



HALAL
STREET

Pandan Recipes



Preface

Pandan amaryllifolius is a tropical plant with fragrant leaves and commonly known as daun pandan in Malaysia while the Thai call it bai toey hom, the Japanese as takonoki and annapoorna leaves in India.

Touted as “vanilla of the east”, the pandan leaves are most often consumed as a paste, powder, infused water extract, to wrap marinated chicken / fish for deep frying or made into an essential oil. It renders a distinctive flavour to the cuisines of South East Asia and South Asia.

In 2017, Nigella Lawson, the English food writer termed the pandan leaves as the new matcha of the culinary world in Europe. Suffice to say that the pandan is now used in both savoury and sweet dishes across the world.

Besides their use in culinary delights and as refreshing thirst quenchers, pandan leaves are known to have laxative properties, an excellent source of Vitamin A and antioxidants, boosts the immune system, and provides pain relief in arthritis / joint pains besides playing a role in diabetic control. It's remarkable that the humble pandan has such potential health benefits as well.

We at *HST* hope that you enjoy testing your epicurean capabilities with the following pandan based recipes which were carefully curated for you.





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A popular Malay dessert made with yellow sweet potatoes, coconut cream and pandan juice.
- 3 *Syrup Bandung* 07 – 08
This deliciously sweet and creamy drink that smells of roses is popularly served as a refreshing drink at Malay wedding feasts in Malaysia, Brunei and Singapore. The use of pandan leaves in this rose cordial elevates the flavours to heights of delights. A sure hit during those hot summer months in UK / Europe.
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A wonderful staple of Thai and Malaysian cuisine to be tried! Pandan chicken makes a great appetizer or finger food for your party and they are so easy to make.
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Dodol is a sweet toffee - like sugar based confection, originating from the culinary traditions of Indonesia. It is also popular in South East Asia and is savoured as a delicacy!.
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(Vietnamese Honeycomb Cake)
Pandan extract gives this traditional Vietnamese cake a vibrant, green hue and when the cake is sliced open, it looks like the texture of a honeycomb.

- 7 *Pandan Coconut Cookies* 15 – 16

These melt-in-mouth cookies with slight crisp around the edges are popularly served during Chinese New Year.

- 8 *Daging Kerutut Kering* 17 – 18

A highly spiced beef / chicken dish served with hot rice is a prized recipe from the state of Terengganu, Malaysia which is famous for its unspoilt beauty and long stretches of sparkling white, palm fringed beaches.

- 9 *Banh Kép Lá Dua* 19 – 20
(Pandan Coconut Waffles)

These popular Vietnamese waffles with their crispy edges outside while soft and chewy inside are delicious treats using a combination of fragrant pandan juice and coconut milk.

- 10 *Pandan Coconut Layered Agar Jelly* 20 – 21

This delicious cold dessert pairing pandan and coconut with agar-agar makes it such a treat, beating the scorching heat in summer. Agar-agar is a gelatinous substance extracted from algae. It sets very quickly at room temperature and produces a firmer texture than gelatine.

- 11 *Pandan Kaya* 22 – 23

Pandan kaya is a delicious coconut egg jam delicacy flavoured with pandan juices. It's smooth creamy texture makes it a favourite spread on toasted bread, buns and as a cake filling or topping.





Kuih Ko Sree

⌚ Prep - 15 mins
Cooking - 25 mins

🍴 Servings: 3

INGREDIENTS

- | | | | |
|--------|------------------------------|--------------|--------------------------------|
| Syrup | • 10oz (283gm) sugar | Pandan Juice | • 12 to 15 pandan leaves |
| | • 16oz (473ml) water | | • 21oz (621ml) water |
| | | | • 1 tbs lye water |
| Batter | • 6oz (170gm) rice & flour | Topping | • 150gm freshly grated coconut |
| | • 2oz (50gm) tapioca & flour | | • Pinch of salt |

INSTRUCTIONS

1. To make the syrup, melt the sugar in water over low heat until the sugar dissolves. Set aside to cool.
2. Cut the pandan leaves into small pieces. Combine the pandan leaves and water in an electric blender. Blend for 1 - 2 minutes. Strain the pandan juice through a fine sieve. Add the lye water into the pandan juice. Set aside.
3. In another bowl, add rice & flour and tapioca flour. Slowly pour in the pandan juice mixture while stirring it consistently until well blended. Add the syrup.
4. Cook the flour mixture on low fire until slightly thickened. Remove the mixture from heat and pour into little Chinese tea cups. Steam on high heat for 15 minutes.
5. Remove cooled "kuih" (cakes) from cups and roll in grated coconut mixed with salt and serve.





