

**EAT WELL  
FOR LESS**



**CHOOSE  
FROZEN  
MEAT**



# Frozen Meat COOKBOOK

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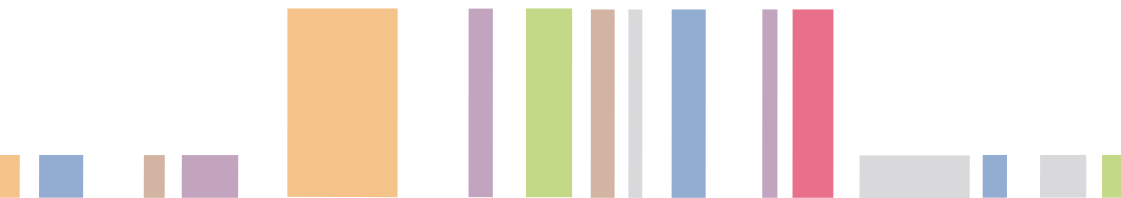
# Know Your Frozen Meat

Stretch your grocery dollar by choosing frozen meat and save at least 15 to 20%. Some frozen meat cuts can even be 50% cheaper than chilled meat.

Frozen meat comes from fresh meat in peak condition that has been rapidly frozen at temperatures below  $-30^{\circ}\text{C}$ . Freezing keeps meat at its freshest. Stored properly, frozen meat can retain its wholesome quality for six months to a year.



Enjoy these frozen meat recipes by Violet Oon.



# Rendang Beef

Serves: 4  
Preparation Time: 25 minutes  
Cooking Time: 2½ to 3 hours



## Ingredients

500g frozen beef shin  
2 cups thick coconut cream or freshly squeezed coconut cream from 1 coconut\*  
½ tsp salt  
1 stalk lemongrass, smashed open in a pestle & mortar  
3 kaffir lime leaves (daun limau purut)  
1 turmeric leaf (daun kunyit – optional)

## Spice Mixture

5 candlenuts, washed and drained  
3 fresh red chillies, sliced roughly  
5 dried chillies, washed and soaked in hot water for 1 hour to soften  
1 tsp shrimp paste (belacan)  
150g shallots, peeled, sliced roughly  
1 tbsp coriander powder\*\*

Note: tbsp = tablespoon; tsp = teaspoon

## Method

1. Defrost the beef in the chiller for 8 hours. Cut meat into 1 cm slices.
2. Make the spice mixture:  
Pound the candlenuts till semi-fine, add fresh chillies and dried chillies and pound for 3 to 4 minutes. Add shrimp paste and shallots, and pound till the mixture is very fine. Add coriander powder.
3. Alternatively you can grind the ingredients in a food processor till you get a smooth paste.
4. Mix all ingredients in a saucepan and bring to boil. Simmer for 2½ to 3 hours till the liquid is reduced and the gravy is thick, and oil has exuded from the coconut milk and the meat is tender.
5. Remove the lemongrass and kaffir lime leaves.

\* Add 2 cups water to the grated coconut and squeeze for milk – discard the pulp

\*\* Coriander Powder: Dry fry coriander seeds in a frying pan till fragrant. Grind in a coffee grinder and sieve. Use the fine powder and discard the rest.



# Steamed Pork Ribs with Black Bean Sauce

Serves: 4 to 6

Preparation Time: 20 minutes

Cooking Time: 15 minutes

## Seasoning

2 tbsp tapioca flour  
2 tsp fine sugar  
1 tbsp light soya sauce  
A dash white pepper powder  
1 tsp sesame oil  
1 tsp vegetable oil

## Ingredients

500g frozen prime pork ribs or pork belly  
1 tbsp Chinese salted black soya beans  
1 red chilli, seeded and finely diced  
1 red chilli padi, finely sliced  
3 cloves garlic, peeled and finely minced



## Method

1. Defrost the pork ribs – chop the ribs into 3 cm lengths.
2. Wash, pat dry with paper towels and mix with the tapioca flour.
3. Wash the Chinese salted black soya beans in tap water and drain off the water. This will remove excess saltiness.
4. Mix the black soya beans with chillies, garlic, sugar, light soya sauce and pepper. Mix with the pork ribs and tapioca flour and then add sesame oil. Marinate for 4 to 5 hours or overnight in the fridge, or you can cook it at once.
5. Add the vegetable oil and stir well. Put the pork ribs and marinade into a deep platter in 1 layer and steam over high heat for 15 minutes. The pork ribs can be served at once, or left to steam over low heat for 20 minutes more for the meat to get very tender. Serve.

