



Hai Sia Seafood

Jia means home in Mandarin, and for many, homecooked food is always comforting. In this age when we think fast, speak fast and act fast, speed has replaced precious unhurried moments.

In Jia, Hai Sia brings you these homemade recipes for the everyday people, by the everyday people. They have cooked these dishes for their husbands, their wives, their sons, their daughters, their friends; and it is with a dash of home that makes food extra magical.

Have some magic at home today.



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**WOLF HERRING
(SAITO) PORRIDGE**
By Linda

INGREDIENTS:

From Hai Sia Seafood: 250g fresh Wolf Herring (*Saito*)

1 rice cup measure of rice
4 rice cups measure of water
1 knob (1 inch) ginger
3 cloves garlic
3 shallots
½ cup oil for frying shallots and garlic
Salt for seasoning
Sesame oil
Coriander sprigs (optional garnishes)
Chilli slices (optional garnishes)
Pepper (optional)

WOLF HERRING (*SAITO*) PORRIDGE

SERVES 4

by Linda

STEPS:

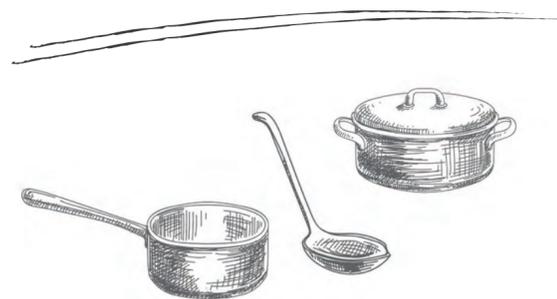
1. Wash and pat dry the Saito fillet and place in freezer to allow the fish to harden slightly before slicing very thinly.
2. Wash rice and place in rice cooker with water.
3. Cook under the porridge setting. Leave to stand until ready to use.
4. De-skin ginger and julienne into thin strips.
5. Peel and mince garlic.
6. Peel and slice shallots thinly.
7. Pour oil into pot, add minced garlic and fry over low heat until slightly brown. Remove crispy garlic and set aside for garnishing later.
8. Add the sliced shallot and fry over low heat until slightly brown. Remove crispy shallot and set aside for garnishing later.
9. Set aside fragrant oil for garnishing later.
10. Transfer porridge to a pot; heat up the porridge.
11. Add a pinch of salt for seasoning. Heat till boiling.
12. Add fish slices to boiling porridge. Turn off the fire and stir fish into the porridge.
13. Dish out porridge.
14. Garnish with sliced ginger, crispy garlic, shallots, coriander and chilli.
15. Top off with sesame oil and fragrant oil.

NOTES FROM LINDA:

Use a very sharp knife to slice the hardened fish. Don't worry if you hear a cracking sound. That's likely the knife cutting through the fish bone. Fish slices should be almost translucent. This way you won't be able to feel the fish bone when you eat it.

If preparing for breakfast, start cooking porridge at night and transfer the cooked porridge to a thermal pot, and add one bowl (200ml) of hot water. Cover and leave overnight until ready to use as described.

Keep remaining crispy garlic, shallots and fragrant oil to garnish other dishes.



ENJOY!

ABOUT LINDA QUEK TECHNICAL CONSULTANT

When I was younger, the fish porridge and 魚生 I grew up with were made with 西刀魚 (*Saito*).

Nowadays, it is almost impossible to find a stall selling the Teochew 西刀魚 porridge.

This is my take on something that I miss from my youth. Healthy and simple.

Linda



**SPANISH MACKEREL
(BATANG) SOUP**
By Linda

INGREDIENTS:

From Hai Sia Seafood: 500g fresh Spanish Mackerel (Batang)

2 litres water
2-3 preserved plums (broken)
2 knobs (1 inch) ginger (smashed)
1 tray fish dumplings (about 10 pieces)
10 pieces Teochew meat balls
250g deseeded and sliced bitter gourd
(about ½ medium bitter gourd)
1 packet tofu (cubed)
3 cloves garlic
½ cup oil for frying garlic
2 tomatoes (cut into eights)
Coriander sprigs
Spring onion
Fish sauce for seasoning (optional)
Pepper (optional)

