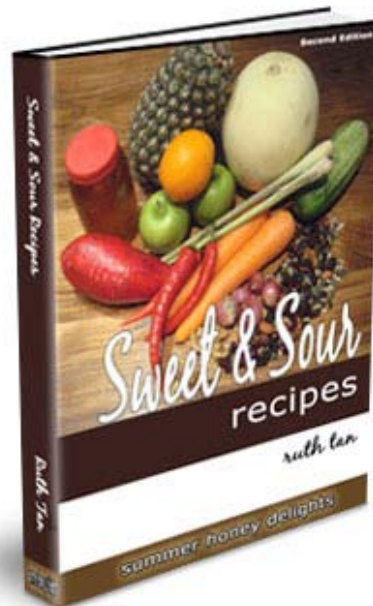




Sweet and Sour Recipes

Summer Honey Delights

Second Edition



Crafted by
Ruth Tan



*Sweet and Sour
Recipes
Summer Honey Delights*

By Ruth Tan

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Foreword



This book is written out of a desire to share with others my passion-driven experience with honey; a super-food which I always find so amazingly healthy, intelligent and pleasant tasting. Comprising eleven exotic appetizers and desserts recipes using honey, it is a result of my 3-week-long research with an endless list of indigenous ingredients (peanuts, chillies, sesame, barley, pineapple, mangoes, papaya, black pepper, lime, pomelo, etc), fusing honey with some very colourful fruits and condiments from the temperate countries (like dried apricots, cranberries, and raisins) and playfully but painstakingly experimenting and discovering which foods together create the most unique, and most unforgettable magical union with the golden liquid. Living in a tropical place kind of deprive us of economical citrus fruits such as peaches, nectarines, plums, etc and keep us from good abundance of fresh berries and currants, strawberries, cherries, grapes, etc, but gratefully, we are compensated with the plenty tropical fruits such as pineapple, mangoes, guava, bananas, and of course the ever-so-readily available honey!

Living in a vibrant melting pot of cultures, a smorgasbord of American, European, Asian, etc, I see foods and condiments from all over the world colliding to evolve some of the most interesting and delightful concoctions for the taste buds. Amongst the diversities and complexities of cuisines, the exotic Asian aromatic tastes of sweetness, sourness, and spiciness all combined are what I am most drawn to. It's the hot weather I believe, that makes our taste buds constantly hankering for the chillies, sugar, and lemons. I can testify to that after having had the opportunity to stay in the Netherlands for three months, and visited the country and its neighbouring European countries for about 15 times during the different seasons in the last 10 years. All my time there, never had I cravings for a teeny weenie bit of citrus prune, but whenever I touched home ground, the gastronomic penchant for all the mouth-watering sweet, sour, and spicy foods would come crashing in again. Somehow, our tropical climate makes our brains somewhat tweak differently when it comes to foods.

If you are from the tropical like me, you will love what I am going to share with you. And you will realise that the delectable flavours of sweet and sour do not have to come from preserved foods filled with health-hazardous saccharine, cyclamate, high fructose corn syrup, artificial colouring. They can be experienced from natural, wholesome and great tasting foods too!



And if you are from the temperate countries, you are going to discover some of the most easily assimilated taste blends, yet the most epitomised, out-of-this-world sensations for the taste buds. Seek these ingredients out and put them together. You will be delighted!

I'm not a culinary veteran, but a lover of foods that so cleverly use honey as a healthier sweetening alternative. And I believe a memorable food always contains a surprise element in it, for instance, one plate of fried rice can definitely taste better than another with exactly the same ingredients, for various reasons but the dish becomes memorable only if it has something else that others don't have, for instance again, fried rice with pomelo fruit in it! And this is what I aim for, to bring about a surprise in each of the recipes I create.

Wishing every attempt of yours to dish out the concoctions will be a smash success and a real hit with whoever you are going to relish with!

Ruth Tan

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Fickle Dickly Feat

A zesty, mouth-watering pickled dish that goes perfect with a bowl of plain porridge or simply as a tantalising treat with afternoon tea. The Surprise: Apple cider vinegar makes this dish healthier than ever!