# Hainanese Mutton Stew

Serves: 4

Preparation Time: 30 minutes

Cooking Time: 3 hours

## Ingredients

600g	frozen lean mutton ribs, chopped into thumb lengths
4 large	black fungus (wan yee), soaked till soft, remove tough part and cut into pieces
1 cup	vegetable oil
100g	dried bean curd skin (fu chok)
200g	carrots, peeled and cut into wedges
5 cloves	garlic, chopped or pounded till semi fine
5	shallots, chopped or pounded till semi fine
1	star anise
1 finger length	cinnamon stick
5	cloves
1½ tbsp	light soya sauce
½ tsp	salt (optional)
1 tsp	sugar
2 cups	water

## Meat Marinade

30g	white soya bean cheese (fu yee)
30g	ginger, pounded till fine and squeezed for juice
2½ tbsp	Chinese yellow wine (hua teow jiu)
½ tsp	fine salt
1 to 2 tsp	sugar
A dash of	white pepper powder
1½ tsp	sesame oil

## Garnish

2 plants	spring onions, cut into 1 cm lengths
2 plants	Chinese celery, cut into 1 cm lengths



## Method

1. The butcher can chop the frozen mutton for you into small pieces. Defrost the mutton in the fridge compartment for 8 hours. Remove from fridge, wash well. Mash the soya bean cheese with the ginger juice, Chinese yellow wine, salt, sugar and pepper. Mix with the mutton, add the sesame oil and mix well. Marinate for between 1 hour to 8 hours in the fridge.
2. Lightly wash bean curd skin, quickly drain and cut into finger lengths. Leave to dry for a few hours, heat oil in a wok and fry the bean curd skin in the hot oil till it puffs up – drain on paper towels.
3. Pour off the oil, leaving 2 tablespoons in the wok, heat it up and add garlic and shallots and stir fry 2 minutes till fragrant on high heat.
4. Drain the meat from the marinade, add to the wok and stir fry for 5 minutes with the star anise, cinnamon and cloves. Add light soya sauce, salt, sugar, water and marinade and simmer for 1½ to 2 hours, add the bean curd skin and black fungus and simmer for 20 minutes till meat is tender and then add carrots on top and steam carrots for 15 minutes till soft. Stir well, put on a serving bowl, garnish and serve.

# Mutton and Potato Curry



Serves: 4 to 6

Preparation Time: 30 minutes

Cooking Time: 1½ to 2½ hours depending on the cut of the meat



## Ingredients

500g	frozen mutton cubes, defrosted in the fridge for 8 hours
600g	potatoes
300g	onions, peeled
10 cloves	garlic, peeled
30g	ginger, peeled
5 tbsp	meat curry powder
½ tsp	salt
3 cm	cinnamon stick
5	cloves
2	cardamom pods
2 cups	water
4 tbsp	vegetable oil

## Method

1. Wash mutton and keep aside. Peel potatoes and cut into large wedges.
2. Slice onions, and slice half of the garlic. Pound the remaining garlic with the ginger. Marinate the meat with the pounded mixture and add half of the meat curry powder and the salt. Marinate for 2 to 3 hours.
3. Mix the remaining curry powder with about 4 tablespoons of water.
4. Wash the cinnamon, cloves and cardamom. Heat a wok and add the oil and when it is hot, add the sliced onions and garlic and the cinnamon, cloves and cardamom and stir fry for 4 to 5 minutes till the mixture is fragrant and the onions limp and lightly golden.
5. Add the curry paste, stir fry for 2 minutes, then add the meat and marinade and stir fry for 4 to 5 minutes till the meat changes colour.
6. Add the water and simmer on low heat for about 1 to 2 hours till the meat is semi-tender. Add the potatoes, and simmer for about 25 minutes till the potatoes are cooked. Taste and add more salt if needed.

