

Plumeria Rubra bowl

(coconut/bean sprouts soup)

View recipe



Ingredients (2 servings)

200 g Lobster
50 gram Pak choi
(the green part)

250 g Bean sprouts
200 ml Coconut milk
Item number 60553
100 ml Chicken broth
50 g White onion
50 g Potato (floury)
5 g Garlic in Dices
Item number 60658



20 g Turmeric
500 ml Rice oil
Item number 60354





200 g Tarragon
500 ml Rice oil
Item number 60354



Cress for garnishing
Salt and white pepper

Preparation

 Preparation time: 30 minutes
Waiting time: 180 minutes

 Ingredient costs:
€ 4,44

1. Lobster roll

Boil the lobster, cool and clean it, and only use its tail. Make a roll of the lobster with the green part of the pak choi in it. Roll it up tightly in cling film and let it set for at least 3 hours in cold storage. Remove the lobster from the film and cut it into slices.

2. Coconut/bean sprouts soup

Fry the bean sprouts with the white onion and garlic, add chicken broth and the bruised potato. Cook until done and mash into soup, add coconut milk and pass through a fine sieve.

3. Turmeric oil

Cook the turmeric in 50 ml of rice oil on low heat. Add 450 ml rice oil and allow it to infuse for 30 minutes, then pass it through a coffee filter.

4. Tarragon oil

Blanch the tarragon and let it cool to a lower temperature. Put the tarragon with 500 ml of rice oil in a thermo blender at 40°C. It takes at least 10 minutes to get a smooth mash. Pass it through a coffee filter.

5. Garnishing

Serve the soup with the lobster roll, turmeric and tarragon oil and add various types of cress.

Nutritional values

Energy	1456 kJ / 351 kcal
Fat	22,8 g (of which saturates)16,7 g)
Carbohydrates	12,5 g (of which sugars 4,3 g)
Fibres	2,8 g
Protein	24,8 g
Sodium	0,4 g

Allergens





Ha Kau Dim Sum (with yellow curry)






View recipe



Ingredients (2 servings)


400 g	Pork	
100 g	Bamboo shoots Item number 60526	
100 g	Lard	
50 ml	Coconut milk item number 60553	
50 g	Spring onion	
10 g	Tom Yum paste (Lobo)	
5 g	Garlic in dices Item number 60658	
2	Eggs	
8	Hargow Crystal Skin (Happy Belly)	

220 ml	Yellow Curry Sauce Item number 60425	
200 ml	Chicken stock	
100 g	White beans	
40 g	Corn	
10 g	Ginger	
5 g	Garlic in Dices Artikelnummer 60658	

180 g	Jasmin rice Item number 60155	
10 ml	Rice oil Item number 60354	

Salt and white pepper
Cress for garnishing
Green peas
Spring onion
Masago
Carrot

Preparation

 Preparation time: 20 minutes
Waiting time: 15 minutes

 Ingredient costs:
€ 6,63

1. Pork stuffing

Mix the pork with brunoised bamboo shoots, lard, coconut milk, Tom Yum, and garlic. Fill the Hargow Crystal Skin sheets with the pork stuffing and steam the dim sums until cooked.

2. Yellow curry

Fry white beans, corn, ginger and garlic in rice oil. First add the yellow curry sauce, then add the chicken broth. Simmer for at least 10 minutes. Finally mash everything into a smooth substance.

3. Garnishing

Cover the cooked jasmine rice with yellow curry. Place the dim sums on top of the curry and finish the plate with cress, green peas, spring onion, masago and carrot.

