

Personal Chef  
*Tyrone Power*  
Catering to villas, yachts, chalets & private homes. 

Travelling Chef Newsletter April 2009



Singapore style curry noodle soup with prawns, crab and dumplings

Hi all

Thanks for joining me this month.

Firstly I need to apologise to those who never received my email about March's newsletter, yes I was away but I did post it on my website. Although rather brief it does contain the usual recipe of the month and it can be found at [http://www.tyronepowerpersonalchef.com/tyrone\\_power\\_newsletters.html](http://www.tyronepowerpersonalchef.com/tyrone_power_newsletters.html)

I will again be at Avery's wine cellars on the 22<sup>nd</sup> of April for another evening of matching food to wine. This month is a mixed bag with the team at Averys offering their cellar recommendations along with some South East Asian delicacies on offer from yours truly! If you wish to make a booking then please call the team at Averys for more information on 0117 921 4146.

For April and May I am offering a special discounted rate to all of my existing clientele for private catering and weeklong chef services. My corporate cookery days are also discounted for the month of April and my flat rate of 7.5% is still on offer for all recruitment services. Please call me for more information on 07920 066 075 or email [tyrone@tyronepower-personalchef.com](mailto:tyrone@tyronepower-personalchef.com)

Some of you may have already looked ahead to the summer and are perhaps considering hiring staff to assist you whilst on your break. I have a great team of Chefs and Hosts/Babysitters available to travel anywhere and at short notice, please don't hesitate to get in touch should you require assistance.

**This month's recipe is of course a little interpretation of a dish that I tried whilst on my travels in Singapore, and although it isn't really featuring the best of seasonal produce here in the UK, I couldn't resist putting it in. This dish works well with a glass of Tokay Pinot Gris or a Riesling from Alsace.**

Cheers

Ty

### Singapore style curry noodle soup with prawns, crab and dumplings

Serves 4

#### Ingredients

8 Asian shallots peeled and cut in half  
3 Sticks of lemongrass, white part finely chopped  
5 Cloves of garlic peeled  
1 Thumb sized piece of ginger roughly chopped  
4 Tbsp of peanut oil  
3 Tbsp of toasted and ground coriander seed  
3 Tbsp of ground cumin  
4 Tbsp of ground turmeric  
2 Tbsp of shrimp paste

1 ½ tins of coconut milk  
200g of crab or white crab meat  
16 Tiger prawns, shelled (keep shells for stock)  
5 cups of water  
4 Tbls of brown sugar  
Salt and Pepper  
16 soup wontons (all good oriental supermarkets will stock them)  
200g of choi sum  
200g fresh egg noodle

#### To Garnish

Chilli  
Spring onion  
Beanshoots  
Fresh coriander leaves

#### Method

- 1) Place your prawn shells and water into a saucepan and bring to the boil, turn down and leave it to simmer for 20 minutes, strain through a sieve and set the stock to one side, discard shells.
- 2) To make the paste for the soup, place your shallots, chopped lemongrass, garlic, ginger, peanut oil, ground coriander, ground cumin, ground turmeric, and shrimp paste into a food processor and blend until a fine paste is formed. Alternatively you can use a pestle and mortar for a finer finish.
- 3) Set yourself up a steamer on the stove and bring to the boil
- 4) Meanwhile place paste into a large saucepan, turn on the heat to high and stir through for a few minutes. Add your coconut milk and stir through followed by your prawn stock, bring this to a simmer, add your prawns, dumplings, sugar and crab meat and cook for a further 5-6 minutes.
- 5) In your steamer drop your noodles into the water and in the steamer compartment place your choi sum, both should cook evenly and be ready about the same time, approximately 2 minutes.
- 6) Strain the water from the noodles and place them in preheated bowls followed by your choi sum. Top with the soup mixture and garnish.

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