# Ayam Masak Merah — Red Chicken Curry

Serves: 4 to 5  
Preparation Time: 30 minutes  
Cooking Time: 40 minutes



## Ingredients

- 500g frozen chicken drumsticks and thighs, defrosted in the fridge for 8 hours
- 1½ cups water
- 10 shallots, peeled
- 10 cloves garlic, peeled
- 2 cm slice ginger, peeled
- 3 tbsp vegetable oil
- 2 cm cinnamon stick
- 5 cloves
- 200g fresh tomatoes, cut into wedges
- 400 ml tomato puree
- 2 tbsp tomato paste
- ½ to 1 cup evaporated milk
- ½ tsp salt
- 1 tsp sugar

## Spice Paste

- 5 cloves garlic, peeled
- 5 shallots, peeled
- 3 cm slice ginger, peeled
- 5 almonds, blanched
- 3 to 3½ tbsp curry powder
- 4 tbsp water



## Method

1. For the spice paste, pound or grind the garlic, shallots, ginger and almonds till fine. Mix the curry powder with the water and add to the mixture.
2. Wash the chicken and pat dry and put into a small saucepan and cover with the water. Slice the shallots, garlic and cut the ginger into julienne and add to the chicken mixture and bring to the boil. Lower the heat and simmer for 10 minutes till the chicken is nearly cooked.
3. In the meantime, heat the oil in a wok and when it is hot, add the cinnamon stick and cloves and stir fry for 1 minute before adding the spice paste and sauté on medium heat for about 3 to 4 minutes till the spices are cooked.
4. Stir fry the tomato wedges for 1 minute, add the tomato paste and sauté briefly before adding to the saucepan with the chicken mixture and add the tomato puree.
5. Bring to the boil and cook for 10 minutes on medium high heat till the chicken is tender and the tomatoes are mashed up. Add the milk, salt and sugar and simmer till mixture comes to the boil and simmer for a few minutes more till the gravy is thickened.



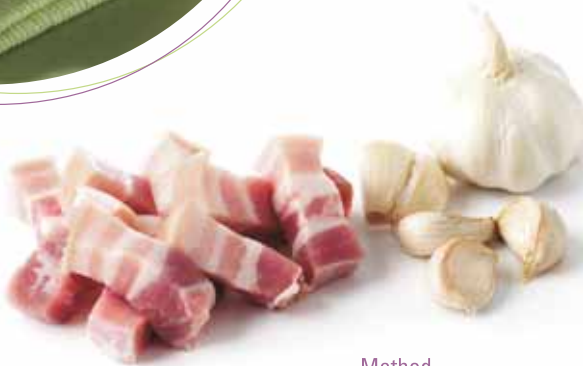


# Tau Yew Bak — Stewed Pork in Dark Soya Sauce

Serves: 4 to 6

Preparation Time: 10 minutes

Cooking Time: 1 to 1½ hours



## Ingredients

500g	frozen cubed pork belly, defrosted in the fridge for 8 hours
20 cloves	garlic, peeled
2 to 2½ tbsp	sugar
3 to 4 tbsp	standard dark soya sauce
2½ cups	water
½ tsp	salt (optional)

## Method

1. Wash and pat the pork dry with paper towels.
2. Smash garlic cloves open with the back of a cleaver, still leaving them whole.
3. Put wok on medium heat and add the sugar. It will melt in about 1 minute and keep on stir frying till the melted sugar is golden brown.
4. Add the dark soya sauce, water, garlic and pork. The sugar will harden and you need to scrap the bottom of the wok to remove the hard sugar from the pan so that it will melt in the gravy.
5. Turn to high heat and when it boils, turn to medium heat and simmer for 1 to 1½ hours till the gravy is thick and the pork is tender. If the water evaporates too quickly, add a little boiling water.





# Double Boiled Skinless Fatless Chicken Soup

Serves: 4 to 6

Preparation Time: 20 minutes

Cooking Time: 2 hours



## Ingredients

- 1 whole frozen chicken (about 1.3 kg), defrosted for 8 hours in the fridge
- 10 dried Chinese mushrooms, soaked till soft in 2 cups water
- 1 yellow cucumber (650g)
- 6 to 8 dried Chinese dates, soaked till soft
- 1 tsp Chinese yellow wine (hua teow jiu)
- 3 dried scallops, soaked in 1 cup water for 2 hours
- 20g sliced ginseng (optional)