Nutritional values

Energy	4024 kJ / 975 kcal
Fat	65 g (of which saturates 30,8 g)
Carbohydrates	29,5 g (of which sugars 4,8 g)
Fibres	4,7 g
Protein	65,1 g
Sodium	0,6 g

Allergens



Okonomiyaki



Photo: Flavourz by Servais, Chef Twan Janssen

Ingredients (2 servings)

60 ml Ketchup
7,5 ml Worcestershire sauce
2 g Mustard
30 ml Mirin
15 g Sugar
5 ml Soy sauce
Item number 60309



2 Eggs
100 g Flour
100 ml Vegetable stock
150 gram White cabbage
2 Spring onions
15 g Panko
Artikelnummer 60700
Pinch of Salt



15 ml Rice oil
Item number 60354
4 slices of Bacon



Spring Onions
Japanese Mayonnaise
Katsuobushi / Bonito Flakes
Borage
Nori
Item number 60520



Preparation



Preparation time:
15 minutes



Ingredient costs:
€ 2,56

1. Salsa

Bring the ketchup, Worcestershire sauce, mustard, mirin, sugar, and soy sauce to a boil and let it simmer for another 2 to 3 minutes on low heat.

2. Pancake

Make pancake batter with eggs, flour, and broth. Add white cage, chopped spring onion, panko and salt. Fry the pancake in a bit of rice oil. Put the bacon on top and cover the pan with a lid until done.

3. Garnishing

Drizzle the sauce and Japanese mayo on the pancakes. Finish with spring onion, katsuobushi, borage, and nori.

Nutritional values

Energy	2244 kJ / 523 kcal
Fat	15,4 g (of which saturates 3,7 g)
Carbohydrates	74,7 g (of which sugars 28,7 g)
Fibres	4,6 g
Protein	23,1 g
Sodium	4,7 g

Allergens





Gluten-free ingredients

Noodles

- 60111 - Rice Sticks 3 mm
- 60114 - Rice Sticks 3 mm
- 60117 - Rice Sticks 3 mm (5-7 cm)
- 60113 - Rice Vermicelli
- 60116 - Mung Bean Vermicelli

Rice & Rice Paper

- 60151 - Jasmine Rice (Fragrant Rice)
- 60155 - Jasmine Rice (Fragrant Rice)
- 60154 - Basmati Rice
- 60157 - Basmati Rice
- 60153 - Sushi Rice
- 60156 - Sushi Rice
- 60176 - Rice Paper Ø 22 cm (Round)
- 60178 - Rice Paper 19 cm (Square)

Basic Sauces (in Sachet)

- 60332 - Thin Soy Sauce
- 60310 - Sweet Soy Sauce
- 60306 - Sweet Chilli Sauce
- 60300 - Poke Sauce Sesame, Soy & Lime
- 60309 - Tamari Soy Sauce
- 60305 - Hoisin Sauce
- 60304 - Oyster Sauce
- 60820 - Poke Sauce Sesame, Soy & Lime
- 60822 - Tamari Soy Sauce
- 60821 - Sweet Chilli Sauce
- 60823 - Spring Roll Chilli Sauce

Sauces

- 60484 - Tandoori Curry Sauce
- 60488 - Butter Chicken Curry Sauce
- 60486 - Tikka Masala Curry Sauce
- 60410 - Sweet & Sour Sauce
- 60471 - Pad Thai Sauce
- 60425 - Yellow Curry Sauce
- 60427 - Red Curry Sauce
- 60403 - Massaman Curry Sauce
- 60404 - Panang Curry Sauce

Coconut Milk

- 60552 - Coconut Milk (17-19% Fat)
- 60553 - Coconut Milk Tetra Pak (17-19% Fat)

Oil & Vinegar

- 60352 - Sesame Oil
- 60354 - Rice Oil
- 60601 - Sushi Seasoning

Vegetables

- 60522 - Wakame
- 60520 - Yaki Nori Seaweed Sheets
- 60603 - White Sushi Ginger
- 60604 - Pink Sushi Ginger

- 60526 - Bamboo Shoots (Slices)
- 60528 - Bamboo Shoots (Strips)
- 60505 - Young Corn

Frozen Vegetables

- 60615 - Edamame / Soybeans (Unpeeled)
- 60620 - Edamame / Soybeans (Peeled)
- 60656 - Lotus Root (Slices)
- 60613 - Garlic Cloves (Whole)
- 60658 - Garlic in Dices
- 60621 - Garlic Puree (Cubes)
- 60622 - Okra Slices
- 60611 - Rapeseed Flowers
- 60623 - Wakame Salad
- 60624 - Sweet Potato Cubes
- 60626 - Shiitake Mushrooms
- 60612 - Asian Vegetable Mix