Mix all the ingredients together:

Pineapple (1 quarter, skin removed, cut into thin strips)

Cucumber (1 quarter, washed, cut into thin strips)

White Radish (1 quarter, cut into thin strips)

Carrot (1 third, cut into thin strips)

Cabbage (3 whole leaves, washed, cut into thin strips)

Roasted sesame (1-2 tablespoons)

Roasted peanuts (crushed 1-2 tablespoons)

Apple cider vinegar (3-4 tablespoons)

Honey (3-4 tablespoons)

Salt (1 teaspoon)

Red chillies (1-2, washed, cut into thin strips)

Store in an air-tight container and chill overnight.

Serves 2



Fairies of the Dew Valley



A refreshing bowl of freshly cut honeydew and pineapple resting in a heart-thumping fusion of sweet and citrus bits of dried fruits. A must-try appetizer especially for kicking off a round of barbecued foods. The Surprise: Mixing up the dried fruit bits with succulent fruits certainly does stir up and invigorate the taste buds!

Mix all the ingredients together:

Chilled honeydew (1 quarter, cut into small cubes, about 2 by 2 cm)

Chilled pineapple (1 quarter, cut into small cubes, about 1 by 1 cm)

5 water chestnuts (remove skin, cut into tiny cubes)

4 dried apricots (cut into tiny cubes)

3 pieces of dried mango (cut into tiny cubes)

2 tablespoons of dried cranberries (cut into tiny cubes)

Lime juice (extracted from 4 limes)

Cinnamon (a dash, optional)

Salt (half teaspoon)

2 tablespoons of honey

Serves 2





Tangy Mango Swank

Bring this tangy limed mango-papaya pickle on to satisfy all the pickle lovers! The Surprise: The nutty and spicy kick and pineapple flavour are a perfect match.

Mix all the ingredients together:

1 chilled green mango (remove skin, cut into thin long strips)

1 slice of chilled green papaya (amount equal to that of mango, remove skin, cut into thin long strips)

Salt (2 teaspoons)

Honey (3-4 tablespoons)

Lime juice (extracted from 5 limes)

2 red chillies (washed, cut into thin long strips)

Garnish with :

A few fresh basil leaves

Roasted peanuts (2 tablespoons, coarsely crushed)

Walnuts (3 tablespoons, coarsely crushed)

Serves 3-4





Mad Guava Rawe

This Vitamin C-laden guava treat promises to stimulate your palate like nothing before. The Surprise: A fusion of just a few simple ingredients can actually make a dessert so appetising and memorable!

Mix all ingredients together:

1 small guava (washed, cut into small bits)

Sultanas (1 tablespoon, cut into small bits)

2 limes (extract juice)

Salt (half a teaspoon)

Honey (1 teaspoon)

Chill

Serves 1





Happy Apple Crunch

**A jumble of apples and strawberries with a dulcet yoghurt base. The Surprise:
With the aromatic yoghurt and pistachio sauce, apples never taste so good!**

Mix all ingredients together:

1 chilled green apple (optional skin, washed, cut into small thin slices)

1 chilled red apple (optional skin, washed, cut into small thin slices)

4 dried apricots (cut into tiny bits)

5 chilled strawberries (washed, cut into small thin slices)

Lime juice (1 tablespoon)

Salt (1 teaspoon)

Honey (2 teaspoons)

Sprinkle with pistachio nuts (3 tablespoons, remove shell and crush coarsely) just
before serving

Serves 2-3





Mango Sago Grandeur

You can't stop eating this unique mango dessert, because it puts you in an especially good mood. The surprise: The pomelo pulps add bursts of refreshment each time you put a spoonful of this dessert in your mouth, and the sago smoothens away every bit of edginess of the day.

