼ cup) tomato sauce
- 30 g (2 tbsp) iodised salt
- 22.5 g (1 ½ tbsp) ground pepper
- 100 g (8 pcs) Vienna sausage, cut in half lengthwise
- 180 g (3 pcs) hardboiled eggs, slice into 4

This special meatloaf is usually served during festivities like town fiestas, birthdays and Christmas get-togethers in the Philippines. It is made of ground pork, stuffed with hard-boiled eggs and sliced ham or various sausages. It is usually cooked using banana leaves, which adds flavour to the dish. In this modification to the traditional recipe, oat is added during mixing of the meat mixture as substitute extender, instead of using a fatty part of pork or chicken. This also results in the introduction of whole grain into the dish.

For fried version

- 120 g (2 pcs) raw eggs

Instructions

1. Place the ground chicken in a large container. Add the oatmeal and raw eggs. Mix well.
2. Add carrots, bell peppers, onion, pickle relish, and cheddar cheese. Mix thoroughly and then add the raisins, tomato sauce, salt, and pepper until well-blended.
3. Place ½ cup of the meat mixture in an aluminum foil sheet (about 6 inches in height) and flatten it. Put in the middle the sliced Vienna sausages and boiled eggs alternately over the flattened meat mixture.
4. Roll the foil to form a cylinder, locking the sausage and egg in the middle of the meat mixture. Once done, secure the edges of the foil by turning them like a candy wrapper.
5. Place in a steamer with boiling water and cook for 1 hour.
6. Set aside and let it cool. Refrigerate.
7. Best served with banana ketchup.

Nutrient Content Per Serving	Calorie	Fiber	Carbohydrate	Protein	Total Fat	Saturated Fat	Cholesterol	Sodium
	160 kcal	1 g	23.9 g	2.5 g	6.2 g	3.1 g	12 mg	203 mg



OATMEAL CARIOCA BALLS

Oatmeal *Carioca* Balls

Serves: 10 (3 pcs per serving)

Preparation time: 10 min

Cooking time: 20 min

Ingredients

For the *carioca* balls

240 g (2 cups) glutinous rice flour or glutinous rice powder

90 g (1 cup) oatmeal, quick cook or instant

187.5 ml (¾ cup) evaporated milk

125 ml (½ cup) UHT milk

1000 ml (4 cups) oil for deep-frying

10 pcs bamboo skewers

For the caramel coating

120 g (1 cup) dark brown sugar

250 ml (1 cup) coconut milk

Carioca is a common street delicacy made from fried sweet rice balls. This is also known as *Tungi-Tungi* in the province of Pampanga in the Philippines. It can be served any time of the day, either as merienda or snack, a dessert or a side dish. The fried rice ball is made of glutinous rice flour, coated with some caramelized sugar. To introduce whole grain into the dish, oat is added to the glutinous rice flour in this modified version of the delicacy.

Instructions

- In a bowl, combine glutinous rice flour, oatmeal, evaporated milk and UHT milk.
- Stir until flour is well mixed. Add more UHT milk (if needed) to form a firm but smooth pliable dough. Dough should not feel dry or too sticky.
- Scoop about 1 tablespoon of the dough and roll using the palm to form into balls. Using the sharp end of the bamboo skewer, poke holes through each dough ball.
- Heat a pot filled with about 3-inches of oil over a medium fire. Gently add dough balls into oil and cook, stirring occasionally, for about 7 to 10 minutes or until golden brown. Set all aside once cooked.
- In a saucepan over low heat, dissolve dark brown sugar and coconut milk. Simmer for 40 minutes then set aside
- Dip the *carioca* balls into the syrup to fully coat. Allow to cool and then skewer 3 to 4 pieces per bamboo sticks.

Nutrient Content Per Serving	Calorie 257 kcal	Fiber 1.9 g	Carbohydrate 40.7 g	Protein 2.5 g	Total Fat 7.9 g	Saturated Fat 5.3 g	Cholesterol 12 mg	Sodium 47 mg
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Let oat be the Dessert and Snack

In this Healthy Cooking with Oats: Volume 3, we present recipes for the cooking of six desserts and two snacks. In the past, Thai desserts were only eaten in auspicious ceremonies or served to treat important guests because the preparation of desserts was labour-intensive and time-consuming, let alone the costs of ingredients. The culture has been changing over time.

Nowadays, eating desserts is an undeniable ritual that Thai people perform daily after or between meals. Unlike desserts, in the past Thai snacks were eaten as a part of their usual meals, but mainly among rich nobles. Thai snacks serve more than one purpose. In addition to being eaten for joy, snacks may be eaten to satisfy hunger or be a part of drinking culture in Thailand (snacking while drinking). Typical ingredients used in Thai desserts and snacks are flour, rice, sugar, and coconut milk. Through trades, travels, and contact with other cultures, many ingredients from different countries, e.g. China, India, and European countries have been adopted into Thai cuisines nowadays. These ingredients, for example, are egg white and yolk, milk, and cream, as well as oat and other grains.

In this cookbook, we use oats to substitute or replace ingredients that are commonly used in the original recipes. Results from our laboratory kitchen showed that oats can be used perfectly in Thai desserts and snacks. Oats not only enhance fibre content and nutrients, but also provides nutty flavor and better texture or consistency to the foods. For example, roasted oat can wholly replace rice in the original recipe of Khao Tu (a Thai soft candy) to increase its fibre content and nutty flavor.

