

FORCE 2L FOOD PROCESSOR



35 Delicious Easy-Prep Recipes

Welcome

to Strongcore's FORCE Food Processor Recipes

Congratulations on your new
FORCE Food Processor!

We're excited to help you get started with 35 Delicious Easy-Prep Recipes designed for effortless preparation and everyday cooking. From chopping and slicing to mixing and blending, FORCE helps you spend less time prepping and more time enjoying your meals.

With powerful performance and intuitive controls, you can prepare fresh ingredients, sauces, dips, and complete meal components in minutes. Ideal for busy weekdays or weekend meal prep.

Thank you for choosing Strongcore.
Here's to faster preparation, simpler cooking, and more flavourful meals.

Happy cooking,
— **The Strongcore Team**



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PASTES, SPICE BLENDS & SAUCES



LAKSA PASTE



Preparation Time
15 Minutes



Cooking Time
5 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 45 kcal
Carbohydrates 6g
Fats 2g
Protein 1g

Ingredients

- 8-10 Dried Red Chilies, Soaked And Drained
- 3 Stalks Lemongrass, White Part Only
- 3 Cm Galangal, Sliced
- 3 Cm Turmeric Root (Or 1 Tsp / 2.8g Turmeric Powder)
- 1 Tbsp Shrimp Paste (Belacan)
- 6 Candlenuts (Or Macadamia Nuts)
- 6 Shallots, Peeled
- 4 Cloves Garlic
- 2 Tbsp Vegetable Oil (About 28ml)
- 1 Tsp Salt (About 6g)

Directions

1. Soak dried chilies in hot water for 15 minutes until softened, then drain.
2. Roughly chop the lemongrass, galangal, and turmeric root into smaller pieces.
3. Place soaked chilies, lemongrass, galangal, turmeric, shrimp paste, candlenuts, shallots, and garlic into the FORCE Food Processor bowl.
4. Process on high speed for 2-3 minutes, scraping down the sides as needed, until a smooth, fine paste is formed.
5. Heat vegetable oil in a wok over medium heat. Add the blended paste and stir-fry for 3-5 minutes until fragrant and the oil separates.
6. Season with salt. Use immediately in laksa soup, or cool and store in an airtight jar in the refrigerator for up to 2 weeks.

RENDANG SPICE PASTE



Preparation Time
15 Minutes



Cooking Time
8 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 55 kcal
Carbohydrates 8g
Fats 2g
Protein 2g

Ingredients

- 10-15 Dried Red Chilies, Soaked And Drained
- 3 Stalks Lemongrass, White Part Only
- 4 Cm Galangal
- 2 Cm Fresh Ginger
- 1 Tsp Turmeric Powder (About 2.8g)
- 8 Shallots, Peeled
- 5 Cloves Garlic
- 1 Tbsp Coriander Seeds, Toasted (About 5g)
- 1 Tsp Cumin Seeds, Toasted (About 2.5g)

Directions

1. Soak dried chilies in hot water for 15 minutes, then drain and set aside.
2. Toast coriander and cumin seeds in a dry pan over low heat for 1-2 minutes until fragrant. Let cool.
3. Cut lemongrass, galangal, and ginger into small pieces for easier blending.
4. Add all ingredients into the FORCE Food Processor bowl. Process on high speed for 2-3 minutes until a smooth, thick paste forms, scraping down the sides occasionally.
5. Heat 3 tablespoons of oil in a heavy pot and stir-fry the paste for 6-8 minutes until the oil separates and paste darkens.
6. Use immediately with beef or chicken for a classic Rendang, or refrigerate in an airtight container for up to 1 week.





THAI GREEN CURRY PASTE



Preparation Time
15 Minutes



Cooking Time
0 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 40 kcal
Carbohydrates 7g
Fats 1g
Protein 1g

Ingredients

- 10-15 Fresh Green Chilies
- 3 Stalks Lemongrass, White Part Only
- 4 Cm Galangal
- 3 Kaffir Lime Leaves
- 1 Bunch Fresh Coriander Roots (About 6-8 Roots)
- 1 Handful Fresh Thai Basil Leaves
- 6 Cloves Garlic
- 6 Shallots, Peeled
- 1 Tsp Ground Coriander (About 2.5g)
- 1 Tsp Ground Cumin (About 2.5g)
- 1 Tsp Shrimp Paste (About 5g)
- Zest Of 1 Lime
- 1 Tsp Salt (About 6g)

Directions

1. Trim the roots off the coriander stalks and wash thoroughly. Slice lemongrass and galangal into small pieces. Remove the central vein from the kaffir lime leaves and roughly tear them.
2. Place green chilies, lemongrass, galangal, kaffir lime leaves, coriander roots, Thai basil, garlic, and shallots into the FORCE Food Processor bowl.
3. Process on high speed for 2 minutes, scraping down the sides as needed, until roughly blended.
4. Add shrimp paste, ground coriander, ground cumin, lime zest, and salt. Continue processing for another 2 minutes until a fine, vibrant green paste forms.
5. For a thinner paste, add 1-2 tablespoons of water and process again briefly.
6. Use immediately in Thai green curry with coconut milk, chicken, or vegetables. Store in an airtight container in the refrigerator for up to 1 week, or freeze for up to 3 months.

THAI RED CURRY PASTE



Preparation Time
20 Minutes



Cooking Time
5 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 45 kcal
Carbohydrates 8g
Fats 1g
Protein 1g



Ingredients

- 10-15 Dried Red Chilies, Soaked And Drained
- 3-4 Fresh Red Chilies
- 3 Stalks Lemongrass, White Part Only
- 3 Cm Galangal
- 4 Kaffir Lime Leaves
- 6 Shallots, Peeled
- 6 Cloves Garlic
- 1 Tsp Shrimp Paste (About 5g)
- 1 Tsp Ground Coriander (About 2.5g)
- 1/2 Tsp Ground Cumin (About 1.2g)
- 1/2 Tsp White Pepper (About 1.2g)
- 1/2 Tsp Paprika (For Depth Of Color)
- 1 Tsp Salt (About 6g)

Directions

1. Soak dried chilies in warm water for 20 minutes until fully softened. Drain, remove seeds for a milder paste, and set aside.
2. Dry-toast the soaked dried chilies in a pan over low heat for 1-2 minutes until slightly fragrant. This deepens the smoky flavor of the paste.
3. Slice lemongrass (white part only) and galangal into thin pieces. Remove veins from kaffir lime leaves.
4. Add soaked dried chilies, fresh red chilies, lemongrass, galangal, kaffir lime leaves, shallots, and garlic into the FORCE Food Processor. Process on high speed for 2 minutes until roughly broken down.
5. Add shrimp paste, ground coriander, cumin, white pepper, paprika, and salt. Process for another 2-3 minutes, stopping to scrape down the sides every minute, until a deep red, smooth paste forms.
6. Add 1-2 tablespoons of water if needed to achieve a smoother consistency.
7. Transfer to a sterilized jar. Use immediately with coconut milk for Thai red curry, or store refrigerated for up to 1 week or frozen for 3 months.

HOMEMADE SAMBAL OELEK



Preparation Time
10 Minutes



Cooking Time
10 Minutes



Servings
8-10 Persons



Nutritional Value
Calories 25 kcal
Carbohydrates 4g
Fats 1g
Protein 1g

Ingredients

- 250g Fresh Red Chilies
- 6 Bird's Eye Chilies (Optional, For Extra Heat)
- 6 Cloves Garlic
- 4 Shallots, Peeled
- 2 Tbsp Vegetable Oil (About 28ml)
- 2 Tsp Salt (About 12g)
- 1 Tsp Sugar (About 4g)
- 2 Tbsp Lime Juice (About 30ml)

Directions

1. Wash and roughly chop the chilies, removing stems. Peel garlic and shallots.
2. Place chilies, garlic, and shallots into the FORCE Food Processor bowl. Process on medium speed for 1-2 minutes until coarsely blended — a slightly chunky texture is ideal, so do not over-process.
3. Heat vegetable oil in a pan over medium heat. Add the blended chili mixture and stir-fry for 5-8 minutes until it turns darker and becomes fragrant.
4. Add salt, sugar, and lime juice. Stir well and cook for another 2 minutes.
5. Remove from heat and let cool. Transfer to a sterilized jar.
6. Store in the refrigerator for up to 2 weeks. Serve as a condiment with rice, noodles, or grilled meats.



