
THE PENGUIN



EXPERIMENTAL KITCHEN

*2021 Year END:
Bad assery
homecooked
recipes*

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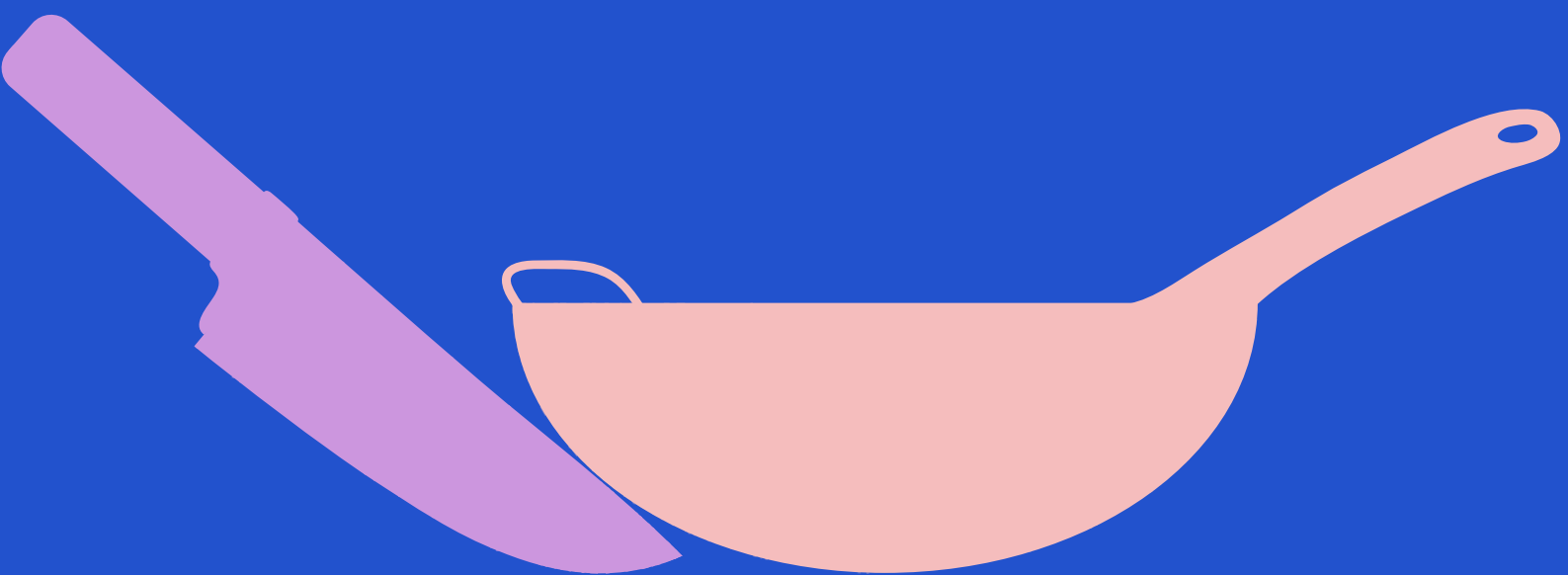
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FOREWORD

Dear humbling readers and audiences of this book,

Hello, and welcome to the "Penguin" experimental kitchen. My name is Rei. My sign name is based on my favourite children spot-motion series called Pingu. Pingu is one of the main characters who is a penguin. He is youthful child with colourful personalities and attitudes. I admire his stubbornness, curiosity, plays, pleasure and mischief from displaying body movements, gesture and emotions. Please feel free to have a watch to understand who is Pingu of my favourite character whom I feel about resembling who I am today.

I come from a background of Taiwanese and Chinese and a bit of white European mixed from who I believe the time is my great-grandmother of my mother side who I never met in my life. From what I was told from my mother, I learnt she is a mixed and deny her identities as a whole existence to fully believe she is Chinese (or other dominant Asian identity). It is interesting to see her photo (image on the side) have some striking resemblances of our lives between.

