

A GIRL'S GOTTA EAT
GUIDE TO:
MALAYSIA



WHAT IT IS

AFTER PERUSING AISLES FOR ENDLESS HOURS, SAMPLING PIECES (OR HANDFULS) OF MANY FOREIGN PRODUCTS AND TRYING AUTHENTIC, TRADITIONAL DISHES IN MALAYSIA, I DECIDED THAT EACH OF YOU NEED TO BE WITH ME ON THIS GLOBAL FOODIE JOURNEY.

IN AN EFFORT TO BRING YOU ALONG, I CREATED THIS GUIDE SO YOU CAN UP YOUR ANTE IN THE KITCHEN, IMPRESS YOUR FRIENDS WITH A THEMED PARTY DINNER OR SIP AND SAMPLE SOLO FOR A FUN A SATURDAY NIGHT IN.

Pairs WELL WITH ...

HOW IT WORKS

IN THIS GUIDE, YOU WILL FIND A SELECTION OF MY FAVORITE PRODUCTS FROM MY MONTH IN MALAYSIA, ALONG WITH NEW RECIPES TO TRY. ALL PRODUCTS CAN BE PURCHASED THROUGH MY AMAZON STORE. PICK AND PURCHASE WHAT SOUNDS BEST TO YOU! HOVER OVER ANY BOLDED ITEM WITHIN A RECIPE OR PAIRING FOR A CLICK THROUGH TO THE PERFECT PRODUCT RECOMMENDATION.

NOTE: WHILE 100% OF PRODUCTS MAY NOT BE FROM THE FEATURED COUNTRY, MANY OF THEM ARE. ALL PRODUCT PREFERENCES, RECOMMENDATIONS & PAIRINGS ARE BY MY OWN SELECTION AND WOULD BE CHOICE ITEMS I'D PURCHASE.

Pairs WELL WITH ...

THIS MONTH'S FAVORITE PRODUCTS

- + MATCHA GREEN TEA KIT KATS
- + ORGANIC MIXED NUTS & SALAD TOPPING
- + POCKY BISCUIT STICKS (ASSORTED FLAVORS)
- + HARIBO STARMIX (I DON'T GO ANYWHERE WITHOUT THIS!)
- + EDO PIE PACK DURIAN COOKIES
- + WEL-B FREEZE DRIED DURIAN FRUIT

[CLICK HERE TO START SHOPPING!](#)

Pairs WELL WITH ...

RECIPES FROM MALAYSIA



**TEH TARIK
(PULLED TEA)**



ROTI CANAI



**SPINACH PANEER
MASALA**



MAGGI GORENG

TEH TARIK (PULLED TEA)



Pairs Well With... Chinese Walnut Cookies
(last recipe in guide)

Item: Beverage

Cuisine: Malaysian

INGREDIENTS: (Makes 4 cups)

- 1 C boiling water
- 2 black **tea bags**
- 2 tbsp condensed milk
- Ice (optional)

DIRECTIONS:

1. Place teabags in a mug and pour over boiling water. Steep for a few minutes until tea is dark and intense, then allow to cool for a few more minutes.
2. Add 2 tbsp. condensed milk and stir until spoon is clean.
3. Enjoy hot and frothy or chill and serve over ice.

ROTI CANAI



*Pairs Well With...Spinach Paneer Masala
(next recipe in guide)*

Item: Appetizer/Side Dish

Cuisine: Indian

RECIPE & IMAGE SOURCED FROM: FOOD.COM

INGREDIENTS:

2 C all-purpose flour

1 Tbsp salt

1 C water

1 C cooking oil

DIRECTIONS:

1. Mix the salt in the water.
2. Put the flour in a mixing bowl. Add the salted water gradually.
3. Mix the flour into a dough. Knead until smooth. Make sure the texture of the dough is not too sticky and gooey.
4. Oil your hands with cooking oil and then make the dough into palm sized balls.
5. In a bowl, pour some oil so that the dough doesn't stick to the bowl. Put in the balls, coating it with oil as you put one on top of each other. After it is all in a bowl, totally immerse it in oil. Leave overnight.
6. Oil your kneading space. Take out one dough ball, flatten it out into with you palms until the size of a dinner plate. Flip it like a pizza.
7. Flip the dough a couple of times and spread it out until paper thin.
8. Take the one edge and fold it to the middle. Do this another three times so that it will turn into a square.
9. Grease a flat pan or skillet with cooking oil and cook until golden brown.