## Method

1. Wash and clean the chicken and cut off all the skin and fat. If you weigh the skin and fat you will realise how much fat there is in each chicken – about 20% of the chicken. Dry the chicken thoroughly inside and outside with paper towels.
2. Leave mushrooms whole. Wash old yellow cucumber and cut into large wedges and do not remove the skin.
3. Put the whole mushrooms, Chinese dates, scallops and the mushroom water and the scallop water with the chicken in the top layer of a double boiler. Or use a claypot or a large covered bowl.
4. Double boil the soup over medium heat for about 2 hours or till the chicken is tender. If you are using a covered bowl or claypot, put it on a metal stand in a large steamer filled with enough water to reach about 2 cm up the bowl.
5. You will find that the chicken will exude oil. Remove the oil by skimming it from the top with a spoon or by running a piece of paper towel across the top of the soup. The oil will cling to the paper towel.





# Stir Fried Fillet of Pork with Ginger and Spring Onions

Serves: 4 to 6

Preparation Time: 10 minutes

Cooking Time: 5 to 6 minutes



## Ingredients

500g	frozen fillet of pork or shoulder of pork
50g	spring onions, cut into finger lengths
15 slices	young ginger
3 tbsp	vegetable oil
3 tbsp	water (optional)

## Seasoning

½ tsp	fine salt
1 tsp	fine sugar
1 tbsp	light soya sauce
A dash	white pepper powder
1	egg white (optional)
1 tsp	sesame oil
2 tbsp	tapioca flour or cornflour

## Method

1. Defrost the pork fillet in the fridge for 4 hours till still hard but soft enough to cut. Remove from fridge, slice pork into thin slices and put into a plastic bag and put back into the fridge to continue defrosting. If the pork is still semi-frozen when you put it back, you can keep it in the fridge for 1 to 2 days.
2. Remove pork from the fridge, wash, pat dry with paper towels and mix with the salt, sugar, light soya sauce, pepper, egg white and sesame oil. Finally mix it well with the tapioca flour and marinate for about 10 to 15 minutes.
3. Put a wok on high heat, add oil, stir well to spread oil and when it is very hot, add the ginger and stir fry till fragrant. Takes about 2 minutes.
4. Add the pork slices and stir fry quickly for 2 minutes till the colour changes, add the spring onions and, if you would like to have a little gravy, add the water, stir to mix and turn off heat. Serve at once.

# Stir Fried Beef with Oyster Sauce and Peppers

Serves: 4  
Preparation Time: 20 minutes  
Cooking Time: 4 minutes



## Ingredients

- 300g frozen fillet of beef, defrosted for 8 hours in the fridge
- 2 cloves garlic, finely chopped
- 1 green capsicum, core removed and cut into strips
- 1 yellow capsicum, core removed and cut into strips
- 1 red capsicum, core removed and cut into strips
- 3 tbsp vegetable oil

## Marinade for Beef

- 1 tbsp oyster sauce
- 1 tsp Chinese yellow wine (hua teow jiu) – optional
- ½ tsp salt
- 2 tsp cornflour
- ½ tsp sesame oil

## Sauce

- 1 tsp light soya sauce
- ½ tsp sugar
- 2 tbsp water



## Method

1. Cut the beef into finger length strips. It is easier to cut the beef while it is still semi-frozen. Mix all the marinade ingredients together except for the sesame oil. Mix with the beef, then add sesame oil and mix. You add the oil last so that the oil will not prevent the other marinade ingredients from penetrating into the meat. Keep aside for a few minutes.
2. Mix sauce ingredients together and set aside.
3. Put a wok on high heat and when it is hot, add 2 tablespoons oil and when it is hot, add the garlic, stir fry briefly before adding the 3 types of capsicums. Stir fry for 1 minute.
4. Push the capsicum to one side of the wok, add the remaining oil and when it is hot, add the beef and stir fry quickly for about 1 minute, add the sauce mixture, mix well and when the sauce boils, stir in the vegetables for a few seconds. Turn off the heat and serve at once.