While some recipes are easy to cook, some may be more challenging. However, we are sure that “Healthy Cooking with Oats: Volume 3” will be a favorite item in your kitchen recipe book shelf.

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





STEAMED TAPIOCA BALLS FILLED WITH MINCED MEAT & OAT (*Sakoo Sai Moo*)

Steamed Tapioca Balls Filled with Minced Meat & Oat *(Sakoo Sai Moo)*

Serves: 5 (25 pcs)

Preparation time: 15 min

Cooking time: 25 min

Ingredients

2.5 g (1 tsp) garlic, peeled and finely chopped
 56 g (5½ tbsp) white pearl tapioca
 112 ml (½ cup) warm water
 1.5 g (3 tsp) coriander root
 0.3 g (little) white pepper
 15 g (1 tbsp) minced meat
 13 g (1 tbsp) salted preserved radish, finely chopped
 5 g (1 tsp) onion, peeled and diced
 10 g (3 tsp) roasted peanut, crushed
 25 g (½ cup) quick cook oat, roasted
 30 g (2 tbsp) palm sugar
 12 ml (1 tbsp) soy sauce
 3 ml (½ tsp) soybean oil

Sakoo Sai Moo is a popular snack eaten together with lettuce, coriander leaf, and bird's eye chilli. The wrapper of this snack, which is made with tapioca pearls, is remarkable for its fish-roe appearance. The name “*Sakoo*” supposedly comes from the Thai word for sago starch, which is used in its very original recipe. The roasted oat added in this modified recipe enhances the consistency and flavour of the filling, while increasing the whole grain content.

Instructions

-  Fry half of the chopped garlic in oil over low heat until it turns golden colour.
-  Knead pearl tapioca with warm water until it is soft and easy to shape. Take around one tablespoon of the pearl tapioca, roll it between your palms to form a round shape, and leave it on the side.
-  Pound coriander root, the other half of the chopped garlic and pepper into small crushed pieces and slowly fry the crushed spices in a pan until fragrant.
-  Cook minced meat in a pan and keep stirring until the meat gets tender; add chopped preserved radish, diced onion, crushed peanut and ground roasted oat. Season with palm sugar and soy sauce. Stir until all ingredients are evenly distributed. Remove from the heat.
-  Pick a pearl tapioca ball prepared from step 2.
-  Indent the pearl tapioca ball with your thumb and finger. Place the filling in the middle and gather up the edges to form a sealed ball and roll the ball till smooth in your hands.
-  Steam for 15 mins and top with fried garlic. Serve with coriander leaves and chilli.

Allergen information: Contains peanut and traces or residues of soybean

Nutrient Content Per Serving	Calorie 89 kcal	Carbohydrate 15.5 g	Protein 2.3 g	Fat 2.0 g	Fiber 0.1 g
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CRISPY RICE CAKES WITH MEAT & PRAWN DRESSING WITH OAT (*Khao Tung Nha Tang*)

Crispy Rice Cakes with Meat & Prawn Dressing with Oat

(*Khao Tung Nha Tang*)

Serves: 2

Preparation time: 20 min (*not including sun drying of cooked rice*)

Cooking time: 15 min

Ingredients

Dressing

- 15 g (¼ cup) quick cook oat, roasted
- 20 g (1½ tbsp) minced beef/chicken
- 20 g (1½ tbsp) minced tiger prawn
- 5 g (1 tsp) shallot, finely chopped
- 10 g (3 tsp) crushed roasted peanut
- 150 ml (⅔ cup) coconut milk
- 1 g (¼ tsp) coriander root
- 5 g (2 tsp) garlic
- 1 g (¼ tsp) ground white pepper
- 3 g (¾ tsp) ground dried chilli
- 1.3 g (¼ tsp) salt
- 20 g (5 tsp) sugar
- 6.5 ml (1 ½ tsp) fish sauce

Khao Tung Nha Tang is a rice cracker commonly served with ground shrimp or meat coconut dipping sauce. The rice cracker is made from burnt rice stuck to the bottom of a rice cooker. The rice is formed into a round shape and sun dried for a couple of days and deep fried until crispy. Oat is used in this recipe to thicken the dipping sauce and increase the whole grain content.

Rice cake

Palm oil (for deep frying)

Rice, cooked or using leftover cooked rice

Instructions

Dressing

-  Pound coriander roots, pepper and garlic in a mortar into small crushed pieces.
-  Boil coconut milk and add pounded ingredients, minced meat and prawn in the coconut cream. Bring the whole to a boil and season with sugar, fish sauce and salt. Bring them to a boil again. Add crushed roasted peanut, chopped shallot, and roasted oat.
-  Serve with crispy rice cake.

Crispy rice cake

-  Form the cooked rice into a thin round shape, approximately 2 inches in diameter using a round cookie mould.
-  Sun dry the rice cake until almost free of moisture.
-  Deep fry the rice cake in hot palm oil until it reaches light brown colour; place the rice cake on a sieve or tissue papers to cool down and drain the excess oil.

