



Seafood Tom Yam & Coconut Shake

Tom Yam Makanan Laut & Shake Kelapa

Seafood Tom Yam

Preparation Time : 20 mins
 Cooking Time : 10 mins
 Serving Size : 4-6 pax

Ingredients

- | | | | |
|-----------|---------------------------------------|----------|--|
| 5 cups | Water | 1 piece | Crab, cleaned & halved |
| 2 tbsp | Tom yam paste | 5 pieces | Prawns, cleaned |
| 3 stalks | Lemon grass, bruised | 1 cup | Fish fillets |
| 2 inch | Galangal, bruised | 8 pieces | Cherry tomatoes |
| 1 ½ tbsp. | Fish sauce | 3 tbsp | Lime juice |
| 5 pieces | Kaffir lime leaves | 1 stalk | Coriander leaves, sliced into 1 inch in length |
| 8 no's | Bird's eye chillies, bruised | | |
| ½ can | F&N Evaporated Filled Milk | | |

Preparation Methods

1. Boil water in a pot. Put in the tom yam paste, lemongrass, and galangal and bring to boil
2. Add in fish sauce, kaffir lime leaves & bird's eye chillies for 5 minutes
3. Pour in **F&N Evaporated Filled Milk** and simmer for 5 minutes
4. Put in the crab, prawns, fish fillets and cherry tomatoes. Boil briefly until the seafood is just cooked
5. Lastly, pour in the lime juice
6. Sprinkle coriander leaves over the tom yam before serving.

Coconut Shake

Preparation Time : 5 mins
 Serving Size : 4-6 pax

Ingredients

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|---------|--|
| 1 cup | Coconut water |
| 2 tbsp | F&N Vitaminised Sweetened Creamer |
| ½ can | F&N Evaporated Creamer |
| 1 glass | Ice |

Preparation Methods

1. Mix coconut water, **F&N Vitaminised Sweetened Creamer**, **F&N Evaporated Creamer**, and ice into the blender
2. Blend until the texture is smooth
3. Enjoy this refreshing drink in tall glass.

Tom Yam Makanan Laut

Masa Penyediaan : 20 minit
 Masa Masakan : 10 minit
 Saiz Hidangan : 4-6 sajian

Bahan-Bahan

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|----------|---------------------------------|-----------|---|
| 5 cawan | Air | 1 ekor | Ketam dibersihkan & dipotong setengah |
| 2 sb | Pes tom yam | 5 ekor | Udang, dibersihkan |
| 3 batang | Serai, diketuk | 1 cawan | Isi ikan, dihiris |
| 2 inci | Lengkuas, diketuk | 8 biji | Tomato ceri |
| 1 ½ sb | Sos ikan | 2 tangkai | Daun ketumbar, dihiris sepanjang 1 inci |
| 5 keping | Daun limau perut | 3 sb | Jus limau nipis |
| 8 biji | Cili padi, diketuk | | |
| ½ tin | Susu Isian Sejat F&N | | |

Cara Penyediaan

1. Rebuskan air di dalam periuk. Masukkan pes tom yam, serai, dan lengkuas dan didihkan
2. Masukkan sos ikan, daun limau perut dan cili padi
3. Tuangkan susu **Susu Isian Sejat F&N** dan renihkan selama 5 minit
4. Masukkan ketam, udang, ikan dan tomato
5. Rebus sehingga makanan laut masak sepenuhnya
6. Padamkan api dan tuangkan jus limau ke dalam tom yam
7. Taburkan daun ketumbar ke atas tom yam sebelum menghidang.

Shake Kelapa

Masa Penyediaan : 5 minit
 Saiz Hidangan : 4-6 sajian

Bahan-Bahan

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|-------------|--|
| 1 cawan | Air kelapa |
| 2 sudubesar | Krimer Manis Bervitamin F&N |
| ½ tin | Krimer Sejat F&N |
| 1 gelas | Ais |

Cara Penyediaan

1. Masukkan air kelapa, **Krimer Manis Bervitamin F&N**, **Krimer Sejat F&N**, dan ais ke dalam mesin pengisar
2. Kisarkan sehingga aisnya halus
3. Hidangkan shake kelapa yang menyegarkan ini dalam gelas tinggi.