Seri Muka Keledok



Prep - 30 mins
Cooking - 1 hour



Servings: 3

INGREDIENTS

- Yellow Seet Poratoes - 700gm, steamed, peeled and mashed.
- Tapioca Flour - 180gm, sifted.
- Coconut Cream - 440ml, squeezed from 1 grated coconut with some water and reserved for topping.
- Coconut Milk - 250ml, squeezed from same grated coconut with sufficient water added
- Salt - 3tsp
- Yellow Food Colouring - 3 to 4 drops

TOPPING

- Eggs - 3, large
- Sugar - 180gm
- Coconut Cream - as reserved
- Tapioca Flour - 45gm sifted
- Salt - 1/4 tsp
- Pandan Juice - 7 pandan leaves, blended with a little water to make 1 tbsp pandan juice
- Green Food Colouring - 2 to 3 drops



INSTRUCTIONS

1. Into a mixing bowl, put mashed sweet potatoes, tapioca flour, coconut milk, salt and yellow food colouring, mix well.
2. Transfer mixture to a 25 - 27cm round pan and steam for 20 minutes or until cooked.
3. Remove pan from steamer. Pour prepared topping over cooked sweet potato layer and return to steamer.
4. Steam over medium heat for 25 minutes more. When done, leave to cool thoroughly before cutting.

HOW TO MAKE THE TOPPING

1. Put eggs and sugar into a bowl. Stir to combine, do not beat.
2. Mix in coconut cream, tapioca flour and salt. Lastly, stir in pandan juice and green food colouring.
3. Stir to remove lumps.

Syrup Bandung

⌚ Prep - 10 mins
Cooking - 10 mins

🍴 Servings: 1 litre



INGREDIENTS

- Water - 500ml
- Sugar - 120gm
- Pandan leaves (screwpine) - 4, knotted
- Evaporated milk - 1 small can (170gm)
- Salt - 1 pinch
- Rose cordial - 3ml / or according to personal taste
- Ice cream soda - 1.25 litres

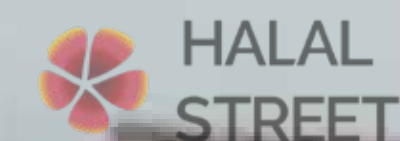


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INSTRUCTIONS

1. In a saucepan, bring water, sugar and pandan leaves to the boil.
2. Cook until sugar dissolves, then remove and leave to cool. Discard pandan leaves.
3. Combine cooled syrup with all remaining ingredients and mix well.
4. Serve thoroughly chilled.



Pandan Fried Chicken

⌚ Prep - 1h 10 mins
Cooking - 15 mins



INGREDIENTS

- Pandan leaves - about 10 - 12 for wrapping.
- 2 pieces skinless and boneless chicken breast, cut into 2" x 1" cubes.

SEASONING

- | | | |
|------------------------|-------------------------------|--|
| • 1/8 tsp sesame seeds | • 1/8 tsp sesame oil | • 1/4 tsp sugar |
| • 1 tsp soy sauce | • 3 dashes white pepper power | • 1/8 tsp fish sauce |
| • 1/2 tsp oyster sauce | | • 3" (7cm) fresh ginger, grated and squeezed for juice |

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INSTRUCTIONS

1. Mix the chicken pieces with all the seasonings above and allow to marinate for 2 hours.
2. Put a piece of chicken towards the end of the pandan leaves and roll it up tightly.
3. Secure with a tooth pick.
4. Deep fry until golden brown.
5. Dish out and serve hot with cucumber slices, salad leaves and hot chili sauce.