Allergen information: Contains peanut and trace or residues of fish

Nutrient Content Per Serving

Calorie 266 kcal

Carbohydrate 20 g

Protein 8.2 g

Fat 17.9 g

Fiber 0.4 g



COCONUT & OAT DUMPLINGS WITH SAUCE (*Khanom Tom Bua Loy*)

Coconut & Oat Dumplings with Sauce *(Khanom Tom Bua Loy)*

Serves: 4

Preparation time: 30 min

Cooking time: 20 min

Ingredients

Dough

25 g (¼ cup) black glutinous rice flour

25 g (¼ cup) white glutinous rice flour

50 ml (¼ cup) warm water

Coconut filling

20 g (4 tbsp) instant oatmeal, roasted

40 g (½ cup) fresh grated coconut

50 g (¼ cup) palm sugar

15 ml (1 tbsp) water

Coconut sauce

97 ml (7 tbsp) coconut milk

40 g (10 tsp) sugar

0.2 g (little) salt

22 ml (2 tbsp) water

Khanom Tom consists of rice flour dumplings stuffed with grated coconut that is cooked with palm sugar. Traditionally, the dumpling is coated with shredded coconut. In this recipe, the dumpling is put in creamy coconut sauce simply prepared from coconut milk, sugar and salt. This preparation is similar to a Thai traditional dessert soup “*Bua Loy*” (literally means floating lotus), in which glutinous rice flour pearls are boiled and put in the coconut sauce. A further modification to the recipe is the addition of roasted oat, which provides fragrance and nutty flavour to the dumpling as well as increasing the whole grain content.

Tips

- Thai scented candle is horse shoe-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 both ends. When the lid is closed, the candle will go out on its own and release lots of smoke, giving a special and complex aroma to the foods.

Instructions

Filling



Place roasted oat, grated coconut and palm sugar in a pan; cook the mixture over low heat and keep stirring until it becomes sticky.



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

Dough



Mix well black and white glutinous flour; add warm water and knead the flour mixture into dough. Cover the dough with a thin damp cloth.



Take 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 and pinch edges together to enclose the filling.



Cook the coconut balls in boiling water until done (balls will float to the surface). Strain the balls out from the water and place in an individual dessert bowl.

Coconut sauce



Mix coconut milk, sugar and salt together in a pot and bring the sauce to a boil over low heat.



Add the hot coconut sauce in the dessert bowl and serve warm.

Allergen information: Contains peanut and trace or residues of soybean

Nutrient Content Per Serving

Calorie 212 kcal

Carbohydrate 75.5 g

Protein 2.3 g

Fat 6.1 g

Fiber 0.8 g



FRIED DOUGH BALLS WITH MUNG BEAN & OAT FILLING (*Khanom Khai Hong*)

Fried Dough Balls with Mung Bean & Oat Filling *(Khanom Khai Hong)*

Serves: 4 (12 pcs)

Preparation time: 30 min

Cooking time: 30 min

Ingredients

Dough

29.5 g (½ cup) white flour

5.9 g (1½ tsp) sugar

23.5 ml (2 tbsp) water

Filling

10 g (2 tbsp) instant oatmeal

11.2 g (1½ tbsp) mung bean, soaked, steamed, and mashed

2.5 g (1 tsp) shallot

0.6 g (little) white pepper

2 ml (½ tsp) cooking oil

12.5 g (1 tbsp) palm sugar

0.2 g (little) salt

5 ml (1 tsp) soy sauce

7.5 ml (½ tbsp) water

Khanom Khai Hong is a dessert made with rice flour dough. The dough is stuffed with seasoned mung bean, deep-fried, and coated with icing. The name literally means "swan-egg snack", because of its egg shape. The dessert has a perfect balance of tastes and textures: sweet and crispy outside, but salty and soft inside. In this modified recipe, oat is added to partly replace mung bean and to increase the whole grain content.

Sugar coat

45 g (3 tbsp) sugar

30 ml (6 tsp) water

Instructions



Knead white flour with water; add sugar and knead the whole until it is well mixed and becomes dough. Cover the dough with a damp cloth for 15 mins.



Deep-fry the stuffed balls in low heat until they become golden brown. Place the balls on a sieve or tissue papers to cool down and drain the excess oil.



Pound shallots and white pepper together, and mix them well with mashed mung bean.



Boil sugar and water over low heat until the mixture turns into a thick syrup. Coat the deep-fried balls with the syrup and allow them to cool down until the coating syrup turns into sugar flakes.



Fry the mixture in a pan until fragrant. Add roasted oat, salt, soy sauce, and palm sugar. Stir all ingredients until well mixed. Take the mixture off the heat and allow it to cool down.



The balls should be kept in an air-tight container before serving to prevent sugar flakes from melting.



Take around a teaspoon of the filling mixture and roll it between your palms into a ball.



Take around a tablespoon of the dough and roll it between your palms into a ball. Pat the ball into a small cake, place the filling in the middle and pinch edges together to enclose the filling.

Allergen information: Contains gluten and traces or residues of soybean

Nutrient Content Per Serving

Calorie 67 kcal

Carbohydrate 14.4 g

Protein 1.1 g

Fat 0.8 g

Fiber 0.2 g



THAI COCONUT RICE CAKE WITH OAT (*Baa Bin*)

Thai Coconut Rice Cake with Oat (Baa Bin)

Serves: 8 (16 pcs)

Preparation time: 20 min

Cooking time: 30 min

Ingredients

40 g (½ cup) quick cook oat, roasted
 40 g (½ cup) coconut, freshly shredded
 30 g (½ cup) glutinous flour
 8 g (4 tsp) rice flour
 80 ml (⅓ cup) coconut milk
 92.5 g (½ cup) sugar
 0.5 g (⅛ tsp) salt
 30 ml (2 tbsp) water
 0.5 ml (⅛ tsp) jasmine essence water

Baa Bin is a traditional Thai dessert, but nowadays, it is not very popular among the young generations. *Baa Bin* is sold mainly in open local markets and at food stalls because it should be consumed freshly after being prepared. The main ingredients of *Baa Bin* are glutinous flour, shredded coconut, coconut milk and sugar. To enhance the fragrance and nutty flavour of the dessert, roasted oat is added in this modified recipe. In this way, the whole grain content of this traditional rice cake is also increased.