HOME-MADE SATAY PEANUT SAUCE



Preparation Time
10 Minutes



Cooking Time
10 Minutes



Servings
4 Persons



Nutritional Value
Calories 285 kcal
Carbohydrates 14g
Fats 22g
Protein 9g

Ingredients

- 1 Cup (150g) Roasted Peanuts
- 4 Pieces (80g) Shallots, Peeled and Halved
- 3 Cloves (12g) Garlic, Peeled
- 3 Pieces Dried Chillies, Soaked in Warm Water and Deseeded
- 1 Stalk (20g) Lemongrass, White Part Only, Thinly Sliced
- 1/2 Cup (120ml) Coconut Milk
- 1/4 Cup (60ml) Water
- 1 Tablespoon (15g) Tamarind Paste
- 1 Tablespoon (12g) Palm Sugar or Brown Sugar
- 1/2 Teaspoon (3g) Salt
- 1 Tablespoon (14ml) Cooking Oil

Directions

1. Fit the chopping blade into the Strongcore FORCE Food Processor bowl.
2. Add the shallots, garlic, soaked dried chillies, and lemongrass. Secure the lid, place the motor unit on top, and pulse 10 to 12 times until a coarse paste forms. Scrape down the sides as needed.
3. Heat the cooking oil in a small saucepan over medium heat. Transfer the paste into the pan and fry for 3 to 4 minutes, stirring frequently, until fragrant and slightly darkened in colour.
4. Add the roasted peanuts directly to the FORCE bowl and pulse 6 to 8 times until roughly chopped. You want some texture here, not a fine powder.
5. Pour the coconut milk and water into the saucepan. Stir to combine with the cooked paste.
6. Add the chopped peanuts, tamarind paste, sugar, and salt. Stir well and simmer over low heat for 5 to 6 minutes, until the sauce thickens to a pourable consistency. Add a splash more water if you prefer it thinner.
7. Taste and adjust. Add more sugar for sweetness, more tamarind for tang, or a pinch more salt to round it out.
8. Serve warm alongside chicken skewers, grilled meats, as a salad dressing for an instant flavour upgrade, tossed through noodles for a quick satay noodle bowl, or spooned over rice bowls when you want something rich and satisfying.

HAINANESE GINGER GARLIC PASTE



Preparation Time

10 Minutes



Cooking Time

0 Minutes



Servings

6-8 Persons



Nutritional Value

Calories 30 kcal
Carbohydrates 4g
Fats 1g
Protein 1g

Ingredients

- 100g Fresh Ginger, Peeled And Roughly Sliced
- 8 Cloves Garlic
- 1 Tsp Sesame Oil (About 4.5ml)
- 1/2 Tsp Salt (About 3g)
- 1-2 Tbsp Chicken Stock Or Water (For Blending)

Directions

1. Peel and roughly slice the ginger. Peel the garlic cloves.
2. Place ginger and garlic into the FORCE Food Processor bowl. Add chicken stock or water.
3. Process on high speed for 1-2 minutes until a very smooth, fine paste forms, scraping down the sides as needed.
4. Add sesame oil and salt. Process for another 10 seconds to combine thoroughly.
5. Transfer to a small bowl or ramekin. The paste should be smooth, bright, and very fragrant.
6. Traditionally served as a dipping condiment alongside Hainanese Chicken Rice. It can also be used to marinate chicken or fish. Store refrigerated in an airtight container for up to 1 week.

TOM YUM PASTE



Preparation Time
15 Minutes



Cooking Time
5 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 35 kcal
Carbohydrates 6g
Fats 1g
Protein 1g



Ingredients

- 4 Stalks Lemongrass, White Part Only
- 3 Cm Galangal
- 6-8 Kaffir Lime Leaves
- 6-8 Bird's Eye Chilies (Adjust To Taste)
- 4 Cloves Garlic
- 4 Shallots, Peeled
- 1 Tbsp Fish Sauce (About 15ml)
- 1 Tsp Shrimp Paste (About 5g)
- 2 Tsp Palm Sugar Or Brown Sugar (About 8.5g)
- 2 Tbsp Vegetable Oil (About 28ml)

Directions

1. Slice lemongrass (white part only) and galangal into small pieces for easier blending.
2. Place lemongrass, galangal, kaffir lime leaves, chilies, garlic, and shallots into the FORCE Food Processor bowl.
3. Process on high speed for 2-3 minutes until a fine paste forms. Scrape down the sides of the bowl as needed.
4. Add fish sauce and shrimp paste. Process for another 30 seconds to combine.
5. Heat vegetable oil in a small pan over medium heat. Add the blended paste and stir-fry for 3-5 minutes until fragrant and darker in color.
6. Add palm sugar and stir to dissolve. Remove from heat and allow to cool.
7. Store in an airtight container in the refrigerator for up to 2 weeks. Use 2-3 tablespoons per pot of Tom Yum soup.

KOREAN BULGOGI MARINADE PASTE



Preparation Time
10 Minutes



Cooking Time
0 Minutes



Servings
4-6 Persons



Nutritional Value
Calories 80 kcal
Carbohydrates 12g
Fats 2g
Protein 2g

Ingredients

- 1/2 Asian Pear (Or 1 Kiwi), Peeled And Cubed
- 6 Cloves Garlic
- 2 Cm Ginger, Peeled
- 4 Tbsp Soy Sauce (About 60ml)
- 2 Tbsp Sesame Oil (About 28ml)
- 2 Tbsp Brown Sugar Or Honey (About 25g)
- 1 Tbsp Rice Wine Or Mirin (About 15ml)
- 1 Tbsp Gochujang Korean Chili Paste, Optional (About 18g)
- 1/2 Tsp Black Pepper (About 1.2g)
- 3 Spring Onions, Roughly Chopped

Directions

1. Place Asian pear (or kiwi), garlic, and ginger into the FORCE Food Processor bowl.
2. Process on high speed for 1 minute until a smooth liquid paste forms.
3. Add soy sauce, sesame oil, brown sugar, rice wine, gochujang (if using), and black pepper. Process for 30 seconds until all ingredients are well combined.
4. Transfer to a bowl and stir in the chopped spring onions.
5. Use this marinade for 500-600g of thinly sliced beef (ribeye or sirloin). Marinate for at least 30 minutes, or overnight in the refrigerator for deeper flavor.
6. Cook the marinated beef in a hot pan or grill for 1-2 minutes per side until beautifully caramelized.
7. Serve over steamed rice with Korean side dishes (banchan) such as kimchi and pickled vegetables.



DIPS & SPREADS



CLASSIC BASIL PESTO



Preparation Time
10 Minutes



Cooking Time
0 Minutes



Servings
4-6 Persons



Nutritional Value
Calories 180 kcal
Carbohydrates 3g
Fats 18g
Protein 4g

Ingredients

- 2 Cups (60g) Fresh Basil Leaves, Packed
- 1/3 Cup (50g) Pine Nuts (Or Cashews Or Walnuts)
- 2 Cloves Garlic
- 1/2 Cup (50g) Freshly Grated Parmesan Cheese
- 1/2 Cup (120ml) Extra Virgin Olive Oil
- 1/2 Tsp Salt (About 3g)
- 1/4 Tsp Black Pepper (About 0.6g)
- 1 Tbsp Lemon Juice (About 15ml)

Directions

1. Toast pine nuts in a dry pan over low heat for 2-3 minutes until lightly golden. Let cool completely.
2. Wash and dry basil leaves thoroughly.
3. Add garlic and toasted pine nuts to the FORCE Food Processor bowl. Process on medium speed for 20-30 seconds until finely chopped.
4. Add basil leaves and process again for 30 seconds until combined. Scrape down the sides.
5. With the processor running, slowly drizzle in the olive oil through the feeding tube. Process until smooth and well combined.
6. Add Parmesan cheese, salt, pepper, and lemon juice. Pulse 3-4 times to combine.
7. Taste and adjust seasoning. Serve immediately with pasta, or store in an airtight container with a thin layer of olive oil on top in the refrigerator for up to 5 days.