Mix all ingredients together:

Half chilled ripe mango (meshed)

Cooked/boiled small sago (a tablespoon)

Chilled honeydew (1 slice, cut into small cubes)

Chilled pomelo (2 pieces of the fleshy fruit, break into small bits)

Honey (1-2 tablespoons)

Serves 2





Missy Cheeky Sandwich

Biting into this fragrant grilled sweet and sour chicken sandwiched between soft bread is a big deal for breakfast. The Surprise: Chicken Sandwich is traditional but not one that comes with an aromatic sweet sauce made of raisins and sesame seeds. Totally scrumptious!

Marinate chicken (1 small piece, about 200g) in soya sauce (2 teaspoons) and black pepper (a dash). Grill until golden brown and cut into small pieces.

Add these ingredients to the grilled chicken and mix:

Raisins (1 tablespoon, cut into tiny bits)

Sesame seeds (half a tablespoon)

Honey (2 teaspoons)

Mustard (2-3 teaspoons)

Lettuce (4 leaves)

2 cherry tomatoes (cut into small pieces)

1-2 limes (extract juice)

A few dashes of black pepper

Sandwich the chicken mix with white soft bread (4 slices)

Serves 2



Chance Upon a Prawn Delight



An eye-popping, lip-smacking sweet and sour savoury dish for a special evening. Guarantee to impress everyone around the table! The Surprise: Pineapple is a known condiment in spicy fish dishes, but a pleasant wow in prawns!

Fry 2-3 pieces garlic (ground into paste), half an onion (cut into strips), and 3 chillies (ground into paste) in cooking oil (1 tablespoon) until fragrant.

Add half a capsicum (cut into strips) and 12 big tiger prawns (remove shell and intestines, keep tail) and fry for about a minute until cooked.

Add pineapple (1 quarter, half ripe, cut into small pieces) and fry for another 30 seconds.

Turn off heat and add honey (2 teaspoons).

Garnish with coriander

Serve 2-3





O' Orange Swing

Honey-Orange juice-marinated wings grilled to make you drool. The Surprise: The wings will come to your great delight with their delicate orange nuances. Superb.

Marinate 6 chicken joints in the following ingredients for at least 4 hours:

2 oranges (extract juice)

Black pepper (ground, a few dashes)

Salt (2 teaspoons)

Honey (2 tablespoons)

Ginger (chopped very finely)

Cumin powder (1 teaspoon)

Garlic (chopped very finely)

Grill for about 20-25 minutes at 200 degree celsius.

Garnish with basil leaves

Serves 2

Optional: A perfect sauce to go with the grilled wings: 1 lemon (extract juice), 1 chilli padi (finely chopped), salt (half a teaspoon), honey (half a teaspoon)





Fruity Jelly Swell

A honey jelly bursting with pineapple flavour. The Surprise: The dried fruit bits add to the enjoyment of every bit of the jelly.

Boil your own preferred brand of jelly powder with about 900ml water.

Bring mixture away from heat and add these ingredients:

4 dried apricots (cut into bits)

Dried cranberries (1 tablespoons, cut into bits)

Pineapple (1 slice into tiny pieces)

1 lime (extract juice)

Add honey (4 tablespoons) when mixture is cooled slightly.

Chill

Serves 4-5





Snow White's Apples

Soft fungus with chewy pearl barley will make you wish for a second round of serving. The Surprise: Taste green apple pieces are against all conventions, adding a faint citrus flavour to the mildly sweetened dessert.

Boil snow fungus (1 cup, soak in water and cut away any hard parts) in 800ml water.

Add 5-6 red dates, 2 pandan leaves (washed), pearl barley (2 tablespoons) after boiling the fungus for half an hr. Boil for another half an hour.

Add dried longans (2 tablespoons) in the last 5 min of boiling.

Add 1 green apple (cut into small pieces) last, after heat is turned off.

Add honey (3 tablespoons) before serving

Serves 3-4



About the Author

Ruth Tan runs the popular website Benefits of Honey which is an immensely rich, quality resource on honey and its benefits, and a plethora of health-related issues. Discover the amazing health benefits and all the positive spin-offs super-food honey can bring to your life and the lives of your loved ones at <http://www.benefits-of-honey.com>



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