Tips

- To make jasmine essence water: soak jasmynes in a covered bowl of water and leave it overnight.

Instructions

1. Evenly mix glutinous flour, rice flour, water and coconut milk together.
2. Simmer the mixture over low heat until half cooked; add grated coconut meat, sugar, roasted oat, and jasmine essence water. Keep stirring until all ingredients are well mixed.
3. Pour the mixture into a tray; bake it at 180 °C for 20 mins until the surface becomes golden brown.
4. Allow it to cool down and then cut into pieces before serving.

Allergen information: Contains peanut and trace or residues of soybean

Nutrient Content Per Serving	Calorie 108 kcal	Carbohydrate 19.7 g	Protein 1.3 g	Fat 2.9 g	Fiber 0.4 g
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SWEET STICKY RICE WITH GROUND DRY FISH & OAT TOPPING (*Khao Neow Pla Phon*)

Sweet Sticky Rice with Ground Dry Fish & Oat Topping

(Khao Neow Pla Phon)

Serves: 4

Preparation time: 20 min (not including soaking of sticky rice overnight)

Cooking time: 50 min

Ingredients

Topping

10 g (2 tbsp) quick cook oat

18 g (2 tbsp) Thai anchovy, deep fried

12 g (1 tbsp) shallot, sliced

8 g (2 tsp) sugar

Coconut sticky rice

100 g (¾ cup) sticky rice

35 g (2½ tbsp) coconut milk

3 g (1 tsp) sugar

0.3 g (little) salt

Sticky rice is a common ingredient in many Thai desserts. Typically, the sticky rice is cooked with coconut milk and sugar; the sweet creamy rice is then paired with ripe mangoes or durians, or topped with egg custard, ground dried shrimp or fish. In this modification to the recipe, roasted oat is added to the dried fish, thereby increasing the crispiness of the topping. This also increases the whole grain content of the very popular dish.

Instructions

Sticky rice



Clean the rice with water and soak it overnight.



Drain the water and steam the rice until cooked.



Put the freshly steamed sticky rice into a bowl; add coconut milk with sugar and salt. Stir until well mixed.



Cover the bowl until all coconut milk is absorbed by sticky rice.

Topping



Grind the deep-fried anchovy.



Fry the shallot until it turns golden brown and crispy.



Put the ground anchovy, fried shallot, ground roasted oat and sugar into a bowl. Stir gently until well mixed.



Sprinkle the topping on top of the sticky rice before serving.

Allergen information: Contains fish

Nutrient Content Per Serving	Calorie 99 kcal	Carbohydrate 15.4 g	Protein 3.9 g	Fat 2.6 g	Fiber 0.4 g
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RICE CREPE WITH MUNG BEAN & OAT FILLING (*Thua Pab*)

Rice Crepe with Mung Bean & Oat Filling (*Thua Pab*)

Serves: 5 (15 pcs)

Preparation time: 40 min (*not including soaking of mung bean for 3 hrs*)

Cooking time: 50 min

Ingredients

Dough

65 g (¼ cup) white glutinous flour

58 ml (¼ cup) water

Filling

8 g (2 tbsp) instant oatmeal, roasted

20 g (2½ tbsp) mung bean

0.3 g (little) salt

5.5 ml (1 tsp) water

Coconut

50 g (½ cup) coconut, steamed, grated

0.2 g (little) salt

Seasoning

30 g (2 tbsp) sugar

1.2 g (¼ tsp) salt

4 g (1 tsp) white sesame, roasted

Thua Pab is a rice crepe filled with steamed mung bean and coated with grated coconut. Food colourings or extract from butterfly pea flowers are often added to the crepe dough to make the dessert look more appetizing. Normally, the sugar-sesame topping is sprinkled shortly before serving. The use of roasted oat partly substitutes mung bean to add on the flavour complexity of the filling and to increase the whole grain content of *Thua Pab*.

Instructions

-  Soak mung bean in warm water for 3 hours and steam until cooked. Mix the mung bean with salt, roasted oat and water.
-  Knead glutinous flour with water until it forms smooth elastic dough. Cover the dough with a damp cloth for 20 mins.
-  Mix roasted sesame, sugar and salt until well distributed.
-  Pick about a tablespoon of the dough; roll it in between your palms to get a round shape. Pat the ball into a flat patty, and then boil it until it starts floating.
-  Place the boiled patty/crepe on grated coconut, fill with steamed mung bean and roasted oat, and pinch its edges together to enclose the filling.
-  Serve with roasted sesame topping.