Allergen-free Products

Noodles

- 60111 - Rice Sticks 3 mm
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Basic Sauces (in Sachet)

- 60306 - Sweet Chilli Sauce
- 60821 - Sweet Chilli Sauce

Sauces

- 60484 - Tandoori Curry Sauce
- 60410 - Sweet & Sour Sauce
- 60427 - Red Curry Sauce

Coconut Milk

- 60552 - Coconut Milk (17-19% Fat)
- 60553 - Coconut Milk Tetra Pak (17-19% Fat)

Oil & Vinegar

- 60354 - Rice Oil
- 60601 - Sushi Seasoning

Vegetables

- 60522 - Wakame
- 60520 - Yaki Nori Seaweed Sheets

- 60603 - White Sushi Ginger
- 60604 - Pink Sushi Ginger
- 60526 - Bamboo Shoots (Slices)
- 60528 - Bamboo Shoots (Strips)
- 60505 - Young Corn

Frozen Vegetables

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- 60624 - Sweet Potato Cubes
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- 60612 - Asian Vegetable Mix

Vegan products

Noodles

- 60102 - Quick Cooking Noodles
- 60103 - Broad Chinese Noodles
- 60109 - Fresh Udon Noodles
- 60115 - Fresh Udon Noodles
- 60110 - Ramen Noodles
- 60111 - Rice Sticks 3 mm
- 60114 - Rice Sticks 3 mm
- 60117 - Rice Sticks 3 mm (5-7 cm)
- 60113 - Rice Vermicelli
- 60116 - Mung Bean Vermicelli

Rice & Rice Paper

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- 60305 - Hoisin Sauce
- 60820 - Poke Sauce Sesame, Soy & Lime
- 60821 - Sweet Chilli Sauce
- 60822 - Tamari Soy Sauce

Sauces

- 60481 - Teriyaki Sauce
- 60483 - Yakitori Sauce
- 60400 - Galbi BBQ Sauce
- 60402 - Bulgogi BBQ Sauce
- 60484 - Tandoori Curry Sauce
- 60488 - Butter Chicken Curry Sauce
- 60486 - Tikka Masala Curry Sauce
- 60401 - Lemongrass Ginger Sauce
- 60410 - Sweet & Sour Sauce
- 60469 - Black Bean Sauce
- 60425 - Yellow Curry Sauce
- 60427 - Red Curry Sauce
- 60403 - Massaman Curry Sauce
- 60404 - Panang Curry Sauce

Coconut Milk

- 60552 - Coconut Milk (17-19% Fat)
- 60553 - Coconut Milk Tetra Pak (17-19% Fat)

Oil & Vinegar

- 60352 - Sesame Oil
- 60354 - Rice Oil
- 60601 - Sushi Seasoning

Panko & Tempura

- 60702 - Tempura Batter Mix

Vegetables

- 60522 - Wakame
- 60520 - Yaki Nori Seaweed Sheets
- 60603 - White Sushi Ginger
- 60604 - Pink Sushi Ginger
- 60526 - Bamboo Shoots (Slices)
- 60528 - Bamboo Shoots (Strips)
- 60505 - Young Corn

Frozen Vegetables

- 60615 - Edamame / Soybeans (Unpeeled)
- 60620 - Edamame / Soybeans (Peeled)
- 60656 - Lotus Root (Slices)
- 60613 - Garlic Cloves (Whole)
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- 60626 - Shiitake Mushrooms
- 60612 - Asian Vegetable Mix

LEGEND



100% NATURAL



GLUTEN-FREE



SEAFOOD



SOY



EGG



VEGETARIAN



ALLERGEN-FREE



FISH



PEANUTS



SULPHITE



VEGAN



GLUTEN



SESAME SEED



MUSTARD



CELERY



GOLDEN TURTLE BRAND

For Chefs

Golden Turtle for Chefs™ is a brand concept of Heuschen & Schrouff Oriental Food. Heuschen & Schrouff has been importing authentic A-brand Asian food to Europe for almost 60 years.

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