SPANISH MACKEREL (BATANG) SOUP

SERVES 4

by Linda

STEPS:

1. Wash and slice Batang fillet thinly. Add a pinch of salt; mix and set aside.
2. Boil water with ginger and plums. Simmer for 20 – 30 minutes until fragrant.
3. While soup base is simmering, peel and mince garlic.
4. Pour oil into pot, add minced garlic and fry over low heat until slightly brown. Remove crispy garlic and set aside for garnishing later. Keep fragrant garlic oil for later use.
5. Bring soup base to boil; add bitter gourd, fish dumplings and Teochew meat balls. Stir.
6. Add Batang slices, tofu and tomatoes. Stir and once the soup boils and fish is just cooked, turn off flame.
7. Taste and adjust soup flavour with fish sauce.
8. Transfer to serving bowl. Garnish with coriander and spring onions.
9. Top off with some crispy garlic and fragrant garlic oil. (Remaining crispy garlic and fragrant garlic oil can be kept for other uses.)
10. Serve with rice.

ENJOY!

NOTES FROM LINDA:

You can replace the sliced bitter gourd with fresh lettuce or Tang-O if bitter gourd is not to your liking.

In this case, add lettuce and Tang-O towards the end of the cooking just before the fish is fully cooked.

*This way the vegetables
will still have some
crunch.*



ABOUT LINDA QUEK TECHNICAL CONSULTANT



I do not cook as much as I would like to but if I do, I like my ingredients fresh. I learnt cooking from observing my paternal grandfather and my parents. Cooking to me should be simple but done with love so food will come out 'tasty'. I attribute the way I feel about cooking and food to my paternal grandfather and my parents. They not only knew how to cook but also how to enjoy it.

My father and grandfather were Teochews and to them ingredients used had to be fresh so dishes could be cooked simply with minimal addition of other flavouring; letting the main item stand out. My mother is a Nonya and when she cooked Peranakan dishes; it was something we all looked forward to.

This Batang soup is something my family has for meals quite often. Simple, quick and filling. My family loves the dish. It is a reflection of my Teochew heritage and something that I wish to pass on to my children.

Linda





FRIED KUNING

By Mui Choo

INGREDIENTS:

From Hai Sia Seafood:
500g fresh Kuning
(clean and gutted)

Turmeric powder for seasoning
Salt for seasoning

FRIED KUNING

by Mui Choo

SERVES 4

STEPS:

1. Ensure that Kuning is clean and gutted.
2. Wash the Kuning and pat dry completely.
3. Salt the Kuning, then apply the turmeric powder evenly.
4. Keep the Kuning aside for 10 minutes.
5. Pour oil into pot, and bring it up to high heat.
6. Fry for 5 minutes.
7. Place Kuning on an oil-absorbent paper first, before transferring to a serving plate.

ENJOY!

NOTES FROM MUI CHOO:

Kuning always tastes the best when it's just fried, and it's the crackling of the crispy fish skin that makes it so delectable.

Ensure that the Kuning is as dry as possible before salting, and before frying.



ABOUT LOW MUI CHOO HOMEMAKER

“ I picked this dish because my son loves to eat Kuning. We eat a lot of chilli at home, and I make my own chilli sauce. Whenever I fry Kuning, it's always accompanied by that particular chilli sauce. It's also an easy dish to cook at home, and I'll encourage more people to try cooking.

I was a terrible cook when I started cooking at 30. I remember cooking cabbage for the first time, and I cut the cabbage leaves a tad too big and the dish was too bland. Over the past 20 years, I grew to like cooking a lot, and I like to cook for many people. It always brings me joy to see my children and their friends enjoying what I put on the dinner table.