Nutrient Content Per Serving

Calorie 116 kcal

Carbohydrate 19.4 g

Protein 2.0 g

Fat 3.4 g

Fiber 1.0 g



OAT SOFT CANDY (*Khao Tu*)

Oat Soft Candy (Khao Tu)

Serves: 7 (21 pcs)

Preparation time: 50 min

Cooking time: 30 min

Ingredients

60 g (¼ cup) quick cook oat
 100 g (1 cup) coconut, freshly shredded
 90 g (6 tbsp) palm sugar
 0.3 g (little) salt
 75 ml (⅓ cup) water

Khao Tu is a traditional Thai dessert made mainly with roasted rice, coconut, and palm sugar. It is a way to preserve and use leftover or day-old rice. Typically, leftover rice is sun dried before roasting. In this modified recipe, roasted oat is used to replace rice wholly. Oat is a perfect alternative ingredient to rice and the resulting candy has a higher content of fibre and several nutrients.

Instructions



Roast the oat and grind.



Simmer grated coconut and palm sugar in a pan over low heat; stir until the mixture thickened.



Add roasted oat and mix until well distributed.



Put the mixture into a mould and press firmly to shape the candy.



Smoke the candies with a scented candle. The candies should be kept in an air-tight container before serving.

Nutrient Content Per Serving

Calorie 127 kcal

Carbohydrate 20.0 g

Protein 1.7 g

Fat 4.5 g

Fiber 1.1 g



RAISING AWARENESS AND CHANGING BEHAVIOUR FOR PROPER NUTRITION

VINUTAS, as a professional organization, has been working to addressing under-nutrition and over-nutrition and making it a reality for people's health in the whole country.

The Vietnam Nutrition Association support the Government's efforts in implementing the National Strategy for Nutrition 2011-2020 by appropriate and effective approaches and by promoting the healthy diet and lifestyle for Vietnamese people with the vision towards 2030. On November 2017, the Prime Minister signed the Directive No. 46 / CT-TTg to enhance nutrition activities on new period. For that reason, it is necessary to have promoting programmes for raising awareness and changing behaviour of Vietnamese people for proper nutrition. The targets of these programmes are: the diet of

Vietnamese people will be improved in terms of quantity, balanced in quality, hygienic and safe; child malnutrition will be further reduced, especially prevalence of stunting, contributing to improved physical status and stature of Vietnamese people; and obesity/overweight will be managed, contributing to the control of nutrition-related chronic diseases.

In recent years, NCDs have been rising rapidly in Vietnam. Being aware of the important role of nutrition in preventing nutrition-related NCDs, VINUTAS has conducted annual scientific symposium and Nutrition Month with different topics to reinforce NCD prevention and to improve population health.

The topics in recent years are:

In **2015**: *"Appropriate diet and more physical exercise to prevent overweight/ obesity and NCDs"*

In **2016**: *"Proper nutrition and regular exercise to prevent diabetes"*

In **2017**: *"Proper nutrition and exercise to prevent osteoporosis"*

In **2018**: *"Proper nutrition and regular exercise to prevent blood lipid disorder"*

In **2019**: *"Nutrition in the first 1000 days for improved Vietnamese stature"*

We -VINUTAS always demonstrate a strong commitment to promoting nutrition and improve Vietnamese physical status.

Major Publications

- The Journal of Food and Nutrition Science
- The book "Questions and Answers for children's nutrition and health care"
- The book "Causes of food poisoning and prevention"
- The book "Natural water and principles for filtration and disinfection"
- The book "Nutrition and health care for children under 5 years old"

Activities

- Annual scientific conferences and Nutrition Month.
- The Journal of Food and Nutrition Science
- Consultation in nutrition, food hygiene and health fields,
- Technical assistance to provincial societies of nutritionists to develop professional activities,
- Public talks and workshops,
- Nutrition promotion programmes in collaboration with other professional bodies and private sectors (eg Nutrition Month Vietnam, Nutrition Awards, the programme of nutritional education and community health care on a national scale),
- Conduct research on specific community groups.





Oats create tastier and healthier meals for Vietnamese people

Generally, besides the role of providing nutrients for the body, food also provides good taste and smell for the people. Therefore, one of the purposes of cooking is to create dishes with attractive colours, delicious tastes and smells so as to stimulate people's appetite, thus to ensure good nutrition and health.

Each country, ethnic group, and region has its own typical cuisine. A Vietnamese meal is called "a rice session" because the staple food is rice and rice products (eg fresh noodles, dried noodles and vermicelli). In the past, in the traditional meal, rice was often accompanied by "salty dishes" (eg meat, fish, shrimp and egg), "green dishes" (eg boiled or stir-fried vegetables, vegetable soup and pickles) and condiments (eg fish sauce, soya sauce, lime, chili and pepper). However, in modern cuisine, there are so many fried foods and ready-to-eat foods appearing in Vietnamese meals.

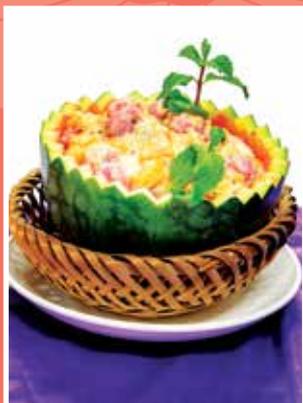
The prominent feature of Vietnamese cuisine is the combination of many food items in a single dish. For example, a stir-fried beef mix is the combination of beef marinated with ginger, garlic, pepper and fish sauce that is cooked with many kinds of greens, such as cauliflower, carrot, kohlrabi, celery, leek and onion. This amazing mixture creates a colourful, delicious and nutritious dish. Oatmeal corn sticky rice is a common breakfast of Vietnamese people. This is quite a diversified meal that provides essential nutrients for a breakfast with ingredients from sticky rice, corn, green bean, coconut milk, cooking oil, fried onion. The addition of oats would make it more delicious and nutritive!