SPINACH PANEER MASALA



*Pairs Well With...Roti + Riesling Smaragd or
Sauvignon Blanc*

Item: Side Dish/Main Course

Cuisine: Indian

INGREDIENTS:

SPINACH PUREE:

9 oz. Spinach

1-2 green chilies, chopped

2 cloves of garlic, minced

½ inch fresh ginger, finely chopped

3 C water for blanching spinach

3C water for cooling spinach

Food processor or blender

SPINACH CURRY:

1/3 C white onion, finely chopped

1/3 C tomatoes, finely chopped

4 cloves of garlic, minced

½ tsp cumin seeds

¼ tsp turmeric powder

½ tsp red chili powder

¼ tsp **garam masala powder** (more if desired)

1 Indian bay leaf

9 oz. paneer cheese

½ C water (have on hand and add as necessary)

2 tbsp low fat cream

2 tbsp unsalted butter

1 tsp Kasuri methi leaves & salt to taste

SPINACH PANEER MASALA - CONT.

DIRECTIONS: *Spinach Puree*

1. Rinse spinach leaves removing any stringy stems.
2. Boil 3 cups of water. Add $\frac{1}{4}$ tsp to the hot water, stir, and then add the spinach leaves to the hot water. Cook spinach for 2-3 minutes.
3. Strain spinach leaves. Place spinach in cold water for 1-2 minutes.
4. Drain cold water. Add spinach to a food processor or blender with the ginger, garlic and green chilies. Puree and set aside. (No need to add water.)

DIRECTIONS: *Spinach Curry*

1. On low to medium heat, melt butter in pan. Add cumin and then the bay leaf.
2. Add the finely chopped onion and sauté until onion starts to brown.
3. Add garlic to the sauté mix and then tomatoes until they soften.
4. Add turmeric and red chili powders. Stir well.
5. Mix in the spinach puree. Begin to pour in water from the $\frac{1}{2}$ C water, only as needed.
- 6.. Simmer 6-7 minutes until spinach is cooked. Salt as needed. Sauce should begin to thicken.
7. Add garam masala powder and paneer while continuing to stir mixture.
8. Cook cheese cubes for about 2 minutes or so or until the cheese softens.
9. Add cream and turn off heat, continuing to stir mixture so as everything melds together.
10. Serve with roti, naan or steamed white rice.

MAGGI GORENG



Pairs Well With...A sunny side up egg

Item: Main Dish

Cuisine: Vietnamese

INGREDIENTS: (Served appx. 2 people)

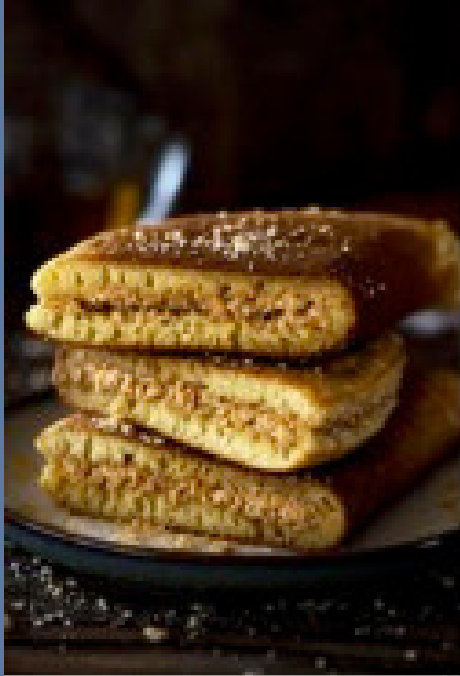
- 1 packet **Maggi 2-minute noodles** (kari flavor)
- 1 egg
- 2 tsp (**Maggi**) **chili sauce**
- 3 tsp (**Maggi**) **tomato ketchup**
- 2 tsp dark soy sauce
- ¼ C mustard greens
- ¼ C tomatoes, quartered
- ¼ C **bean curd**
- ½ lime
- 3 prawns (optional)

MAGGI GORENG - CONT.

DIRECTIONS:

1. In a pot, blanch the MAGGI® 2-Minute Noodles Kari and strain it. Set it aside.
2. Next, get a wok and heat up some oil. Wait for the oil to heat.
3. Crack the egg into the wok and then add in the MAGGI® Chilli Sauce, MAGGI® Tomato Ketchup and the dark soy sauce.
4. Add in the blanched noodles, along with the MAGGI® Curry Seasoning. Next, in goes the prawns, mustard greens, tomatoes and bean curd.
5. Add in the MAGGI® CukupRasa™ and give the noodles a good stir until everything is well mixed. This should result in cooked bits of eggs, both whites and yolk, throughout the noodle mixture. The prawns should take about 4- 5 minutes to cook.
6. When the MAGGI® Goreng Mamak is ready, plate it on a serving dish and garnish with lime.