Mui Choo”



**LEMON-BAKED
RED SNAPPER**
By Linda

INGREDIENTS:

From Hai Sia Seafood:
180 – 200g fresh Red Snapper fillet

½ lemon
Pinches of rosemary (or oregano or thyme)
1 teaspoon olive oil
Salt and pepper for seasoning
Aluminium foil for baking (large enough to wrap the fish into a parcel)
Julienned spring onions for garnishing

LEMON-BAKED RED SNAPPER SERVES 2

by Linda

STEPS:

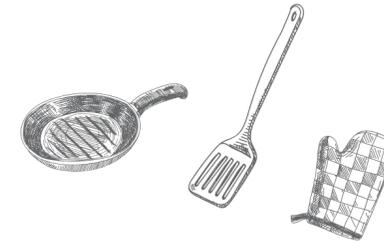
1. Cut 2 – 3 pieces of lemon slices. Set aside the remaining lemon for later use.
2. Wash and pat dry the Red Snapper.
3. Sprinkle with salt and pepper and rub lightly into fish.
4. Lay out a piece of aluminium foil; brush the surface with olive oil.
5. Place fish skin down on oiled portion of the aluminium foil. Sprinkle rosemary or other herbs over the fish.
6. Lay the lemon slices on the top of the fish.
7. Fold the edges of the foil over each fillet, crimping edges tightly or simply wrap into a parcel.
8. Place in oven toaster. Bake at 200°C for 10 – 15 minutes (depending on thickness of fish).
9. Plate the fish when it is ready or serve in package.
10. Garnish with julienned spring onions.
11. Just before serving, squeeze the juice from the remaining lemon over the fish.

ENJOY!

NOTES FROM LINDA:

Spread olive oil on aluminium foil to the size of the fish fillet.

Serves 2 if served with other dishes and rice.



ABOUT
LINDA QUEK
TECHNICAL CONSULTANT

“ This dish is a simple, quick and healthy dish to do when you don’t have much time, and yet want something that looks good.

My take on a Mediterranean style dish but served local with homemade spicy garlic chilli sauce. It can be made more Western-style if paired with some roasted sliced potatoes and peppers. It then makes a lovely main course.

Linda”



**GOLDEN POMFRET
EN PAPILOTE**
By Junting

INGREDIENTS:

From Hai Sia Seafood:
600g fresh Golden Pomfret fillet

200g cherry tomatoes
(mixture of red and yellow)
300g zucchini
3 cloves garlic
20g basil leaves
1 tablespoon olive oil
Salt and pepper for seasoning

GOLDEN POMFRET *EN PAPILLOTE* **SERVES 4**

by Junting

STEPS:

1. Preheat oven to 200°C.
2. Cut cherry tomatoes into halves. Slice zucchini into 0.5cm thick round pieces and slice garlic thinly.
3. In the middle of the parchment paper, spread zucchini slices neatly into two rows.
4. Place garlic and a basil leaf on top of the zucchini.
5. Place fish fillet on top. Add a tablespoon of oil and season with salt and pepper.
6. Place the pouch into the oven and bake for 15 minutes. A longer time may be needed for thicker fillets of fish. If sealed properly, the pouch should puff up during the cooking process.
7. When ready to serve, use scissors to cut a cross in the middle of the parchment and tear open.
8. Top with basil leaves as garnish.

ENJOY!

NOTES FROM JUNTING:

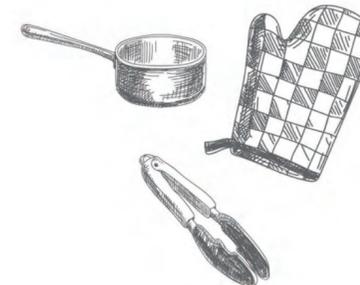
There is very little preparation to be done and it can be done ahead of time. Place the ingredients and seal it up. Keep it in the fridge and pop the pouches into the oven when your family or guests are ready to dine.

Cooking en papillote simply means cooking in parchment. You can try this method with different combinations of herbs and spices.

For a good seal and presentation, you can refer to this video:

www.seriousseats.com/2010/03/how-to-cook-food-en-papillote-packages-vegetables-meat-fish-slideshow.html

Apart from different types of fish, you can try it with poultry and vegetables as well.



ABOUT **ANG JUNTING** SECOND GENERATION BUSINESS OWNER

“ I am a lazy cook. I like recipes that require as little ingredients as possible because this means that there is less shopping to be done and less wastage. It also means that we get to really taste the main ingredient. In this case, it would be the Golden Pomfret.