Another typical feature of Vietnamese cuisine is the use of many condiments and sauces. Each dish often goes with its own spices: chicken goes with lemon leaves, beef/buffalo meat goes with garlic and ginger. The diverse use of spices and sauces not only creates many dishes of different tastes from one type of food, but also helps to stimulate people's appetite. Pizza with oatmeal Jambon sauce is a favourite food of youths with the combination of diverse items: wheat, oats, baking powder, sugar, olive oil, Jambon, German sauces, tomato sauce, bell pepper, garlic and grated cheese. If you have the opportunity to come to Hanoi, do not forget to visit Ho Tay (West Lake) and enjoy the taste of Ho Tay prawn cake – A famous specialty of Hanoi! This is a delicious, attractive and nutritive meal with the combination of many food items such as wheat, rice flour, sweet potato, oats, fresh prawn, chicken eggs, sugar, cooking oil, ground pepper...

Some foods like oats (a wholegrain cereal) are very common in the West but are not as common in Vietnam. Oats are rich in micronutrients, including several minerals such as manganese, phosphorus, magnesium and zinc and B vitamins. Oats also have low glycemic index and a good source of edible fibre. Oats have not been commonly used on its own or as an ingredient in many Vietnamese dishes. Oats can be used to cook many delicious dishes, such as oat porridge, oat cookies, or to be added with meat, seafood, or to be fried or grilled.

Oats can also be used in many other dishes for dietary diversification, thus to improve people's nutrition and health. Reconciling this, several traditional popular Vietnamese dishes have been modified by the addition of oats to create tastier and healthier meals.

Please enjoy your Vietnamese delicious and healthy foods with added oats!





OAT AND FRUIT YOGURT (*Yogurt trái cây và yến mạch*)

Oat and Fruit Yoghurt

(Yoghurt trái cây và yến mạch)

Serves: 4

Preparation time: 20 min

Cooking time: 10 min

Ingredients

100 g ripe mango
 100 g dragon fruit
 100 g watermelon
 120 g ripe banana
 60 g oatmeal
 120 ml yoghurt
 30 ml condensed milk

Fruit yoghurt is a common dessert in Vietnam that is favoured by kids and all people. It is made from sweet ripe mango, banana, dragon fruit, watermelon and yoghurt. In this modified recipe, oat is introduced to increase whole grain intake.

Instructions

-  Dice the fruits into small cubes.
-  Put oatmeal in a cup, add hot water to soak, and leave to cool down.
-  Blend the soaked oat with yoghurt and condensed milk.
-  Add the fruit cubes and shake slightly.
-  Serve cold.

Nutrient Content per Serving

Calories 148 kcal

Carbohydrate 25.1 g

Protein 4.8 g

Fat 3.1 g



OATMEAL CORN STICKY RICE (*Xôi ngô lúa mạch*)

Oatmeal Corn Sticky Rice

(Xôi ngô lúa mạch)

Serves: 5 (1 bowl per serving)

Preparation time: 6 hrs

Cooking time: 40 min

Ingredients

500 g glutinous rice
 50 g green beans, peeled
 50 g oatmeal
 80 g sweet corn kernels
 100 ml coconut milk
 5 g onion
 30 ml cooking oil
 Salt

Corn sticky rice is a traditional dish made of sticky rice, sweet corn, green bean, coconut milk, and fried onion. It is a popular breakfast dish. Oat is mixed with sticky rice in this modified recipe to add more nutrients and fibre to our diet.

Instructions

Preparation

-  Soak glutinous rice and green beans in water for 5 to 6 hours.
-  Sweet corn is used in this recipe as it is tastier. However, you may also use normal corn on the cob. In that case, ensure that the kernels are almost of even maturity.
-  Drain rice and beans, mix with a little salt.
-  Add corn kernels with oat and mix well.

Cooking

-  Put mixture in steamer. The water for steaming must be at a reasonable level; too much water will soak the lower layer of rice and prevent the upper layer from cooking properly. You can also use a clean wet towel to cover the steamer to keep the heat in to prevent the rice from drying out.
-  While waiting, put the coconut milk in a small pot with a little seasoning, cook until fairly thick and put in a bowl.
-  Pour the sauce over the sticky rice, gradually mix to soak.

Nutrient Content per Serving

Calories 342 kcal

Carbohydrate 61.0 g

Protein 10.5 g

Fat 6.2 g



BANANA SWEET DESSERT WITH OATS (*Chè chuối với yến mạch*)

Banana Sweet Dessert with Oat

(Chè chuối với yến mạch)

Serves: 4 (1 bowl/serving)

Preparation time: 30 min

Cooking time: 10 min

Ingredients

200 g (3-4 small) bananas
 200 ml coconut milk
 30 g oat
 100 g white sugar
 3 g salt
 30 g tapioca balls
 20 g grated coconut copra
 20 g peanut, roasted

Banana sweet dessert with oat is a favourite dessert for kids in Vietnam, and can be served hot or cold (add ice) as preferred. Oat is added to this popular dish to make it more nutritious by increasing its whole grain content.