This zine is to reclaim back my three years of procrastinating after my first and second zine that is consist in pieces that is still weaves as a part of my journey that has distributed and shared over the years. And I want to do something for a change that will give this zine a fresh change to celebrate some of my favourite foods and cultures that can be shared together in this coming year of 2022.

Through this book, I acknowledging to honour and sharing their recipe to the names, **Auntie Terry** for this smart way to make pastes and for night desserts that is so dreamy to sleep or give stomach craving to an end with taro coconut sago soup. Some of the sites that I have continuously learning from [CookingChinglish \(Taiwanese Porkchops\)](#) to [JustOneCookbook](#) (inspirations). **Clovis** who's been my supportive partner. **Sunny** for suggesting ideas on possibly making a zine collaboration. **Rosalind** for asking the recipes. Here is my first zine cookbook. Enjoy!



THE PASTES



*Do you have too much garlic, ginger or other ingredients that can be turn into paste?
And would like to try to make your cooking a bit easier?*

This could be for you.

*This paste recipe is made and inspired by **Terry**.*

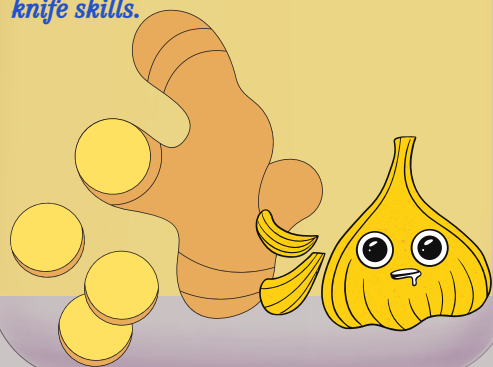
INGREDIENTS

- 1 LB of garlic or ginger, or your choice of paste ingredients.
- 1 cup of hot oil
- glass jars, as many as you like.

DIRECTIONS

- 1 Prepare the bag of garlic or ginger, or it can be your choice of paste ingredients. For garlic and ginger, peel the skins and roots pit.
- 2 Once the preparations is completed, scoop the remaining blended ingredients into a container that will preserve the paste such as a glass jar.
- 3 After scooping and ready for the oil, start the stove in medium-high depends how your stove works. Grab a small sauce pot on the stove and pour the oil, let the oil be ready cooked hot.
- 4 Once the oil is cooked and ready, be wary of the oil splash and spark. My advise is to wear a glove or have a towel with you. Pour the hot oil in the jar to fill it to the top where the ingredients are full. It is best to keep in mind to try not to over flow where you need to close the lid. Let the contents cool down for about an hour or half given.
- 5 Now you have a jar filled with awesome pastes, you can use it for anything you like. It can be in the refrigerator as long as you like however it is best to use it up soon as you can.

A suggestion: if you have a blender, it is much easier method than to hand-mincing. Otherwise, you are welcome mince-chop a whole pound bag of goodies to release the stress or practice on some knife skills.



This is a simple paste to enchance, amplify, flavour, or can use it for spread for snacking or quick meal!



The Paste : Garlic

THE HEART OF THE CHOPS

A Taiwanese night market style chops.



Ingredients

MARINATE

- 3-4 pork loin chops (boned or without bone)
- 4 tsp soy sauce
- 1 egg, cracked
- 1 tsp cooking wine or sake
- 1 tsp vegetable oil (neutral) or sesame oil (depends what you like)
- 1 tsp minced garlic
- 1 tsp minced or slices ginger
- 1/2 five spices or ten spices (as much as you want, more flavourful)
- 1/8 tsp cinnamon powder
- 1/2 tsp sugar
- 1/2 tsp white pepper (if you like a bit of kick, add more)

COATING

- 1 cup potato starch or add more to coating

DIRECTIONS

1

Prepare the chops by checking the fat and cuts you want. Tenderize the meat, start by poking holes with a fork or tenderizer mallet, this will stretch and flatten the length of the chops. I sometimes like to leave some cuts on the side rim of the chops. In this way, it will expand and form the chops cooked neatly.