This recipe is suitable for many other types of fish fillets like Salmon and Snapper. I find that herbs are very expensive in Singapore so I grow a small pot of basil, rosemary and thyme. The basil you see in this recipe comes from my plant!

Junting”



**PAN-FRIED SALMON
WITH BULGOGI SAUCE**

By Jasmine

INGREDIENTS:

SALMON

From Hai Sia Seafood:
120g fresh Hai Sia Salmon fillet

Pinch of salt for seasoning
Carrot and onion for garnishing

BULGOGI SAUCE

2 rice bowls water
3/4 rice bowl dark soy sauce
1 rice bowl light soy sauce
1 rice bowl sugar
1/4 rice bowl peeled garlic
1 whole onion
1 big whole Korean pear

*1 rice bowl = 200g

PAN-FRIED SALMON WITH BULGOGI SAUCE SERVES 2

by Jasmine

STEPS:

[SALMON]

1. Rinse and pat dry the Salmon fillet.
2. Heat the grill or non-stick frying pan to medium high heat.
3. Place the Salmon fillet skin-side down, no oil needed.
4. Season with a pinch of salt.
5. Cook until the Salmon fillet starts to release its fat (as the colour turns into a shade of 'opaque mayonnaise')
6. Sear on each side to give a golden brown colour.
7. Use a spatula to remove the Salmon fillet.

[BULGOGI SAUCE]

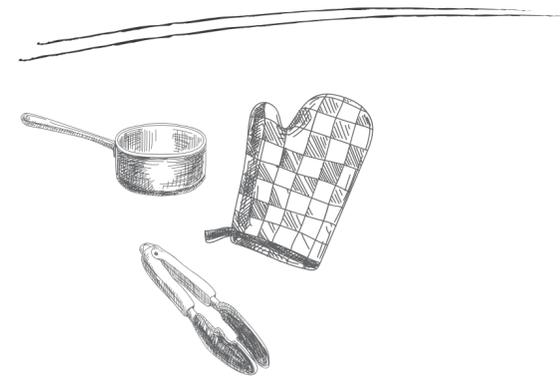
8. Blend all the ingredients.
9. Heat up the Bulgogi sauce until it sizzles.
10. Add strips of carrot, onion and spring onion into the sauce, and stir fry for 2 – 3 minutes in medium high heat.
11. Scoop into a bowl and serve with Salmon fillet and red rice.

ENJOY!

NOTES FROM JASMINE:

It usually takes 10 – 15 minutes for an 1-inch thick fillet to cook.

As for the Bulgogi sauce, I usually repack the sauce into 3 - 4 smaller packs, and freeze them for future use.



ABOUT JASMINE TAN FINANCE MANAGER

“ Eating ‘good food’ is important in my life. ‘Good food’ doesn’t necessarily mean expensive food, it just has to be tasty and cooked with a lot of heart. This is one reason why I enjoy cooking so much. I also love watching cooking shows, and one of my favourite shows is MasterChef Australia! These shows inspire me to cook more, and cook better.

I’m also Teochew, and I’m very proud of my heritage. I hope to contribute more recipes in future that celebrate the beauty of Teochew food.

Jasmine”



MISO MACKEREL

By Linda

INGREDIENTS:

From Hai Sia Seafood:
220g fresh Spanish Mackerel
(Batang)

25g light brown miso (flavoured)
1 knob (1 inch) ginger (more if you like it spicier)
Aluminium foil for baking (large enough to wrap
the fish into a parcel)
Grated ginger as accompaniment
Toasted sesame seeds for garnishing



MISO MACKEREL SERVES 2

by Linda

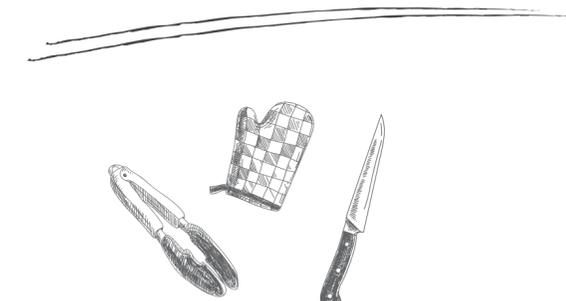
STEPS:

1. Skin and grate the ginger. Squeeze to get ginger juice.
2. Mix miso and ginger juice.
3. Wash and pat dry the mackerel. Rub miso ginger mix over the mackerel and marinate for about 20 – 30 minutes.
4. Place marinated mackerel on a piece of aluminium foil and wrap into a parcel with the skin side facing down and the foil opening facing up.
5. Place in oven toaster. Bake at 200°C for 15 – 20 minutes (depending on thickness of fish).
6. During the last 5 minutes of baking, unfold the top of the foil to expose the flesh of the mackerel and continue to bake so that the surface will grill to a nice brown colour.
7. Plate the fish when it is ready. Brush the surface of the fish with a small amount of baked liquid miso left in the foil to give it a nice sheen.
8. Sprinkle with toasted sesame seeds and serve with grated ginger.

ENJOY!

NOTES FROM LINDA:

For Step #6, you may have to extend the time slightly if the fish is thick or if you want a browner sheen.



ABOUT
LINDA QUEK
TECHNICAL CONSULTANT

“ Earlier this year, I bought some ginger flavoured miso from a small miso maker in Takayama, Japan. The owner told me how to use it for fish and I have used his miso to produce some of the nicest and subtly ginger flavoured grilled and baked fish.

I have since finished his miso but I tried this recipe to recreate the flavour. It is not close to his ginger miso; but the taste is still great. If you like it slightly saltier or sweeter, adjust by adding a bit of salt or sugar (or mirin) to the miso ginger mix.

Linda”



CHILLI PRAWNS

By Mui Choo

INGREDIENTS:

From Hai Sia Seafood: 500g fresh tiger prawns

- 2 sliced onions
- 6 big red chilli
- 6 small red chilli (chilli padi)
- 1 tablespoon light soy sauce
- ½ teaspoon sugar
- 1 tablespoon Maggi chilli sauce
- 3 tablespoons water

CHILLI PRAWNS

by Mui Choo

SERVES 4

STEPS:

1. Heat up the pan and when it is hot enough, cook the chopped onions, big chilli and small chilli until they are fragrant.
2. Add the tiger prawns and continue stirring until the prawns are cooked.
3. Add light soy sauce, sugar, Maggi chilli sauce and water.
4. Cover the pan and let the prawns simmer for 3 minutes.

ENJOY!

NOTES FROM MUI CHOO:

Apart from tiger prawns, you can use angkar prawns and grey prawns.



ABOUT LOW MUI CHOO HOMEMAKER

“ Staying true to using a lot of chilli when I cook and recommending easy dishes to prepare at home, I picked chilli prawns. It’s almost effortless and I recommend you drizzle some sauce over white rice – extremely tasty! ”

Mui Choo



**STIR-FRY PRAWNS AND
SQUID WITH ONIONS**

By Weisheng

INGREDIENTS:

From Hai Sia Seafood:
500g fresh angkar prawns
500g fresh squid rings

3- 4 sliced brown onions
1 bulb garlic (smashed or cut to bits)
1 tablespoon oyster sauce
1 tablespoon light soy sauce
3 tablespoons cooking oil

STIR-FRY PRAWNS AND SQUID WITH ONIONS

SERVES 4

by Weisheng

STEPS:

1. Heat cooking oil.
2. Add garlic and stir.
3. Add onions and continue stirring until garlic bits turn golden brown.
4. Add angkar prawns and squid rings.
5. Continue stirring until angkar prawns and squid rings are cooked.
6. Add oyster sauce and light soy sauce.
7. Stir for 1 – 2 minutes.

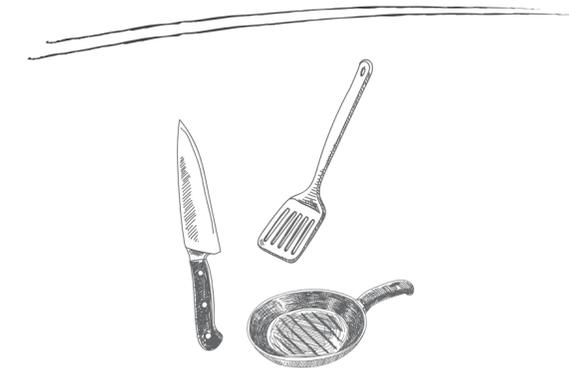
ENJOY!