Instructions

Preparation

-  Peel and slice banana. If you use a large banana, slice in half.
-  Put sliced bananas in a bowl with salt and sugar and leave for 15-20 minutes. Optional: Arrange in layers, e.g. banana slices, then salt and sugar, and repeat until all ingredients used; this allows the banana slices to be covered well and keep their form.
-  Roast peanuts and lightly pound to crush them.
-  Soak tapioca balls in cold water for 15 minutes until they swell and soften. Remove and boil until they float.
-  Soak the oats in hot water.

Cooking

-  Pour the coconut milk in a pot. If you don't have canned coconut milk, you can buy coconut copra, grate it and extract the milk.
-  Gradually add banana in coconut milk and simmer till the banana gets tender. Add tapioca balls and oats to cook for 5 more minutes, gently stir to prevent mashing bananas, season to taste.
-  When it is done, put in a bowl, sprinkle grated coconut and crushed roasted peanuts on top. Serve hot or cold (add ice) as preferred.

Nutrient Content per Serving

Calories 334 kcal

Carbohydrate 45.3 g

Protein 4.3 g

Fat 14.9 g



OATMEAL BEEF CURRY (*Thịt bò nấu cary với yến mạch*)

Oatmeal Beef Curry

(Thịt bò nấu cary với yến mạch)

Serves: 5

Preparation time: 10 min

Cooking time: 20 min

Ingredients

500 g beef
 50 g oatmeal
 60 g (1 whole) onion
 80 g (1 whole) carrot
 130 g potato
 100 ml coconut milk
 20 g cooking oil
 5 g sugar
 10 g garlic
 5 g (small) onion
 5 g curry powder
 Seasoning and salt to taste

Beef curry is a famous dish served during weekends and on special occasions in Vietnam. The coconut milk and curry powder in the recipe give this dish its special taste. The addition of oat to this recipe can increase our whole grain intake.

Instructions

Preparation

-  Cube the beef.
-  Peel and dice onion.
-  Peel and chop garlic.

Cooking

-  Heat the cooking oil in a pan and stir fry beef (medium rare), put on a plate.
-  Sauté onion, reduce heat after 3 minutes and add garlic, and curry powder. Continue stir-frying for 2 minutes.
-  Use 1 litre of broth (chicken or pork bones) and bring to a boil. Add sugar and seasoning, stir well. Add beef and simmer until tender. Add oatmeal, peeled and diced carrot and potato. Cook for 15 more minutes. When it boils again, pour coconut milk, and season to taste.
-  Serve with fresh rice vermicelli. If to be served with bread, add tapioca flour to thicken curry.
-  Put on a bowl and sprinkle green onion and coriander for decoration.

Nutrient Content per Serving

Calories 307 kcal

Carbohydrate 33.0 g

Protein 28.9 g

Fat 6.6 g



HO TAY PRAWN CAKE (Bánh tôm Hồ Tây)

Ho Tay Prawn Cake with Oat

(Bánh tôm Hồ tây)

Serves: 4 (4 pcs per serving)

Preparation time: 20 min

Cooking time: 15 min

Ingredients

100 g sweet potato
 40 g all-purpose wheat flour
 40 g rice flour
 70 g (2 whole) chicken eggs
 50 g oatmeal
 200 g fresh prawn
 30 ml cooking oil
 Salt, water, seasoning, ground pepper,
 vinegar to taste

Dipping sauce

20 g green papaya, sliced
 20 g carrot, sliced
 25 g fish sauce

Ho Tay prawn cake is very famous in Vietnam and has a special taste only found in “West Lake- Hồ Tây” of Hanoi! Whoever comes to Hanoi should go to West Lake and enjoy this dish. Oat is added for a crunchy texture and to increase whole grain in the diet.

15 g lemon juice
 30 g sugar
 15 g vinegar
 3 g chilli

Instructions

Preparation

-  Clean and peel sweet potato, shred to fine julienne.
-  Add wheat flour, rice flour, egg, and seasoning in a mixing bowl mix well. Pour over a strainer to remove clumps. Add sweet potato and oat to the bowl and mix to cover sweet potato with flour mix.
-  Use a spatula to scoop the mix (potato and flour mix), dip prawn in the flour mix and put on top of the spatula.

Cooking

-  Heat the cooking oil, bring the spatula to the pan and gently pour the contents into oil to shape the cake.

 When the cake turns golden brown and crispy, remove and use kitchen towel to absorb the excess oil.

 Serve with lettuce and green herbs.

For dipping sauce

 Peel green papaya and carrot, clean and slice to julienne. Immediately soak in cold water to get crunchy.

 Combine fish sauce, lemon juice, sugar, vinegar, and chilli in a bowl and mix well. Add the above papaya and carrot and season to taste. This sweet and sour sauce is served with the prawn cakes.