2

Grab a zip lock bag or a bowl to contain all the ingredients and porkchops. Gather all the marinate ingredients and start mixing the marinate and leave it in the refrigerator for 2 hours. Some say that they prefer to have the chops be marinated for 6 hours or to the whole night to be ready to fry. I like two hours at best because it taste less salty than the longer marinated in my preference.

3

Once the marinade finished, start a thin layer coating with potato starch on the porkchops. You can add little at a time or as much as you want in the bowl. Leave the coating for 10 minutes to have a good coating.

4

After the coating is done, Start turning on the stove with oil into high. Watch out for oil simmering with bubbles. I tend to pan fry rather than deep fry because too much oil can be a bit too much work to clean and will leave an oily chops.

A suggestion: Serve it with soup by placing the chops in the soup or cut out the meat and put the bone in.

Photo:
Formosa Boulevard
Station (MRT
station)

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6

Start frying one at a time that fits to the pan size. The sides of each chops should be golden brown while the room filled with spices in the air. Cook 5 minutes on each sides.

7

From this point, it is now ready to serve. Enjoy with your heart contents of this famous chops. This is my go-to food and the hearts of Taiwan's dish that I enjoy.

Photo:
Miaokou Night Market in
Keelung



So good!



The Heart of the Chops with chicken broth soup



The Heart of the Chops



SWIRL-Y TARO SAGO

Inspired and recipe made by Terry



A purple taro-y dessert will swirl your dreams of the night.

INGREDIENTS

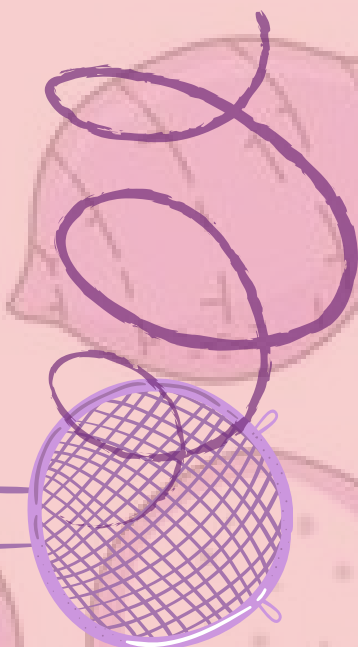
- 1 can of coconut milk
- 1 big giant-med-small size taro
- 1 yellow rock sugar
- 3-4 slices of ginger
- bag of sago

TOOLS

- Strainer Sieve
- Two pots

DIRECTIONS

- 1 Fill a bowl of sago with cold water. Leave it soak for 15 minutes. This will give you time to prepare the taro into cube or blocks pieces then follow with ginger to peel and cut into slices. Then, drain the water from the bowl of sago.
- 2 Now, this can be done simultaneously or separate on your choices in cooking. With a medium or big size pot depends how many taro pieces are you putting in. Fill the pot of taro with water. Turn the stove to medium-high to have it boiling about 15 minutes. The taro pieces should ready when the pieces are easily poked with a stick or chopstick.
- 3 Start another pot of sago with about 1 cup or 2 worth depending how much the sago is inside of the pot. The sago should be ready by tasting the sago's soft and chewiness texture. If the sago is hard and not chewy, it is not ready, leave it a bit longer then cool it off with strainer sieve while run it with cool water.





SWIRL-Y TARO SAGO



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- 1 yellow rock sugar
- 3-4 slices of ginger
- bag of sago

TOOLS

- Strainer Sieve
- Two pots

DIRECTIONS

4 Mix the sago with running water while holding the sieve. This will help separate the sago and cool down the sago. The result should show the sago becomes more plump and transparent almost milky looking. Put the sago aside in separate bowl.