NOTES FROM WEISHENG:

There's no need to add water during the cooking process because both the angkar prawns and squid rings will excrete water.

These angkar prawns (in Hokkien, angkar refers to red legs) are wild-caught from Pontian, Malaysia and not only are they succulent, they're extremely crunchy and tasty.

Another tip is to buy these prawns for hotpot and steamboat sessions.



ABOUT
NEO WEISHENG
FACILITIES MANAGEMENT EXECUTIVE

“ My mother comes from a family of good cooks. My aunts make their own Acar, Bazhang, Hokkien Mee, Sambal Belacan amongst many other dishes.

Therefore, I grew up eating a lot of homecooked food, and my mother has very high standards when it comes to cooking.

Under her influence, I started to cook a lot and I picked this recipe because not only it is simple, but it celebrates the humble hero, onions in this case, complemented with fresh prawns and squid.

Weisheng”



STIR-FRY CLAMS

By Destinie

INGREDIENTS:

From Hai Sia Seafood:
500g fresh clams
(cleaned and drained)

2 bulbs minced garlic
3 – 4 stalks Chinese parsley (finely chopped)
2 red chilli (sliced)
1 tablespoon oyster sauce
Pinch of salt
½ cup Chinese cooking wine

These clams are also called 海瓜子.

STIR-FRY CLAMS

SERVES 4

by Destinie

STEPS:

1. Heat pan on medium high with some cooking oil, and sauté minced garlic and chilli till fragrant.
2. Add clams and stir-fry until the shells turn into a shade of orange, and open up.
3. Add oyster sauce and salt, and mix evenly.
4. Add Chinese cooking wine and Chinese parsley and stir-fry slowly.

ENJOY!

NOTES FROM DESTINIE:

Rinse and soak the clams in clean water several times to purge the mud and sand.

Add some salt into the water to quicken this process.

There's no need to add water during the cooking process because the clams will excrete water.

Other clams such as La La and Hua La La (flower clams) can be used for this recipe too.



ABOUT DESTINIE WONG QUALITY ASSURANCE MANAGER

“ I have been working in the food industry for 9 years, and being in this field brings me to different kitchens. My job has ignited my passion in cooking.

I always enjoy homecooked food, and I use my weekends to explore cooking new dishes. The inspiration of this dish came from my visit to a Portuguese restaurant in Macau several years ago.

I was intrigued by how well-balanced the dish was with just Chinese cooking wine, garlic and parsley.

Try this dish, it's really simple to cook!

Destinie”



HAKKA YONG TAU FOO

By Destinie

INGREDIENTS:

YONG TAU FOO FILLING

From Hai Sia Seafood:
500g fresh Spanish Mackerel
(*Batang*) (minced)
30g dried squid

300g minced pork
2 tablespoons soy sauce
1 tablespoon oyster sauce
Pinch of salt
3–4 stalks Chinese parsley springs
(finely chopped)

YONG TAU FOO

6 pieces *tau pok* (half diagonally, slit)
6 pieces bitter melon (cut into 1cm thickness,
de-seed)
3 pieces green chilli (de-seed, slit)
3 pieces red chilli (de-seed, slit)

6 pieces eggplant (cut diagonally into 2cm
thickness, slit)
Brine (set aside) - 1 tablespoon salt and
½ cup of water

GRAVY

2 tablespoons salted soy bean (minced)
4 – 6 cloves minced garlic
1 tablespoon oyster sauce
Corn starch mix (2 tablespoons of starch and
2 tablespoons of water)
2 tablespoons of water
2 cups water
1 stalk spring onion for garnish

HAKKA YONG TAU FOO

SERVES 4-6

by Destinie

STEPS:

[FILLING]

1. Mix all ingredients for the filling together.
The mixing process is best done by hand, and for the flavour to be more pronounced, lift the entire mixture and throw it repeatedly against the mixing pot. This mixing and throwing process is the secret tip for this recipe!
2. Add finely chopped Chinese parsley.
3. Use a spoon to stuff the filling into the various Yong Tau Foo ingredients and smoothen the filling with some brine.