CREAMY HUMMUS



Preparation Time
10 Minutes



Cooking Time
0 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 170 kcal
Carbohydrates 20g
Fats 8g
Protein 6g

Ingredients

- 2 Cans (400g Each)
Chickpeas, Drained And Rinsed
- 1/3 Cup (80ml) Tahini
- 3 Tbsp Fresh Lemon Juice
(About 45ml)
- 2 Cloves Garlic
- 3 Tbsp Extra Virgin Olive Oil,
Plus Extra For Serving (About 45ml)
- 1/2 Tsp Ground Cumin (About 1.2g)
- 1/2 Tsp Salt (About 3g)
- 2-4 Tbsp Ice-Cold Water
- Paprika And Fresh Parsley For Garnish

Directions

1. Drain and rinse the chickpeas. For extra creamy hummus, peel the skins off the chickpeas (optional but recommended).
2. Add the chickpeas, tahini, lemon juice, garlic, olive oil, cumin, and salt to the FORCE Food Processor bowl.
3. Process on high speed for 1 minute. Scrape down the sides of the bowl.
4. With the processor running, slowly add ice-cold water, tablespoon by tablespoon, until you reach a smooth, creamy consistency. Process for another 2-3 minutes until very smooth.
5. Taste and adjust seasoning — add more lemon juice for tartness or salt as needed.
6. Transfer to a serving bowl. Drizzle with olive oil, sprinkle with paprika and fresh parsley. Serve with pita bread, vegetables, or crackers.

CREAMY GUACAMOLE



Preparation Time
10 Minutes



Cooking Time
0 Minutes



Servings
4-6 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 9g
Fats 14g
Protein 2g

Ingredients

- 3 Ripe Avocados, Halved, Pitted, And Scooped
- 1 Small Red Onion, Roughly Chopped
- 1-2 Jalapenos Or Green Chilies, Seeded
- 2 Cloves Garlic
- 1/4 Cup Fresh Cilantro (Coriander), Packed (About 15g)
- 2 Tbsp Fresh Lime Juice (About 30ml)
- 1 Medium Tomato, Seeded And Diced
- 1/2 Tsp Salt (About 3g)
- 1/4 Tsp Cumin (About 0.6g)
- 1/4 Tsp Black Pepper (About 0.6g)

Directions

1. Add onion, jalapeno, garlic, and cilantro to the FORCE Food Processor bowl. Pulse 3-4 times until finely chopped.
2. Add the scooped avocado to the food processor. Pulse 2-3 times until just combined — some texture is desirable; do not over-process into a smooth puree.
3. Transfer to a bowl. Add diced tomato, lime juice, salt, cumin, and black pepper.
4. Mix gently to combine. Taste and adjust seasoning — add more lime juice for tartness or jalapeno for heat.
5. Press plastic wrap directly onto the surface of the guacamole to prevent browning.
6. Serve immediately with tortilla chips, or use as a topping for tacos, burritos, or grilled chicken.

FRESH TOMATO SALSA



Preparation Time
10 Minutes



Cooking Time
0 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 30 kcal
Carbohydrates 6g
Fats 0g
Protein 1g



Ingredients

- 4 Medium Ripe Tomatoes, Quartered And Seeded
- 1/2 Red Onion, Roughly Chopped
- 2-3 Jalapenos Or Green Chilies, Seeded
- 3 Cloves Garlic
- 1/2 Cup Fresh Cilantro (Coriander), Packed (About 30g)
- 2 Tbsp Fresh Lime Juice (About 30ml)
- 1/2 Tsp Salt (About 3g)
- 1/4 Tsp Cumin (About 0.6g)
- Pinch Of Sugar (Optional)

Directions

1. Add jalapenos and garlic to the FORCE Food Processor bowl. Pulse 2-3 times until finely chopped. Remove and set aside.
2. Add red onion and cilantro to the food processor. Pulse 2-3 times until finely chopped. Add to the jalapeno mixture.
3. Add tomatoes to the food processor. Pulse 3-4 times until roughly chopped — you want a chunky texture, not a puree.
4. Combine all chopped ingredients in a bowl. Add lime juice, salt, cumin, and a pinch of sugar if desired.
5. Stir to combine. Taste and adjust seasoning with more salt or lime juice.
6. For best results, let the salsa rest for 15-30 minutes before serving to allow the flavors to meld.
7. Serve with tortilla chips, or use as a topping for grilled fish, tacos, or scrambled eggs. Store refrigerated for up to 3 days.

TZATZIKI DIP



Preparation Time

15 Minutes



Cooking Time

0 Minutes



Servings

4-6 Persons



Nutritional Value

Calories 60 kcal

Carbohydrates 5g

Fats 2g

Protein 4g

Ingredients

- 1 Large Cucumber
- 2 Cups (500g) Thick Greek Yogurt
- 3 Cloves Garlic
- 2 Tbsp Fresh Dill Or Fresh Mint (About 6g)
- 2 Tbsp Fresh Lemon Juice (About 30ml)
- 1 Tbsp Extra Virgin Olive Oil, Plus Extra For Serving (About 14ml)
- 1/2 Tsp Salt (About 3g)
- 1/4 Tsp White Pepper (About 0.6g)

Directions

1. Wash and roughly cut the cucumber into chunks (peel if preferred). Add to the FORCE Food Processor and pulse 3-4 times until finely grated. Transfer to a clean kitchen towel and squeeze out all excess moisture thoroughly — this step is critical for a thick dip.
2. Add garlic and dill to the food processor. Pulse until finely minced.
3. In a bowl, combine the well-drained cucumber, minced garlic and dill, Greek yogurt, lemon juice, olive oil, salt, and white pepper.
4. Stir to mix well. Taste and adjust seasoning.
5. Cover and refrigerate for at least 30 minutes to allow flavors to develop fully.
6. Drizzle with a little extra olive oil and garnish with a sprig of fresh dill before serving.
7. Serve as a dip with pita bread, raw vegetables, or as a cooling sauce alongside grilled meats or falafel.

HOMEMADE PEANUT BUTTER



Preparation Time
10 Minutes



Cooking Time
0 Minutes



Servings
10-12 Persons



Nutritional Value
Calories 190 kcal
Carbohydrates 6g
Fats 16g
Protein 7g

Ingredients

- 400g Roasted Unsalted Peanuts
- 1-2 Tbsp Honey Or Maple Syrup (About 21-42g)
- 1 Tsp Salt (About 6g)
- 1-2 Tbsp Neutral Oil Peanut Oil
- Or Vegetable Oil (About 14-28ml)
- Optional: 1 Tbsp Cocoa Powder (About 5g) For Chocolate Peanut Butter, Or 1/2 Tsp Cinnamon (About 1.2g)

Directions

1. If using raw peanuts, roast them in a dry oven at 175°C for 10-12 minutes until lightly golden. Let cool completely before processing.
2. Place all roasted peanuts into the FORCE Food Processor bowl.
3. Process on high speed for 1 minute until the peanuts are finely chopped and crumbly. Scrape down the sides of the bowl.
4. Continue processing for another 2-3 minutes, scraping down the sides as needed. The mixture will first turn into a dry paste, then gradually become creamier as the natural oils are released.
5. Add honey, salt, and oil one tablespoon at a time. Process for another 1-2 minutes until you reach your desired consistency — chunky or completely smooth.
6. Taste and adjust with more honey, salt, or oil as needed. Add cocoa powder or cinnamon if desired and process briefly to combine.
7. Transfer to a sterilized glass jar. Store at room temperature for up to 2 weeks, or refrigerate for up to 2 months.