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Pandan Dodol

⌚ Prep - 20 mins
Cooking - 2h 30mins



INGREDIENTS

- Glutinous rice flour - 1kg
- Coconut milk - 1.75 litres, squeezed from 4 grated coconuts with sufficient water added

TO MAKE SYRUP

- Palm sugar (gula melaka) - 700gm, chopped
- Sugar - 240gm
- Water - 250ml
- Screwpine (Pandan leaves) - 4 washed and knotted

INSTRUCTIONS

1. Into a saucepan, put all the syrup ingredients and cook until both sugars are completely dissolved. Set aside.
2. Put glutinous rice flour into a bowl and blend with coconut milk until smooth. Strain mixture into a large non-stick pan.
3. Cook mixture over low heat, stirring all the time with a wooden spoon, until mixture starts to thicken.
4. Strain palm sugar syrup into flour mixture and continue stirring for 2 hours or until mixture turns into an oily lump of dark brown dough.
5. Transfer dough into 25cm x 15cm ungreased pyrex dish. Smoothen surface with a plastic spatula and leave it to cool completely, preferably overnight before cutting into slices. Slices can be wrapped individually with clear plastic for longer shelf life and to maintain its moisture.



Banh Bo Nuong

INGREDIENTS

- 200ml of coconut milk
- 1 cup white sugar
- About 1/3 of a 20ml bottle of pandan flavouring
- 2 cups tapioca flour / starch
2 1/2 tsps of single acting baking powder
- 6 eggs

INSTRUCTIONS

1. In a saucepan over low heat, add the coconut milk and sugar to melt the sugar.
2. Turn the heat off.
3. Add pandan flavouring.
4. Leave it to cool down, about 10 - 15 minutes.
5. Preheat oven at 350 degrees.
6. In a mixing bowl, whisk the 6 eggs (do not overbeat the eggs)
7. When coconut milk / sugar mixture is completely cool, mix this to the beaten eggs along with the tapioca flour and baking powder. Do not overmix and the consistency should be watery.
8. Pour batter in a greased bundt and bake for 40 to 45 minutes.

 Prep - 20 mins
Cooking - 45 mins

 Servings: 8 to 10





Pandan Coconut Cookies

 Prep - 15 mins
Cooking - 25 mins

 Servings: 50 to 60
cookies

INGREDIENTS

- 200gm unsalted butter (softened at room temperature)
- 60gm icing sugar
- 180gm potato starch
- 120gm plain flour
- 1/2 tsp salt
- 1/2 tsp pandan paste
- 2 tbsp dessicated coconut

INSTRUCTIONS

1. Preheat oven to 140°C, fan forced. Prepare baking tray with baking paper.
2. Whip the softened butter and icing sugar in a mixer or with a whisk till pale and creamy, about 1 min. Add in pandan paste and mix well.
3. Sift in flour, potato starch and salt. Add in dessicated coconut. Mix in a cutting motion using a spatula, till a dough forms.
4. Place half of the cookie dough into a piping bag fitted with piping tip (Wilton 1M)
5. Bake in the preheated oven at 140°C for 20 minutes, until the sides turn slightly brownish.





Daging Kerutut Kering



Prep - 30 mins

Cooking - 50 mins to 1h



Servings: 3

INGREDIENTS

- Dried chillies - 20, soaked
- Shallots - 12, peeled
- Garlic - 5 cloves, peeled
- Turmeric - 2.5 cm knob, peeled
- Ginger - 1.25cm knob, peeled
- Coriander seeds - 2 heaped tbsp
- Fennel seeds - 2 tsp
- Cumin seeds - 1 tsp
- Cinnamon - 1.25 cm stick
- Star Anise - 2 sections
- Cardamoms - 3
- Cloves - 3
- Black Peppercorns - 12

- Beef - 1kg or 1.5kg chicken
- Cooking oil - 4 tbsp
- Onion - 1, peeled and sliced
- Cinnamon - 1.25cm Stick
- Cardamoms - 2
- Cloves - 3
- Coconut milk - 750ml
- Dried sour fruit - 2 pieces (available in Asian stores)
- Sugar - 1 heaped tsp
- Pandan Leaves - 4, washed and knotted
- Grated skinned coconut - 4 tbsp (available in Asian stores)
- Salt - 2tsp

INSTRUCTIONS

1. Cut beef across grain into thin, 4cm wide slices. If using chicken, cut into 8 slices. Set aside.
2. Heat oil in a wok till hot. Fry onion, cinnamon, cardamoms and cloves until fragrant. Then add ground / blended ingredients and fry over moderate heat until the oil separates.
3. Add meat and continue frying for 3 minutes.
4. Then add coconut milk, dried sour fruit, sugar and pandan leaves.
5. Simmer over low heat, stirring frequently for 40 minutes or until meat is tender and gravy thickens. Add grated skinned coconut (kerisik) and salt. Stir fry until very little gravy remains.
6. Discard dried sour fruit and pandan leaves before serving with hot rice.