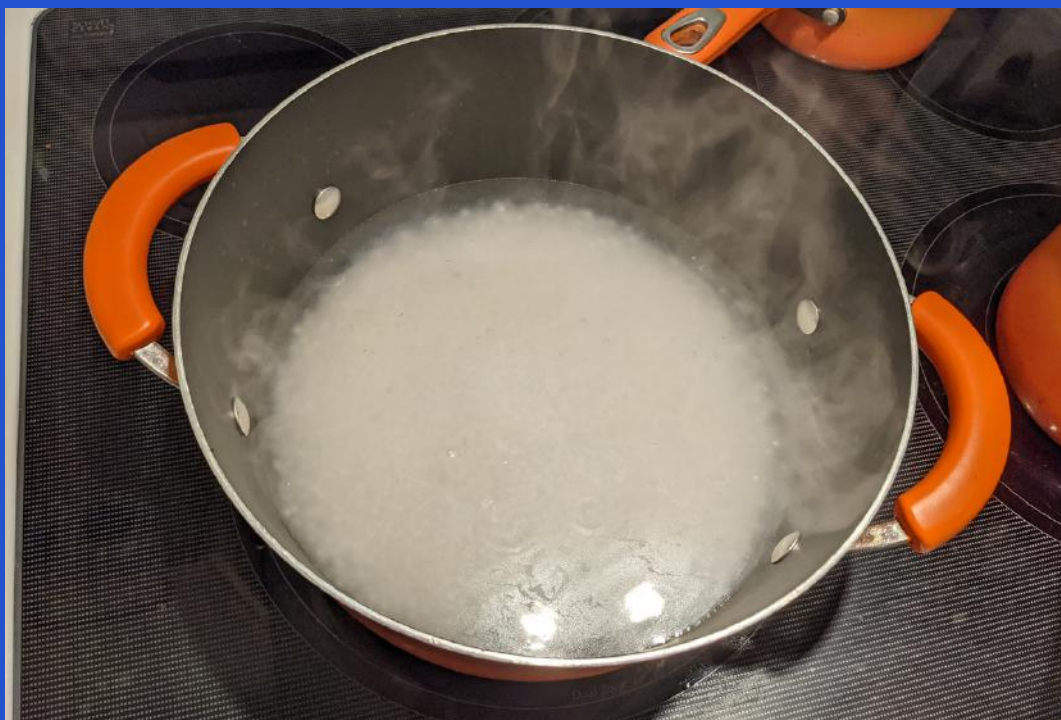
5 With the pot of taro, start pouring in the coconut milk, rock sugar and ginger then sago last. The taro soup is dependent on your taste preference of sweetness contents, be sure to have a little taste from here and there to adjust some changes.

6 It is now ready to serve. This is a great snack for midnight dessert or share some with your friends in aw-ed by swirly dream.





Swirl-y Taro Sago



Boiling the sago

SMASH POTATO - YAMNESS

A Winter Solstice treat that has been experimented and improvised.

INGREDIENTS

2 red potatoes
2 yukon potatoes
1 sweet yam or japanese sweet yam
1 tsb of mayonase
2 tsp butter (optional)
1 cup of boiled potato and yam water
1 tsp thyme or sweet herbs
salt and pepper to taste

DIRECTIONS

- 1 Peel the potatoes and yam and dice it in block cubes that will allow the cooking to be a bit faster when boil. Place them in a bowl of cold water and leave it for 10 minutes. This will remove extra starch.
- 2 Boil the potatoes and yam together in a pot for 15 minutes to soften. Check the contents by poking with a stick or chopsticks.
- 3 For this step, save the boiled water of potato and yam for this step. Remove the blocks of yam and potato from the pot in another bowl aside. Start smashing the potatoes and yam while adding mayonase, butter and boiled water you have saved in the bowl. This will help smooth the potatoes and yam together.
- 4 Once it is all look ready to serve, sprinkle the thyme or other seasonal herbs and salt and pepper to taste. Ready to serve! Enjoy!



APPROVED

Noot!
Noot!



Smashed Potatoes-yamness

MAJESTIC TURMERIC COCONUT MILK SOUP

A rich, thick broth that you can whip up on a busy weeknight.

