



Yummy Yam Abacus Seeds

Ingredients

- 500 g Yam
- 350 g Tapioca Flour
- 200 ml Water
- 2 sudu besar Corn Oil
- 100 g Minced Chicken
- 6 Dried Shiitake mushrooms
- 20 g Dried Cuttlefish
- 20 g Black fungus
- 2 sudu besar Dried Shrimps
- 3 ulas Garlic
- 2 Shallots
- 3 tangkai Spring Onion
- 2 sudu besar Soy sauce
- 2 sudu besar MAGGI® Oyster Sauce
- 1 sudu kecil MAGGI® CukupRasa™
- 1 sudu kecil Thick soya sauce
- 3 sudu besar Fried Shallots
- 1 Red chili

Instruction

1. Firstly, steam the yam with salt for about 30 minutes or until it turns soft and mushy.
2. In a mixing bowl, mash the piping hot yam using a potato masher and gradually add tapioca flour and hot water. Bring the mixture together with a wooden or rubber spatula.
3. Next, using your hands, knead the dough until it becomes pliable, smooth, make sure it does not stick to your hands. Do this when the dough is still warm but cool enough to handle with your hands.
4. If the dough is too dry, add hot water by the teaspoons. If the dough becomes too wet, add tapioca flour by the tablespoons.
5. Once it's ready, pinch some dough (about 5 grams) and roll it between your palms to form a small ball. Using your thumb or index finger, press the centre of the dough to create a cavity (you can do this with a chopstick if you prefer a smaller cavity).
6. Next, cook the abacus seeds in a pot filled with boiling water and 1 teaspoon of cooking oil. The abacus seeds are cooked when they float onto the surface.
7. Once they're cooked, drain and drizzle more cooking oil on the abacus seeds to prevent them from sticking together.
8. Then, sauté garlic, shallots and mushrooms with 2 tablespoons of cooking oil in a frying pan or wok. Add in the shredded squids and dried shrimps and stir fry for a minute or 2.
9. Add in the minced chicken and fry until the chicken is about 70 – 80% cooked. Then, stir in the black fungus and mix well.

10. Finally, add in the abacus seeds, stir fry for 2 – 3 minutes and season to taste with the seasoning. Sprinkle over the chopped Chinese celery and spring onion before tossing briefly.
11. Dish out and garnish with deep fried shallots and shredded red chilies before serving.

Nutrition		 91 Minutes
Karbohidrat	66.89 g	 8 servings
Tenaga	337.54 kcal	
Lemak	4.75 g	
Protein	8.02 g	