Nutrient Content per Serving

Calories 364 kcal

Carbohydrate 39.7 g

Protein 19.1 g

Fat 14.3 g



BAKED OAT-STUFFED SNAKEHEAD FISH (*Cá quả nhồi yến mạch bỏ lò*)

Baked Oat-Stuffed Snakehead Fish

(Cá quả nhồi yến mạch bỏ lò)

Serves: 6

Preparation time: 20 min

Cooking time: 30 min

Ingredients

20 g taro vermicelli
 5 g wood ear
 5 g dried Chinese mushroom
 5 g dried onion
 5 g garlic
 6 g green onion
 6 g dill
 1 kg (whole) snakehead fish
 30 g oatmeal
 50 ml cooking oil
 20 g soya sauce
 Seasoning, MSG, ground pepper, vinegar to taste

Baked stuffed snakehead fish is a very special and delicious dish that requires a combination of various foods to be served together during festivals or special occasions in Vietnam. Oat is introduced into this traditional dish to give it a crunchy texture while enhancing its nutritional value by increasing the whole grain content of the dish.

Instructions

Preparation

-  Soak the vermicelli, wood ear and mushroom in water until they swell and soften, clean and remove the stalk, chop finely.
-  Peel and chop onion and garlic.
-  Remove inedible portions from green onion and dill, clean and chop.
-  Scale the fish and clean it with vinegar. Debone and chop the fish meat finely. Leave the fish skin intact for stuffing later.

Cooking

-  Sauté onion and garlic till fragrant. Stir in fish meat and season to taste. Next add oat and other chopped ingredients and continue to mix well and set aside.
-  Scoop the stuffing and insert under the fish skin. Lightly oil a piece of foil before placing the stuffed fish on the foil.
-  Wrap and bake in oven at 175°C for 25 minutes.
-  When done, remove and cut fish into sections. Serve hot with the soaked vermicelli, wood ear and mushroom.

Nutrient Content per Serving

Calories 148 kcal

Carbohydrate 25.1 g

Protein 4.8 g

Fat 3.1 g



PIZZA WITH JAMBON SAUCE & OATMEAL (*PIZZA sốt thịt nguội với yến mạch*)

Pizza with Jambon Sauce & Oatmeal

(PIZZA sốt thịt nguội với yến mạch)

Serves: 8 (2 pcs Pizza)

Preparation time: 40 min

Cooking time: 25 min

Ingredients

Base

10 g baking powder
150 ml water
300 g wheat flour
30 g oatmeal
10 g salt
15 g sugar
20 g olive oil

Toppings

100 g jambon (turkey ham)
60 g (2 pcs) German sausage
5 g dried garlic
60 g onion
15 g butter

Pizza with jambon sauce is not an original Vietnam dish; however, it has now become a favourite among kids and youths. Pizza can be made from variety of foods. In this modified recipe, oat is added because it is an excellent way to introduce whole grain early to children.

50 g bell pepper
30 g oat
10 g sugar
30 ml cooking oil
Seasoning, pepper, thyme
60 ml tomato ketchup
80 g grated cheese

Instructions

Base



Put baking powder in warm water and mix well with wheat flour and oat. Gradually add olive oil, sugar, salt and water. Leave to rest for 30 – 35 minutes. Divide to 4 portions, flatten to round shape. Bake.

Toppings



Clean all ingredients.



Chop garlic and onion finely; dice onion and bell pepper.



Cut jambon to 1x3 cm pieces; bevel the sausages to slices.



Sauté garlic till fragrant, stir in butter, bell pepper, jambon and oat. Add thyme and season to taste.

Combination



Spread ketchup over base, add toppings, and sprinkle cheese on top.



Bake to golden brown.

Nutrient Content per Serving

Calories 335 kcal

Carbohydrate 36.1 g

Protein 12.9 g

Fat 15.4 g



RICE ROLLS WITH MEAT & OAT (*BANH CUON*) (*Bánh cuốn thịt với yến mạch*)

Rice Rolls with Meat & Oat (*Banh cuon*) (*Bánh cuốn thịt với yến mạch*)

Makes: 25 pcs (5pcs/serving)

Preparation time: 25 min

Cooking time: 15 min

Ingredients

30 g shallots
30 g wood ear mushroom
400 g rice flour
120 g minced pork or other meat
40 g oat
10 g seasoning
30 g fish sauce
10 g sugar
20 ml vegetable oil
Mint leaves, crushed pepper

Rice rolls with meat is a delicious traditional breakfast food that is very famous in Thanh Tri – Hanoi. Oat is introduced into this traditional dish for a crunchy texture and to increase whole grain content of the food.

Instructions

Preparation

-  Peel shallots. Thinly slice $\frac{2}{3}$ of the shallots, finely dice and chop $\frac{1}{3}$ of the shallots.
-  Put mushrooms in a bowl, cover and soak with water for 20 minutes, then drain and thinly slice.
-  Combine rice flour with 250 ml of cold water.

Cooking

-  When oil is heated, add thinly sliced shallots. When the shallots have turned golden brown, turn off the heat, and separate the shallots from the oil using a slotted ladle.
-  Fry the finely diced and chopped shallots until fragrant, then add meat, mushrooms, oat, fish sauce, sugar, seasoning and pepper.

 Stir-fry for 4 to 5 minutes, and then transfer to a bowl.

 Prepare thin noodle sheets by pouring the wheat flour mixture onto a steamer or a non-stick pan.

 Place a thin noodle sheet in a plate, then scoop 1 tablespoon of meat mixture on it, then fold over to form an open-ended roll. Repeat this process using the remaining batter and meat mixture.

 Top up with fried shallots and arrange mint leaves around the plate. Enjoy with fish sauce.

Nutrient Content per Serving

Calories 416 kcal

Carbohydrate 76.1 g

Protein 12.3 g

Fat 6.9 g



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