MEAT & POULTRY



CHICKEN MEATBALLS IN TOMATO SAUCE



Preparation Time
15 Minutes



Cooking Time
25 Minutes



Servings
4 Persons



Nutritional Value
Calories 280 kcal
Carbohydrates 12g
Fats 14g
Protein 26g



Ingredients

- 500g Boneless Chicken Thigh, Cut Into Chunks
- 1/2 Cup Breadcrumbs (About 55g)
- 1 Egg
- 3 Cloves Garlic
- 1/2 Onion, Roughly Chopped
- 1 Tsp Italian Seasoning (About 1g)
- 1/2 Tsp Salt (About 3g)
- 1/4 Tsp Black Pepper (About 0.6g)
- 2 Tbsp Vegetable Oil For Frying (About 28ml)
- 1 Can (400g) Crushed Tomatoes
- 3 Cloves Garlic, Minced
- 1 Tbsp Olive Oil (About 14ml)
- 1 Tsp Sugar (About 4g)
- Salt And Pepper To Taste
- Fresh Basil Leaves For Garnish

Directions

1. Cut chicken thighs into chunks. Place in the FORCE Food Processor bowl with garlic and onion. Process on medium speed for 30-45 seconds until finely minced but not a paste.
2. Transfer to a mixing bowl. Add breadcrumbs, egg, Italian seasoning, salt, and pepper. Mix well with a spatula.
3. Wet your hands and roll the mixture into golf ball-sized meatballs (about 15-18 pieces).
4. Heat oil in a large pan over medium-high heat. Sear the meatballs for 2-3 minutes on each side until golden brown. Remove and set aside.
5. In the same pan, heat olive oil and saute garlic for 30 seconds. Add crushed tomatoes and sugar. Simmer for 5 minutes.
6. Return the meatballs to the pan. Cover and simmer for 15 minutes until cooked through.
7. Garnish with fresh basil and serve with pasta or rice.

HOMEMADE BEEF BURGER PATTIES



Preparation Time
15 Minutes



Cooking Time
12 Minutes



Servings
4 Persons



Nutritional Value
Calories 350 kcal
Carbohydrates 5g
Fats 22g
Protein 30g

Ingredients

- 600g Beef Chuck, Cut Into Chunks
- 1/2 Onion, Roughly Chopped
- 3 Cloves Garlic
- 1 Egg
- 2 Tbsp Worcestershire Sauce (About 30ml)
- 1 Tsp Dijon Mustard (About 5g)
- 1 Tsp Salt (About 6g)
- 1/2 Tsp Black Pepper (About 1.2g)
- 1/2 Tsp Paprika (About 1.2g)
- 2 Tbsp Vegetable Oil (About 28ml)

Directions

1. Cut beef into small chunks and freeze for 20 minutes until firm — this helps achieve better texture when processing.
2. Place beef chunks in the FORCE Food Processor bowl. Process using short pulses (4-5 pulses, 1-2 seconds each) until coarsely ground. Do not over-process.
3. Remove ground beef into a large bowl. Add onion and garlic to the food processor and pulse 3-4 times until finely chopped. Add to the beef.
4. Add egg, Worcestershire sauce, Dijon mustard, salt, pepper, and paprika. Mix gently until just combined — do not overmix.
5. Divide into 4 equal portions. Shape into patties about 1.5 cm thick. Make a slight indent in the center to prevent puffing during cooking.
6. Heat oil in a pan or grill over high heat. Cook patties for 4-5 minutes per side for medium doneness.
7. Serve in burger buns with your choice of toppings.



MINCED CHICKEN SATAY (SATAY AYAM)



Preparation Time
20 Minutes



Cooking Time
15 Minutes



Servings
4 Persons



Nutritional Value
Calories 260 kcal
Carbohydrates 8g
Fats 12g
Protein 28g

Ingredients

- 500g Boneless Chicken Thigh, Cut Into Chunks
- 2 Stalks Lemongrass, White Part Only
- 3 Cloves Garlic
- 2 Cm Ginger
- 1 Tsp Turmeric Powder (About 2.8g)
- 1 Tsp Coriander Powder (About 2.5g)
- 1 Tsp Cumin Powder (About 2.5g)
- 1 Tbsp Palm Sugar Or Brown Sugar (About 12.5g)
- 1 Tsp Salt (About 6g)
- 20 Bamboo Skewers, Soaked In Water
- 2 Tbsp Vegetable Oil (About 28ml)
- 1 Tsp Turmeric Powder For Basting (About 2.8g)

Directions

1. Soak bamboo skewers in water for 30 minutes to prevent burning.
2. Place lemongrass, garlic, and ginger into the FORCE Food Processor bowl. Process until finely chopped, about 30 seconds.
3. Add chicken chunks to the food processor with the processed aromatics. Add turmeric, coriander, cumin, palm sugar, and salt. Process for 30-45 seconds until finely minced and well mixed.
4. Divide the mixture into 20 portions. Thread each portion onto a skewer, pressing and molding the meat firmly around the top half of the skewer.
5. Mix oil with turmeric for basting. Brush satay skewers generously.
6. Grill on a preheated grill or in an oven at 220°C for 12-15 minutes, turning halfway, until cooked through and slightly charred.
7. Serve with satay peanut sauce, cucumber slices, and ketupat (compressed rice cakes).

LAMB KOFTA



Preparation Time
20 Minutes



Cooking Time
15 Minutes



Servings
4 Persons



Nutritional Value
Calories 320 kcal
Carbohydrates 6g
Fats 20g
Protein 28g



Ingredients

- 500g Boneless Lamb Shoulder, Cut Into Chunks
- 1/2 Onion, Roughly Chopped
- 3 Cloves Garlic
- 1/4 Cup Fresh Parsley, Packed (About 15g)
- 2 Tsp Ground Cumin (About 5g)
- 1 Tsp Ground Coriander (About 2.5g)
- 1 Tsp Paprika (About 2.5g)
- 1/2 Tsp Ground Cinnamon (About 1.2g)
- 1/2 Tsp Allspice (About 1.2g)
- 1/2 Tsp Black Pepper (About 1.2g)
- 1 Tsp Salt (About 6g)
- 8 Metal Or Bamboo Skewers

Directions

1. If using bamboo skewers, soak in water for 30 minutes.
2. Place lamb chunks (well-chilled) into the FORCE Food Processor bowl. Process using short pulses until coarsely ground. Remove and set aside in a large bowl.
3. Add onion, garlic, and parsley to the food processor. Pulse 4-5 times until finely chopped. Add to the ground lamb.
4. Add all spices and salt to the lamb mixture. Mix thoroughly until well combined. Refrigerate for 15 minutes.
5. Divide the mixture into 8 equal portions. Shape each around a skewer in a long, elongated sausage shape about 12 cm long, pressing firmly.
6. Grill over medium-high heat for 12-15 minutes, turning every 3-4 minutes, until fully cooked and lightly charred.
7. Serve with pita bread, tahini sauce, yogurt dip, and a fresh cucumber salad.