[FRYING]

4. Heat pan on medium high and add cooking oil.
5. Deep fry all Yong Tau Foo ingredients with filling until light brown (2 – 3 minutes) and set aside.
6. Lay cooked Yong Tau Foo ingredients on an oil-absorbent cooking paper.

[GRAVY]

7. Heat pan on medium high with some cooking oil, and sauté minced garlic till fragrant.
8. Add minced salted soy bean and sauté, then add water, oyster sauce and bring to boil.
9. Add cooked Yong Tau Foo ingredients to simmer for 8 – 10 minutes.
10. Add corn starch mix to thicken the gravy and garnish with spring onion.

ENJOY!

NOTES FROM DESTINIE:

When mincing the *Batang* fillet, remember to add some brine along the way to prevent the fish meat from drying.

Continue the mixing process until the entire mixture has a sticky texture to it.

As the bitter melon takes a longer time to cook until it is tender, it should be added into the gravy first and simmer for 2 – 3 minutes before adding in the other Yong Tau Foo ingredients.

The recommended sequence is bitter melon, tau pok, eggplant then chilli.



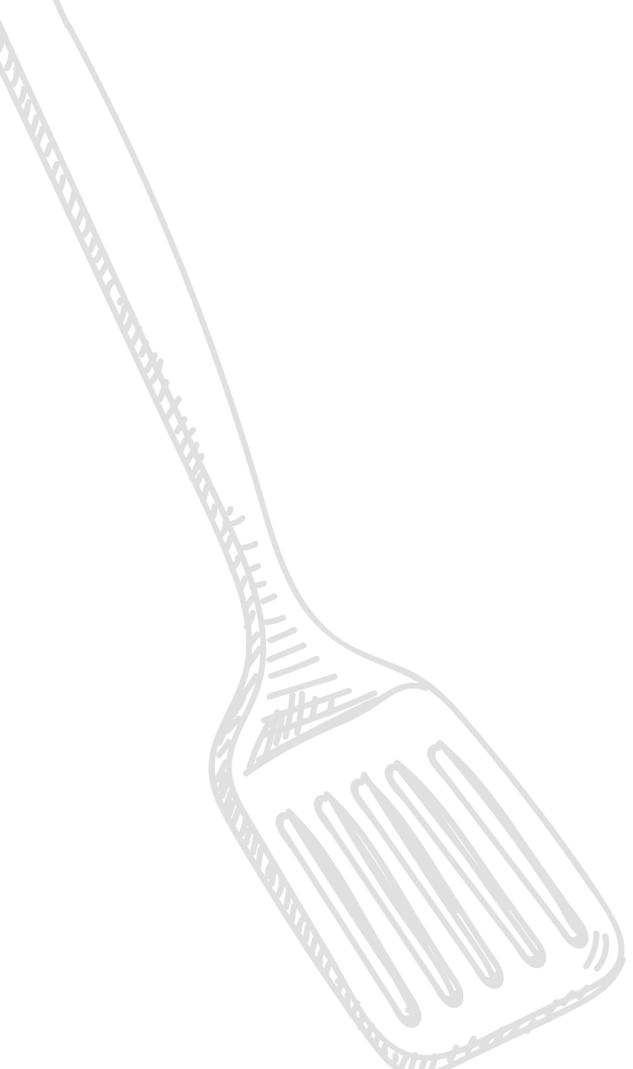
ABOUT DESTINIE WONG QUALITY ASSURANCE MANAGER

I was raised in a Cantonese-Hakka family, and Hakka Yong Tau Foo is an important part of our family heritage.

My aunt will make this dish for important occasions such as Chinese New Year and my grandfather's birthdays. During the preparation process, especially the mixing and 'throwing' part, everyone gathers around a big round table and gets involved. That's my favourite memory.

As a Malaysian living in Singapore, I don't get to see my family as much and making this dish always reminds me of home, my family, my culture and I hope I can share this recipe with more people.

Destinie



OUR FRIENDS

Hai Sia would love to thank all home chefs who contributed to Jia.

These recipes were first compiled in October 2017.

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www.cnpy.design

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www.jothamphotography.com