INGREDIENTS

1 cup of Chickpeas
1 cup of water that becomes chickpea broth
(optional)
1 can of Coconut milk
1 cup of Chicken broth (1 bouillon cube/or
powder/ or cooked from chicken)
Diced potatoes

SAUTÉ

olive oil (tsp)
root of ginger
root of garlic
half of onion

SPICES AND EXTRA FOR LAST:

1 TBSP Ground turmeric
2 1/4 or 1/2 TSP Ground cumin
2 1/4 or 1/2 TSP Ground coriander
half of Lime+ put in the pot to simmer
(remove after cooking)
two bay leaves + put in the pot (remove after
cooking)
Black peppercorn (cracked and sprinkled)

OPTIONAL:

Fish sauce (worth it, plenty as much as you
like) or yogurt to make adjustment to the
taste (up to you)

DIRECTIONS

1 Pour 1 cup of chickpeas in a bowl of cold water for 10 minutes to clean. With a fresh clean chickpeas, prepare the pot of boiled water and have the chickpeas ready to be cooked.

Tip: If you like to skip the broth from the pot, that's fine you can also opt in with one cup of water if you feel comfortable that way. You can also opt for other grains if you don't like chickpeas as well. I chose chickpeas because I need proteins.

2 Cut up the ginger, garlic, onion and potatoes (dice or length slice is fine) in small slices. And make the cup of chicken broth and coconut milk with a cup or as much as you like. Set it aside for later.

3 In a pot or instant pot of your choice, sauté with ginger, garlic and onion together. Make sure the onion is translucent that is seen through, it means it is cooked. Make sure you don't cook the garlic and ginger too long or else it will burn. Cook them about 5 minutes will probably be enough.

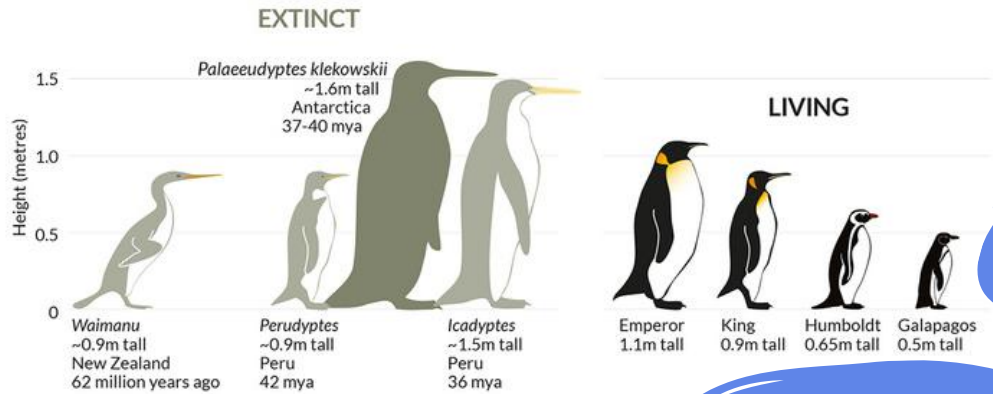
4 Pour in the liquids (chicken broth, coconut milk and chickpea broth or water) and allow it to simmer for a bit. And cut up the limes in half, gather the spices and extras in the pot.

FOOD FOR A THOUGHT!

[Link about the Mega Penguin](#)

Mega penguin

New fossils suggest that *Palaeodyptes klekowskii* was the tallest and heaviest penguin ever, weighing 115 kg



"Salutations to our MEGA Penguin ancestral legacy!"

"The Palaeodyptes klekowskii, Did you know they were almost tall as human sized? Let's not forget all of them!"

ENJOY!

Dood!

Heck, I didn't know that!



Cheers

TO THE NEW YEAR

Now it is time for me to sleep...



Image credit: Penguin2 (Penguin 2), Disgaea (Prinny), Pingü (Pingü), and Newscientist (Mega Penguin)



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