FILIPINO SWEET SAUSAGE (LONGGANISA)



Preparation Time
25 Minutes



Cooking Time
15 Minutes



Servings
6 Persons



Nutritional Value
Calories 290 kcal
Carbohydrates 12g
Fats 18g
Protein 20g

Ingredients

- 500g Pork Shoulder, Cut Into Chunks
- 150g Pork Fat, Cut Into Small Chunks
- 6 Cloves Garlic
- 3 Tbsp Brown Sugar (About 37.5g)
- 2 Tbsp White Cane Vinegar (About 30ml)
- 2 Tbsp Soy Sauce (About 30ml)
- 1 Tsp Salt (About 6g)
- 1 Tsp Black Pepper (About 2.5g)
- 1/2 Tsp Paprika (About 1.2g)
- Plastic Wrap For Shaping

Directions

1. Keep pork shoulder and fat cold. Place in the FORCE Food Processor bowl and process using pulses until coarsely ground — do not over process; a slightly chunky texture is preferred.
2. Add garlic to the food processor. Pulse 4-5 times until minced. Add to the ground pork.
3. Add brown sugar, vinegar, soy sauce, salt, black pepper, and paprika. Mix thoroughly.
4. Refrigerate the mixture for at least 2 hours or overnight to develop the flavors.
5. Shape the longanisa: Place spoonfuls of the mixture on plastic wrap, roll tightly into sausage links about 10 cm long, and twist the ends to seal.
6. Cook in a pan over medium heat: Add a little water and let it evaporate, then fry in the rendered fat until golden brown on all sides, about 10-12 minutes.
7. Serve with garlic fried rice (sinangag) and a fried egg for a classic Filipino breakfast.



FILIPINO PORK SISIG



Preparation Time
15 Minutes



Cooking Time
25 Minutes



Servings
4 Persons



Nutritional Value
Calories 380 kcal
Carbohydrates 8g
Fats 28g
Protein 24g

Ingredients

- 500g Pork Belly, Boiled Until Tender And Cooled Completely
- 1 Large Onion, Roughly Chopped
- 4-6 Bird's Eye Chilies
- 4 Cloves Garlic
- 3 Tbsp Calamansi Juice Or Fresh Lemon Juice (About 45ml)
- 2 Tbsp Soy Sauce (About 30ml)
- 1/2 Tsp Black Pepper (About 1.2g)
- 1 Tsp Salt (About 6g)
- 2 Tbsp Vegetable Oil Or Butter (About 28g)
- 2 Eggs (Optional, For Finishing)
- Mayonnaise For Topping (Optional)

Directions

1. Boil pork belly in seasoned water until very tender, about 30-40 minutes. Let cool completely, then refrigerate until firm.
2. Place the cooled firm pork belly into the FORCE Food Processor bowl. Process using short pulses until finely minced — about 4-5 pulses. Do not over-process; a slightly chunky texture is ideal.
3. Add onion, chilies, and garlic to the food processor. Pulse 3-4 times until coarsely chopped.
4. Heat oil in a cast iron pan or sizzling plate over high heat. Add minced pork and cook until crispy and slightly caramelized, about 8-10 minutes.
5. Add the chopped onion, chilies, and garlic. Stir-fry together for 2-3 minutes.
6. Season with calamansi juice, soy sauce, salt, and pepper. Toss to combine and adjust seasoning to taste.
7. If desired, crack eggs over the sisig and stir briefly to cook. Top with mayonnaise and serve sizzling hot with steamed rice.

BARBECUE MEAT (JERLU BAK KWA)



Preparation Time
20 Minutes



Cooking Time
60 Minutes



Servings
8-10 Persons



Nutritional Value
Calories 420 kcal
Carbohydrates 45g
Fats 18g
Protein 22g

Ingredients

- 500g Pork Shoulder, Cut Into Chunks
- 3 Tbsp Fish Sauce (About 45ml)
- 5 Tbsp Sugar (About 62.5g)
- 2 Tbsp Chinese Rose Wine (Mei Gui Lu) Or Shaoxing Wine (About 30ml)
- 1 Tbsp Soy Sauce (About 15ml)
- 1 Tbsp Sesame Oil (About 14ml)
- 1/2 Tsp Five-Spice Powder (About 1.2g)
- 1/2 Tsp White Pepper (About 1.2g)
- 2 Tbsp Glucose Syrup Or Honey For Glazing (About 42g)

Directions

1. Place pork shoulder chunks into the FORCE Food Processor bowl. Process using short pulses until finely minced. A slightly coarse texture gives better results than over-processing.
2. Combine minced pork with fish sauce, sugar, rice wine, soy sauce, sesame oil, five-spice powder, and white pepper. Mix thoroughly. Marinate for at least 2 hours or overnight in the refrigerator.
3. Preheat oven to 160°C. Line baking trays with baking paper and brush lightly with oil.
4. Spread the marinated meat mixture thinly and evenly onto the baking tray, about 3-4 mm thick.
5. Use a spatula to smooth out the surface. Bake for 20-25 minutes until the meat is cooked through and begins to dry out.
6. Remove from oven and cut into squares or rectangles. Brush generously with glucose syrup or honey. Return to the oven and grill at 200°C for 5-7 minutes per side until caramelized and slightly charred at the edges.
7. Cool on a wire rack. Store in an airtight container. Best enjoyed fresh, but keeps for 3-4 days at room temperature.

SNACKS & FINGER FOOD



HOMEMADE CHICKEN NUGGETS



Preparation Time
20 Minutes



Cooking Time
15 Minutes



Servings
4 Persons



Nutritional Value
Calories 300 kcal
Carbohydrates 20g
Fats 14g
Protein 24g

Ingredients

- 500g Boneless Chicken Breast, Cut Into Chunks
- 1/2 Tsp Garlic Powder (About 1.5g)
- 1/2 Tsp Onion Powder (About 1.5g)
- 1/2 Tsp Salt (About 3g)
- 1/4 Tsp Black Pepper (About 0.6g)
- 1 Tbsp Cornstarch (About 8g)
- 2 Eggs, Beaten
- 1 Cup Panko Breadcrumbs (About 110g)
- 1/2 Tsp Paprika (About 1.2g)
- 1/2 Tsp Salt (About 3g)
- Vegetable Oil For Frying (Or Cooking Spray For Baking)

Directions

1. Place chicken chunks into the FORCE Food Processor bowl. Process on medium speed for 30-45 seconds until finely minced. Be careful not to over-process into a paste.
2. Transfer to a bowl. Add garlic powder, onion powder, salt, pepper, and cornstarch. Mix well.
3. Shape the mixture into small nugget shapes (about 2 tablespoons each).
4. Set up a coating station: beaten eggs in one bowl, breadcrumbs mixed with paprika and salt in another.
5. Dip each nugget in egg, then coat in seasoned breadcrumbs, pressing gently to adhere.
6. To fry: Heat oil to 175°C and fry for 3-4 minutes until golden and cooked through. To bake: Place on a greased baking tray, spray with oil, and bake at 200°C for 15-18 minutes.
7. Serve hot with ketchup, BBQ sauce, or your favorite dipping sauce.

PORK & PRAWN DUMPLINGS



Preparation Time
35 Minutes



Cooking Time
15 Minutes



Servings
4-6 Persons



Nutritional Value
Calories 240 kcal
Carbohydrates 25g
Fats 10g
Protein 16g



Ingredients

- 300g Pork Shoulder, Cut Into Chunks
- 200g Fresh Prawns, Shelled And Deveined
- 3 Cloves Garlic
- 1 Tbsp Fresh Ginger, Sliced (About 6g)
- 3 Stalks Spring Onions, Roughly Chopped
- 1 Tbsp Soy Sauce (About 15ml)
- 1 Tbsp Sesame Oil (About 14ml)
- 1 Tbsp Oyster Sauce (About 18g)
- 1 Tsp Sugar (About 4g)
- 1/2 Tsp White Pepper (About 1.2g)
- 30 Round Dumpling Wrappers
- 2 Tbsp Vegetable Oil (About 28ml)
- 1/2 Cup Water (About 120ml)
- 3 Tbsp Soy Sauce, 1 Tbsp Rice Vinegar, 1 Tsp Chili Oil (For Dipping Sauce)

Directions

1. Place pork chunks into the FORCE Food Processor bowl. Process until coarsely minced (3-4 short pulses). Remove and set aside.
2. Add prawns to the food processor. Pulse 2-3 times until roughly chopped — not a paste, retain some texture.
3. Combine minced pork and chopped prawns. Add garlic, ginger, and spring onions to the food processor; pulse until finely chopped. Add to the meat mixture.
4. Season with soy sauce, sesame oil, oyster sauce, sugar, and white pepper. Stir vigorously in one direction until the filling becomes sticky.
5. Place 1 tablespoon of filling in the center of each dumpling wrapper. Moisten the edges with water, fold and pleat to seal tightly.
6. Heat oil in a non-stick pan over medium-high heat. Place dumplings flat side down. Cook for 2 minutes until golden brown on the bottom.
7. Add water to the pan and cover immediately. Steam for 8-10 minutes until cooked through and water has evaporated. Serve with dipping sauce.