APAM BALIK (MALAYSIAN PEANUT PANCAKE)



Pairs Well With...Malaysian Teh Tarik recipe

Item: Dessert

Cuisine: Malaysian

RECIPE & IMAGE SOURCED FROM: CURIOUSNUT.COM

INGREDIENTS:

BATTER:

8.5 oz all-purpose flour (2 cups scoop & sweep)

4-6 tbsp sugar

1 tsp instant yeast

¼ tsp baking powder

⅛ tsp baking soda

½ tsp salt

1½ cup warm milk

2 tbsp oil

2 eggs, room temperature

FILLING:

1½ cups ground roasted peanuts (coarse or fine is up to you)

3-4 tbsp brown sugar

3-4 tbsp cane sugar

Unsalted butter Dried coconut (optional)

DIRECTIONS:

1. In a bowl, add all the ingredients for the batter and whisk until smooth.
2. Cover the bowl and let proof for 2-3 hours (or overnight in the refrigerator).

APAM BALIK - CONT.

DIRECTIONS (cont.):

- 2.(cont.) Batter will increase in volume and the surface will start to bubble. If you had chilled the batter overnight, let it sit in room temperature for 30 minutes.
3. Brush some oil on a 12" pan. Use a paper towel to wipe off the excess. Heat the pan over medium low heat. Give the batter a stir.
4. Once the pan is hot, pour $\frac{1}{2}$ or $\frac{1}{3}$ or $\frac{1}{4}$ of the batter depending on how thick or thick you want the pancake to be and spread it evenly. If you like your pancake edges a little crusty, swivel the pan so that some batter coats the side of the pan. Let the pancake cook until you see bubbles appearing on the surface and the pancake has started to set. To speed up this process, cover the pan with a lid.
5. Once the surface has start to set, add small dollops of butter all around the surface. Sprinkle $\frac{1}{2}$, $\frac{1}{3}$ or $\frac{1}{4}$ of the peanuts and sugar.
6. Let it continue to cook (again cover to speed up the process). If there are dry parts of peanuts on the pancake remaining, add more butter to that area. When the bottom has a golden brown color to it and pancake has completely set, fold the pancake in half like a moon shape (Yes, no need to flip) and remove from the pan. Do not overcook or it will dry out. Repeat with the remaining batter. Slice and serve immediately.... with tea of course. It's best to eat this fresh as leftover and reheated pancakes will become tough and dry.

CHINESE WALNUT COOKIES



Pairs Well With...Malaysian Teh Tarik

Item: Dessert

Cuisine: Chinese

INGREDIENTS:

2 cups cake flour

1/2 teaspoon baking soda

1/4 teaspoon baking powder

7 tablespoons butter (room temperature)

1/2 cup sugar

1/4 teaspoon salt

1 egg, beaten and divided in half

3/4 cup finely chopped toasted walnuts, plus

12 raw walnut halves

CHINESE WALNUT COOKIES - CONT.

DIRECTIONS:

1. Sift the cake flour, baking soda and baking powder together and set aside. Mix the butter, sugar, and salt in a large mixing bowl. Stir thoroughly until the butter and sugar are creamed. Add the flour mixture to the butter-sugar mixture and mix thoroughly. Add half of the beaten egg. Add the chopped walnuts and work the mixture into a dough ball. You can do all of this by hand or with an electric mixer.
2. Line a baking sheet with parchment paper. On a clean surface, roll the dough ball into a tube, and cut it into 12 equal pieces. Roll each into a ball and position them on the baking sheet a couple inches apart. All of the cookies should fit onto one pan.
3. Take the walnut halves and gently press one into each cookie. Let the cookies rest for 15 to 20 minutes, covered with a clean kitchen towel.
4. While that's happening, preheat the oven to 350 degrees F. Once the dough is done resting, brush each with the other half of the beaten egg you omitted from the cookie dough and then bake for 20 minutes. Turn off the oven and let the cookies sit inside the oven for another 5 minutes before taking them out. Let cool and enjoy!

SO...WHAT COMES NEXT?

- GET A DATE ON THE CALENDAR
- INVITE SOME FRIENDS
- ORDER SOME GOODS
- TAKE PRETTY FOOD PHOTOS, LET ME KNOW WHICH RECIPES & PRODUCTS YOU LOVED BEST

DON'T FORGET TO TAG & FOLLOW:

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#COUNTRY OF SAMPLING

Pairs WELL WITH ...