Banh Kep La Dua

 Prep - 10 mins
Cooking - 10 mins  Servings: 2 large waffles

INGREDIENTS

- 1 1/2 cups rice flour
- 1/2 cups all purpose flour
- 1/2 cups tapioca starch
- 1 tbsp baking powder
- 1 1/2 cups coconut cream
- 1/2 cups sugar
- 2 tbsp. vegetable oil
- 2 large eggs
- 1/2 tsp pandan paste
- 1/4 cups pandan leaves extract
- 1/4 tsp salt
- Cooking spray to grease waffle maker

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INSTRUCTIONS

1. In a large mixing bowl, sift together rice flour, all purpose flour, tapioca starch, baking powder and salt. Leave aside.
2. In another bowl, mix both the pandan leaves extract and pandan paste. Stir till smooth.
3. Beat 2 eggs and sugar in another bowl. Whisk till smooth. Then add the coconut cream, pandan liquid and whisk well.
4. Add the dry ingredients into the wet ingredients. Mix well. And vegetable oil and whisk till incorporated. Allow batter to rest for 15 minutes.
5. Grease the waffle maker with cooking spray or melted butter and use the batter to make waffles till golden brown.
6. Serve the waffles with fruit slices of choices, ice coffee or have them by itself as snacks.

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Pandan Coconut Layered Agar Jelly



Prep - 15 mins
Cooking - 50 mins



Servings: 6 jelly moulds (each 25ml) and one
18cm x 12cm x 5cm glass container

INGREDIENTS

- 7 pieces pandan leaves
- 500ml water
- 80gms sugar
- 10 gms agar agar (powder)
- 3 drops pandan (flavouring paste, optional)
- 500ml coconut cream
- 250ml milk
- 100gm sugar
- 1/8 tsp salt
- 15 gms agar agar



INSTRUCTIONS

1. Cut washed and dried pandan leaves into small pieces and blend with 150ml water until fine. Drain through cheese cloth and squeeze out the juice. Discard the solids. Measure out 100ml.
2. Transfer the 100ml of pandan juice into a pot. Add 500ml water, sugar and agar powder. Stir and cook over low heat until sugar is dissolved. (Pandan paste can be added at the stage).
3. Strain through a sieve into a bowl, sitting in another bowl of hot water to keep warm as the agar mixture sets very quickly once it cools down.
4. In another pot, add coconut cream, milk, sugar, salt and agar powder. Cook over medium heat until it almost boils and sugar is dissolved. Place the mixture in a bowl sitting in another bowl of hot water to prevent it from setting.
5. Spoon pandan mixture into the jelly moulds up to half way. Wait until the surface sets. Spoon the coconut mixture over it to fill up another half.

If using rectangular glass container, spoon 1/3 of remaining pandan mixture into it. After the surface sets, spoon 1/3 remaining coconut mixture on top. Repeat this step to make layers alternately.
6. Cover and refrigerate for 3 to 4 hours till set firmly. Remove from moulds / cut into slices and serve chilled.



Pandan Kaya

 Prep - 30 mins
 Cooking - 50 mins to 1h Servings: 3

INGREDIENTS

- 5 eggs
- 175gm sugar
- 225ml coconut milk
- 40ml pandan juice

TO MAKE PANDAN JUICE

- 5 pandan leaves sliced into 1cm sections
- 3 tbsp water

INSTRUCTIONS

1. Blend the pandan leaves in a food processor till fine as possible and strain the mixture to obtain pandan juice.
2. Combine eggs and sugar in a mixing bowl and whisk by hand for about 2 mins till the sugar dissolves. Add the pandan juice, coconut milk and stir to mix well. Strain the egg-coconut milk mixture into a medium-sized heatproof metal glass bowl.

3. To set up the double boiler -
Fill a medium-sized deep pot with about 2 inches of water. Place the pot on your stove-top. Bring water to a gentle continuous simmer over low to medium heat. Place the heatproof mixing bowl containing the kaya mixture over the pot, ensuring that the base of the mixing bowl does not come into contact with the simmering water.
4. Stir the mixture frequently with a whisk as it cooks gently. Keep stirring until the kaya is at the desired consistency. This usually takes about 40 mins for the kaya to gradually thicken into a soft paste.
5. Once done, pour out the kaya into another bowl and allow it to cool completely before storing it in a container and keep in refrigerator till needed.