CRISPY BEEF SPRING ROLLS



Preparation Time
30 Minutes



Cooking Time
20 Minutes



Servings
4-6 Persons



Nutritional Value
Calories 280 kcal
Carbohydrates 28g
Fats 14g
Protein 14g

Ingredients

- 300g Beef Chuck, Cut Into Chunks
- 200g Cabbage, Roughly Chopped
- 100g Carrots, Roughly Chopped
- 50g Glass Noodles, Soaked And Cut Into 3 Cm Pieces
- 3 Cloves Garlic
- 1 Tbsp Soy Sauce (About 15ml)
- 1 Tbsp Oyster Sauce (About 18g)
- 1 Tsp Sesame Oil (About 4.5ml)
- 1 Tsp Sugar (About 4g)
- 1/2 Tsp Black Pepper (About 1.2g)
- 20 Spring Roll Wrappers
- 1 Egg, Beaten (For Sealing)
- Vegetable Oil For Deep Frying

Directions

1. Place beef chunks into the FORCE Food Processor bowl. Process using short pulses until finely minced. Remove and set aside.
2. Add cabbage and carrots to the food processor. Pulse 3-4 times until finely shredded. Remove and squeeze out excess moisture using a clean kitchen towel.
3. Saute garlic in a hot wok, add minced beef and cook until browned. Add shredded vegetables and glass noodles.
4. Season with soy sauce, oyster sauce, sesame oil, sugar, and pepper. Stir-fry for 3-4 minutes. Let cool completely.
5. Place 2 tablespoons of filling near one edge of a spring roll wrapper. Fold up the bottom, fold in the sides, and roll tightly. Seal with beaten egg.
6. Heat oil in a pot to 175°C. Fry spring rolls in batches for 3-4 minutes until golden and crispy.
7. Drain on paper towels. Serve hot with sweet chili sauce or soy-vinegar dipping sauce.

SHRIMP TOAST



Preparation Time
15 Minutes



Cooking Time
10 Minutes



Servings
4 Persons



Nutritional Value
Calories 250 kcal
Carbohydrates 18g
Fats 12g
Protein 14g



Ingredients

- 300g Fresh Shrimp, Shelled And Deveined
- 2 Cloves Garlic
- 1 Tsp Fresh Ginger, Sliced (About 3g)
- 1 Egg White
- 1 Tbsp Sesame Oil (About 14ml)
- 1 Tbsp Soy Sauce (About 15ml)
- 1 Tsp Sugar (About 4g)
- 1/2 Tsp White Pepper (About 1.2g)
- 2 Tbsp Cornstarch (About 16g)
- 3 Spring Onions, Finely Sliced
- 6 Slices White Sandwich Bread, Crusts Removed
- 4 Tbsp Sesame Seeds (About 36g)
- Vegetable Oil For Deep Frying

Directions

1. Add shrimp, garlic, and ginger to the FORCE Food Processor bowl. Process until a fine paste forms, about 1 minute.
2. Add egg white, sesame oil, soy sauce, sugar, white pepper, and cornstarch. Process for another 30 seconds until smooth and well combined.
3. Transfer the shrimp paste to a bowl. Stir in spring onions.
4. Spread a generous layer of shrimp paste onto each slice of bread. Sprinkle sesame seeds generously on top and gently press them in.
5. Cut each slice diagonally into 2 triangles.
6. Heat oil in a wok to 175°C. Carefully lower shrimp toast into the oil, shrimp-side down first. Fry for 1–2 minutes per side until golden brown and crispy.
7. Drain on paper towels. Serve immediately with sweet chilli sauce.

CRISPY CORN FRITTERS (BAKWAN JACUNG)



Preparation Time
10 Minutes



Cooking Time
15 Minutes



Servings
4 Persons



Nutritional Value
Calories 200 kcal
Carbohydrates 28g
Fats 8g
Protein 5g

Ingredients

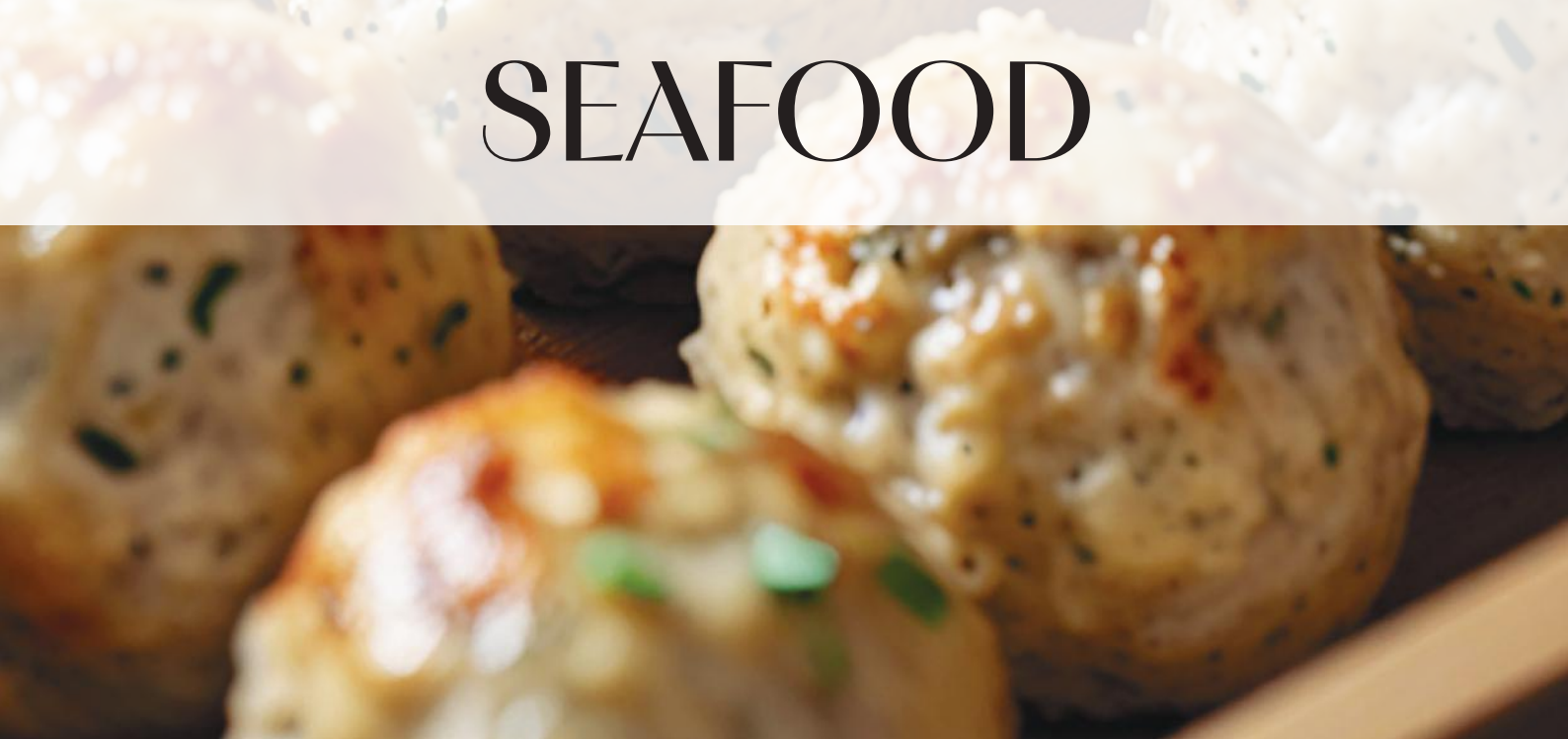
- 2 Ears Fresh Corn (About 300g Kernels Total), Or 1 Can (400g) Whole Kernel Corn, Drained
- 1/2 Onion, Roughly Chopped
- 2 Cloves Garlic
- 2 Spring Onions, Roughly Chopped
- 1 Fresh Red Chili, Seeded
- 100g All-Purpose Flour
- 30g Rice Flour (For Extra Crispiness)
- 1 Egg
- 4 Tbsp Water Or Coconut Milk (About 60ml)
- 1 Tsp Salt (About 6g)
- 1/2 Tsp White Pepper (About 1.2g)
- 1/2 Tsp Turmeric Powder (About 1.4g)
- Vegetable Oil For Shallow Frying