# Daging Masak Kicap — Beef in Soya Sauce

Serves: 4 to 6

Preparation Time: 20 minutes

Cooking Time: 1 to 4 hours depending on the cut of the beef



## Ingredients

500g	frozen beef (sirloin or shin or stewing beef), defrosted for 8 hours in the fridge
2	carrots, peeled (optional)
300g	large onions, peeled
10 cloves	garlic, peeled
50g	ginger, peeled
3 cm	cinnamon stick
1	star anise
2	cardamoms
3 tbsp	corn oil
½ cup	sweet dark soya sauce (kicap manis)
2 cups	water
1 tbsp	white vinegar
½ tsp	fine salt

## Marinade for beef:

1 tbsp	tamarind pulp, mixed with 2 tablespoons water
2 tbsp	curry powder
⅛ tsp	white pepper powder
1 tbsp	tomato puree

## Method

1. Cut the beef into bite-sized pieces, wash and drain well. Cut carrots into wedges.
2. Prepare the marinade: mash the tamarind pulp into the water, strain and keep the juice and mix with the beef, curry powder, pepper, and tomato puree and let it stand for 30 minutes. Slice the onions and garlic and pound the ginger till fine. Wash the cinnamon stick, star anise and cardamom.
3. Heat the oil in a wok or saucepan and add the cinnamon stick, star anise and cardamom and stir fry for 2 minutes till fragrant. Add the onions, garlic and ginger and stir fry for 6 to 8 minutes till the onions are limp and lightly browned.
4. Add the marinated beef, kicap manis and 1½ cups water along with the vinegar and salt. Boil on high heat, turn heat down to low and simmer for 1 hour or till the beef is tender. Sirloin will take 1 hour while shin beef will take about 3 to 4 hours to get tender. Add more water if needed. 20 minutes before the end of cooking time, add the carrots, simmer till cooked and the sauce is thick. Serve.

# Daging Kambing Goreng — Fried Mutton Chops

Serves: 4 to 6

Preparation Time: 30 minutes

Cooking Time: 1 to 2 hours depending on the cut of the mutton

## Ingredients

500g	frozen mutton or lamb chops, defrosted in the fridge for 8 hours
1 tbsp	coriander seeds or coriander powder
1 tbsp	cumin seeds or cumin powder
30g	ginger, peeled
6 cloves	garlic, peeled
500 ml	coconut milk
2 cups	water
1 tbsp	tamarind pulp mixed with 3 tbsp water and kneaded well to extract the juice
½ tsp	salt
½ tsp	sugar
2 tbsp	vegetable oil



## Method

1. Wash the mutton chops, drain well. Pound the coriander seeds, cumin seeds, ginger and garlic till fine and place in a saucepan with the coconut milk, mutton chops and water. Bring to boil.
2. In the meantime, squeeze out the tamarind juice and discard the pulp and add the juice to the mutton mixture with the salt and sugar. Boil again and reduce heat and simmer for about 1½ hours till the meat is tender.
3. Remove mutton and drain well. Heat the oil and when it is hot, fry the chops for 3 minutes on each side till browned. Serve with the thick sauce.

# Chicken with Garlic and Mushrooms

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

## Seasoning

1½ tbsp oyster sauce

1½ tsp thick dark soya sauce

1 tsp sesame oil

## Ingredients

500g	frozen chicken parts, defrosted and chopped into bite sized pieces
2 tbsp	vegetable oil
15 cloves	garlic, peeled and lightly smashed
10 slices	middle aged ginger
½ – ¾ cup	water or chicken stock
5	fresh button mushrooms, stalks removed
1	large Portobello mushroom, stalk removed, cap cut into thick slices
5	fresh shitake mushrooms, stalks removed
1 packet	Enoki mushrooms, trimmed

## Method

1. Wash chicken and drain.
2. Heat oil in a wok over high heat, add garlic and ginger and stir fry for 3 minutes till lightly browned.
3. Add the chicken and stir fry over high heat for 4 to 5 minutes till browned, then add the seasoning ingredients and water, and boil over high heat for 5 to 6 minutes till the gravy is reduced and a little thick.
4. Put the mushrooms on top and stir in gently before covering the wok. Let the mushrooms steam for 2 to 3 minutes till cooked. Serve.





## Quick Facts

- Freezing maintains meat's condition at its freshest.
- It stops bacteria growth and chemical changes that cause deterioration of the meat.
- When properly handled, frozen meat tastes just as good as chilled meat.
- With frozen meat, you can enjoy quality meat at affordable prices.





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