



# Lumpiang Hubad

Variations can be made with pork or prawn

## INGREDIENTS

- 2 heads of oak lettuce

### Filling

- 3 cloves garlic, chopped
- 1 small onion, sliced
- 1 carrot, julienned
- 1 white sweet potato, julienned
- 1 small pack of bean sprouts, rinsed
- 100g green beans, sliced
- 20 g shio kombu

### Garnishes

- Coriander and Shallots
- Roasted Peanuts

### Sauce

- 1 cup sugar
- 2 cups water (or chicken stock)
- 2 tbsp cornstarch and 15 ml water for slurry
- 3 cloves garlic chopped

### Standby Items

- Salt and pepper
- Vegetable oil
- Sesame oil

*Paddy's*

Recipe by Michael Jasper Far  
[www.paddysmarkets.com.au](http://www.paddysmarkets.com.au)

SCAN HERE TO FIND OUT  
WHEN OUR NEXT COOKING  
DEMO IS ON





# Lumpiang Hubad

## METHOD

1. Wash the lettuce in running water. Drain, dab dry with a clean cloth or spin using a salad spinner. Set aside.
2. Saute the garlic in 2 tbsp of vegetable oil. Add the onion and cook until translucent.
3. Add the carrots and cook until it slightly changes colour. Add the sweet potato and beans together. Cook for 2-3 minutes and season with salt, pepper, sesame oil and shio kombu. Remove from the heat and put on a strainer. Set aside
4. Using a heavy bottom pan, heat the sugar over medium heat until the sugar caramelises. Add the stock and bring to a boil. Mix the cornstarch and 15ml water to make a slurry and add to the stock-sugar mixture. Adjust consistency with water if needed. Season with salt and pepper. Add the garlic to finish.
5. Serve as it was make your own with the garnishes and the sauce in separate containers.

*Paddy's*

Recipe by Michael Jasper Far  
[www.paddysmarkets.com.au](http://www.paddysmarkets.com.au)

SCAN HERE TO FIND OUT  
WHEN OUR NEXT COOKING  
DEMO IS ON





Photo credit: Jacqui Mackenzie

# Tortang Talong

Variations can be made with pork or prawn

## INGREDIENTS

- 2 pcs long eggplant (or one large globe eggplant)
- 60 ml vegetable oil
- 2 cloves garlic, chopped
- 1 medium brown onion, diced
- 1 large tomato, diced
- 4 eggs, 700g size, beaten
- 100 g grated parmesan cheese
- 1 tbsp nori, furikake or shio kombu (optional)
- Salt and pepper
- Coriander and shallots for garnish

*Paddy's*

Recipe by Michael Jasper Far  
[www.paddysmarkets.com.au](http://www.paddysmarkets.com.au)

SCAN HERE TO FIND OUT  
WHEN OUR NEXT COOKING  
DEMO IS ON





Photo credit: Jacqui Mackenzie

# Tortang Talong

## METHOD

1. Cook the eggplant directly over medium fire. Once one side turns soft and dark flip it over onto the other side. Repeat the process until the whole eggplant is nicely charred and soft to the touch. After charring, place the eggplants in a bowl and cover it with plastic wrap and set aside.
2. After 15 minutes, remove the eggplant from the bowl. Using a spoon and your hands, peel off as much char as you can from the eggplants. Cut the eggplant flesh into big chunks. Discard the liquid and the peels.
3. Put 30ml of vegetable oil on a medium nonstick pan and heat it over medium heat. Cook the onions until translucent. Add the garlic and cook further until the garlic browns.
4. Add the eggplant flesh and cook for 3 minutes. Add the diced tomatoes. Season with salt and pepper, half of the parmesan, and the optional Japanese seasoning.
5. Add the beaten eggs and cook on medium heat. Use a spatula and scrape the sides of the pan to allow the eggs to go down the bottom of the pan. Alternatively, you can bake it in the oven at 165°C, fan forced for about 10 minutes and check regularly if it requires additional cooking.
6. Add the remaining cheese and garnish with herbs and serve immediately.

*Paddy's*

Recipe by Michael Jasper Far  
[www.paddysmarkets.com.au](http://www.paddysmarkets.com.au)

SCAN HERE TO FIND OUT  
WHEN OUR NEXT COOKING  
DEMO IS ON