Directions

1. Cut corn kernels off the cob. Place half the kernels (about 150g) into the FORCE Food Processor bowl. Pulse 3-4 times until coarsely crushed — not pureed; retain some texture.
2. Add onion, garlic, spring onions, and red chili to the food processor. Pulse 3-4 times until finely chopped.
3. In a large bowl, combine processed corn, remaining whole corn kernels, chopped aromatics, flour, rice flour, egg, water (or coconut milk), salt, white pepper, and turmeric. Mix until a thick batter forms.
4. Heat about 1 cm of oil in a frying pan over medium-high heat.
5. Drop heaped tablespoons of batter into the hot oil, gently flattening each with the back of a spoon. Do not overcrowd the pan.
6. Fry for 3-4 minutes per side until golden brown and crispy all over.
7. Drain on paper towels. Serve hot as a snack or side dish with sweet chili sauce or sambal.



SEAFOOD



SINGAPORE FISH CAKES



Preparation Time

20 Minutes



Cooking Time

20 Minutes



Servings

4-6 Persons



Nutritional Value

Calories 180 kcal
Carbohydrates 10g
Fats 6g
Protein 20g

Ingredients

- 400g White Fish Fillets (Dory, Cod, Or Spanish Mackerel), Cut Into Chunks
- 100g Fresh Prawns, Shelled And Deveined
- 2 Tbsp Fish Sauce (About 30ml)
- 1 Tbsp Sesame Oil (About 14ml)
- 1 Egg White
- 2 Tbsp Potato Starch Or Cornstarch (About 16g)
- 1 Tsp Sugar (About 4g)
- 1/2 Tsp White Pepper (About 1.2g)
- 3 Stalks Spring Onions, Finely Sliced
- 1 Fresh Red Chili, Finely Diced
- Vegetable Oil For Frying

Directions

1. Place fish fillets (keep cold) into the FORCE Food Processor bowl. Process on high speed for 1 minute until a smooth paste forms.
2. Add prawns to the food processor and process for another 30 seconds until fully incorporated.
3. Add fish sauce, sesame oil, egg white, potato starch, sugar, and white pepper. Process for 30 seconds until the mixture is light and slightly fluffy.
4. Transfer the paste to a bowl. Fold in spring onions and red chili with a spatula.
5. Wet your hands and form the paste into oval patties about 1 cm thick.
6. Heat oil in a pan to 170°C. Fry fish cakes in batches for 3-4 minutes per side until golden brown and cooked through.
7. Drain on paper towels. Serve with sweet chili sauce. Also great added to laksa or soup noodles.



TUNA PATTIES



Preparation Time
15 Minutes



Cooking Time
15 Minutes



Servings
4 Persons



Nutritional Value
Calories 220 kcal
Carbohydrates 15g
Fats 8g
Protein 22g

Ingredients

- 2 Cans (185g Each) Tuna In Spring Water, Well Drained
- 2 Medium Potatoes, Boiled And Cooled
- 1/2 Onion, Roughly Chopped
- 2 Cloves Garlic
- 1 Egg
- 2 Tbsp Mayonnaise (About 28g)
- 1 Tbsp Dijon Mustard (About 15g)
- 1 Tsp Lemon Juice (About 5ml)
- 1/2 Tsp Salt (About 3g)
- 1/4 Tsp Black Pepper (About 0.6g)
- 2 Tbsp Fresh Parsley, Roughly Chopped (About 8g)
- 1/2 Cup Breadcrumbs (About 55g), Plus Extra For Coating
- 2 Tbsp Vegetable Oil (About 28ml)

Directions

1. Add boiled potatoes to the FORCE Food Processor and pulse 3-4 times until coarsely mashed (not smooth). Remove and set aside.
2. Add onion, garlic, and parsley to the food processor. Pulse 3-4 times until finely chopped.
3. In a large bowl, combine drained tuna, mashed potato, chopped onion and garlic, egg, mayonnaise, Dijon mustard, lemon juice, salt, pepper, and breadcrumbs. Mix well.
4. Divide the mixture into 8 equal portions and shape into patties about 1.5 cm thick. Coat each patty in extra breadcrumbs.
5. Refrigerate for 15 minutes to firm up.
6. Heat oil in a frying pan over medium heat. Cook patties for 3-4 minutes per side until golden brown.
7. Serve with a green salad, tartar sauce, or a squeeze of fresh lemon juice.

BAKED FISH BALLS



Preparation Time
20 Minutes



Cooking Time
20 Minutes



Servings
4 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 8g
Fats 4g
Protein 18g



Ingredients

- 400g White Fish Fillet (Dory Or Cod), Cubed
- 50g Fresh Prawns, Shelled
- 2 Cloves Garlic
- 1 Tbsp Fish Sauce (About 15ml)
- 1 Egg White
- 3 Tbsp Tapioca Starch Or Cornstarch (About 24g)
- 1 Tsp Sesame Oil (About 4.5ml)
- 1/2 Tsp White Pepper (About 1.2g)
- 1 Tsp Sugar (About 4g)
- 2 Spring Onions, Roughly Chopped
- Cooking Spray

Directions

1. Preheat oven to 200°C. Line a baking tray with baking paper and spray lightly with cooking spray.
2. Place fish and prawns (both cold) into the FORCE Food Processor bowl. Process on high speed for 1-2 minutes until a smooth paste forms.
3. Add garlic, fish sauce, egg white, tapioca starch, sesame oil, white pepper, and sugar. Process for another 30-45 seconds until all ingredients are fully incorporated and the mixture is light.
4. Transfer the paste to a bowl. Fold in spring onions using a spatula.
5. Wet your hands and roll the paste into small balls about 3 cm in diameter. Place on the prepared baking tray.
6. Bake at 200°C for 18-20 minutes, turning halfway through, until golden and cooked through.
7. Serve in clear fish ball soup, or enjoy as a snack with sweet chili sauce.

STUFFED TOFU (YONG TAU FOO)



Preparation Time

20 Minutes



Cooking Time

20 Minutes



Servings

4 Persons



Nutritional Value

Calories 200 kcal
Carbohydrates 10g
Fats 10g
Protein 18g

Ingredients

- 300g White Fish Fillet, Cubed
- 150g Fresh Prawns, Shelled And Deveined
- 50g Water Chestnuts (About 4-5 Pieces)
- 2 Tbsp Cornstarch (About 16g)
- 1 Egg White
- 1 Tsp Sesame Oil (About 4.5ml)
- 1 Tbsp Soy Sauce (About 15ml)
- 1/2 Tsp Sugar (About 2g)
- 1/2 Tsp White Pepper (About 1.2g)
- 3 Spring Onions, Finely Sliced
- 4 Pieces Firm Tofu, Halved To Create Pockets
- 2 Long Red Chilies, Slit Open
- 4 Okra (Ladyfingers), Slit Open
- 2 Tbsp Vegetable Oil For Pan-Frying (About 28ml)

Directions

1. Place fish fillets (cold) in the FORCE Food Processor bowl. Process on high speed for 1 minute until a smooth paste forms.
2. Add prawns and water chestnuts. Pulse 3-4 times until finely chopped but retaining some texture — do not puree completely.
3. Add cornstarch, egg white, sesame oil, soy sauce, sugar, and white pepper. Process for 30 seconds until combined. Transfer to a bowl and fold in spring onions.
4. Using a spoon or small knife, hollow out a shallow pocket in each tofu piece and in the red chilies and okra. Fill each generously with the fish paste.
5. Heat oil in a pan over medium heat. Place stuffed pieces paste-side down. Cook for 3-4 minutes until golden.
6. Flip and cook the other side for 3-4 minutes. Add a splash of stock, cover, and steam for 5 minutes until fully cooked through.
7. Serve in a clear broth or with sweet soy sauce and ground dried shrimp flakes.



DESSERTS & SWEET TREATS



MOIST BANANA BREAD



Preparation Time
15 Minutes



Cooking Time
60 Minutes



Servings
8-10 Persons



Nutritional Value
Calories 280 kcal
Carbohydrates 45g
Fats 10g
Protein 5g

Ingredients

- 3 Large Very Ripe Bananas (About 300g), Peeled
- 1/2 Cup (115g) Unsalted Butter, Melted And Cooled
- 3/4 Cup (150g) Sugar
- 2 Large Eggs
- 1 Tsp Vanilla Extract (About 5ml)
- 1 1/2 Cups (190g) All-Purpose Flour
- 1 Tsp Baking Soda (About 5g)
- 1/2 Tsp Baking Powder (About 2.5g)
- 1/4 Tsp Salt (About 1.5g)
- 1/2 Tsp Cinnamon (About 1.2g)
- 1/2 Cup (60g) Walnuts Or Chocolate Chips (Optional)

Directions

1. Preheat oven to 175°C. Grease and flour a 23 x 13 cm loaf pan.
2. Place peeled bananas into the FORCE Food Processor bowl. Process for 30 seconds until smooth and creamy. Set aside.
3. Using the egg beater attachment, beat together melted butter and sugar for 1-2 minutes until combined. Add eggs one at a time, beating after each addition.
4. Add the blended banana and vanilla extract. Beat until just combined.
5. In a separate bowl, sift together flour, baking soda, baking powder, salt, and cinnamon.
6. Add the dry ingredients to the wet mixture and fold gently with the spatula until just combined — do not overmix. Fold in walnuts or chocolate chips if using.
7. Pour into the prepared loaf pan and bake for 55-65 minutes until a skewer inserted in the center comes out clean. Cool in pan for 10 minutes before turning out onto a wire rack.

CLASSIC CARROT CAKE

**Preparation Time**

20 Minutes

**Cooking Time**

40 Minutes

**Servings**

10-12 Persons

**Nutritional Value**

Calories 320 kcal

Carbohydrates 40g

Fats 16g

Protein 6g



Ingredients

- 3 Large Carrots (About 300g), Peeled And Cut Into Chunks
- 2 Cups (250g) All-Purpose Flour
- 2 Tsp Baking Powder (About 10g)
- 1 Tsp Baking Soda (About 5g)
- 2 Tsp Ground Cinnamon (About 5g)
- 1/2 Tsp Ground Nutmeg (About 1.2g)
- 1/2 Tsp Salt (About 3g)
- 4 Eggs
- 1 1/2 Cups (300g) Sugar
- 1 Cup (240ml) Vegetable Oil
- 1 Tsp Vanilla Extract (About 5ml)
- 1/2 Cup (60g) Walnuts, Chopped
- 250g Cream Cheese, Softened
- 1 Cup (120g) Icing Sugar
- 1 Tsp Vanilla Extract (About 5ml)
- 2 Tbsp Fresh Lemon Juice (About 30ml)

Directions

1. Preheat oven to 175°C. Grease and line two 23 cm round cake pans with baking paper.
2. Place carrot chunks into the FORCE Food Processor bowl. Process until finely grated, about 30-45 seconds. Set aside.
3. In a large bowl, sift together flour, baking powder, baking soda, cinnamon, nutmeg, and salt.
4. Using the egg beater attachment, beat eggs, sugar, oil, and vanilla extract for 2-3 minutes until pale and slightly thickened.
5. Add the dry ingredients to the egg mixture and fold with the spatula until just combined. Fold in grated carrots and walnuts.
6. Divide batter evenly between the two cake pans. Bake for 35-40 minutes until a skewer inserted in the center comes out clean. Cool completely.
7. For the frosting: Place softened cream cheese in the food processor and process until smooth. Add icing sugar, vanilla, and lemon juice. Process until fluffy. Spread between and over the cooled cake layers.



COCONUT EGG JAM (PANDAN KAYA)



Preparation Time
15 Minutes



Cooking Time
45 Minutes



Servings
10-12 Persons



Nutritional Value
Calories 120 kcal
Carbohydrates 18g
Fats 5g
Protein 3g

Ingredients

- 10-12 Pandan Leaves, Cut Into Small Pieces
- 6 Tbsp Water For Blending (About 90ml)
- 6 Eggs
- 250g Caster Sugar
- 400ml Thick Coconut Milk
- 2 Tbsp Cornstarch Mixed With 4 Tbsp Water (About 16g Cornstarch / 60ml Water)
- 1/4 Tsp Salt (About 1.5g)

Directions

1. Place pandan leaves and 6 tablespoons of water into the FORCE Food Processor bowl. Process on high speed for 2-3 minutes until the leaves are very finely blended.
2. Strain the blended pandan mixture through a fine sieve or cheesecloth, pressing hard to extract all the bright green juice. You need about 80-100ml of pandan extract.
3. In a heavy-bottomed saucepan, whisk together eggs and sugar until the sugar dissolves completely.
4. Add coconut milk, pandan extract, salt, and cornstarch mixture. Stir to combine well.
5. Cook over the lowest heat, stirring constantly in a figure-eight pattern, for 35-45 minutes until the mixture thickens to a jam-like consistency.
6. When the kaya coats the back of a spoon and holds a clear line when you run your finger through it, it is ready. Remove from heat immediately.
7. Pour into sterilized glass jars while still warm. Cover once completely cooled. Refrigerate for up to 2 weeks. Serve spread generously on toast with butter.

PANDAN GLUTINOUS RICE BALLS (ONDEH-ONDEH)



Preparation Time
25 Minutes



Cooking Time
15 Minutes



Servings
6-8 Persons



Nutritional Value
Calories 160 kcal
Carbohydrates 32g
Fats 3g
Protein 3g

Ingredients

- 8-10 Pandan Leaves, Cut Into Small Pieces
- 120ml Water
- 250g Glutinous Rice Flour
- 1 Tbsp Tapioca Flour (About 8g)
- 1/2 Tsp Salt (About 3g)
- 100g Gula Melaka (Palm Sugar), Finely Grated
- 2 Tbsp Desiccated Coconut (About 14g)
- 150g Freshly Grated Coconut (Or Desiccated Coconut, Slightly Moistened)
- Pinch Of Salt

Directions

1. Place pandan leaves and 120ml of water into the FORCE Food Processor bowl. Process on high speed for 2 minutes until a smooth, bright green mixture forms.
2. Strain through a fine sieve, squeezing well to extract all the pandan juice. You need about 80-100ml of green liquid.
3. In a bowl, combine glutinous rice flour, tapioca flour, and salt. Gradually add pandan juice and mix until a smooth, pliable, non-sticky dough forms. Add plain water if needed.
4. Mix grated gula melaka with desiccated coconut for the filling.
5. Pinch off small balls of dough about 2 cm in diameter. Flatten into a disc, place half a teaspoon of filling in the center, and pinch edges together to seal. Roll into a smooth ball.
6. Bring a large pot of water to a boil. Cook balls in batches until they float (about 3-4 minutes), then cook for another 2 minutes. Remove with a slotted spoon.
7. Toss immediately in salted grated coconut. Serve at room temperature. Best enjoyed on the day of making.



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