

# #Christmasinspo



## Guide

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*Celebrating Christmas  
2018 in Asian style*

## TABLE OF CONTENTS

- *Xmas Dinner*..... 3-5
- *Gift ideas*.....6
- *Inspiring traditions*....7
- *Detailed recipes*....8-10



# CREATIVE

## GET CREATIVE THIS CHRISTMAS

*Although there is no major habit of celebrating Christmas in Asia, the beauty of local traditions is something we can get inspired with this winter. So, why not throw an Asian-style Christmas party in 2018?*

*It's time to get creative!*

# XMAS



# Asian-inspired Christmas Dinner

## STARTERS: DIM SUM

*Style of Chinese cuisine prepared as small portions of food (Asian "tapas")*

### *Spring rolls*

- 500 gr. ground pork with a good amount of fat (or beef/shrimps/tofu)
- 1 large onion chopped
- 3 to 4 cloves chopped garlic
- 1 medium carrot chopped or grated
- salt
- freshly ground pepper
- 1 egg beaten (for sealing the spring rolls)
- 20 spring roll wrappers separated
- cooking oil for deep frying

### *Steamed Dumplings*

- 100 (3.5 inch square) wonton wrappers
- 1 3/4 pounds ground pork/shrimps
- 1 tablespoon minced fresh ginger root
- 4 cloves garlic, minced
- 2 tablespoons thinly sliced green onion
- 4 tablespoons soy sauce
- 3 tablespoons sesame oil
- 1 egg, beaten
- 5 cups finely shredded Chinese cabbage

# Asian-inspired Christmas Dinner

## MAIN DISH

*It's time to create an Asia-inspired masterpiece*

### *Szechuan shrimps with plum sauce*

- 500 gr. shrimps (10 to 12 large pieces), peeled and deveined
- salt
- finely ground black pepper
- 1 teaspoon Szechuan peppercorns
- 1 bell pepper
- 1 small carrot
- 2 cloves garlic
- 1 half-inch knob ginger
- 2 bird's eye chilies
- 2 tablespoons cooking oil
- rice vinegar
- rice wine
- soy sauce
- 1/4 cup plum sauce (e.g. Lee Kum Kee)

### *Thai chicken satay*

- 1 lb. (0.45 kg) boneless, skinless chicken thigh (cut into bite-size pieces or strips)
- 2 tbsp. minced fresh lemongrass (or bottled/frozen lemongrass (available at Asian stores))
- 4 to 5 cloves garlic
- 1 tsp. freshly grated galangal (or ginger)
- 1/4 cup fresh cilantro (chopped)
- 2 tsp. ground coriander
- 2 tsp. ground cumin
- 1/2 tsp. turmeric
- 1/4 tsp. ground white pepper
- 1 fresh red chili
- 4 tbsp. fish sauce
- 3 tsp. brown sugar
- 1/2 tbsp. rice vinegar
- 2 tbsp. liquid honey
- 2 tbsp. vegetable oil



*P.9 -  
Detailed  
recipe*

# Asian-inspired Christmas Dinner

## DESSERT

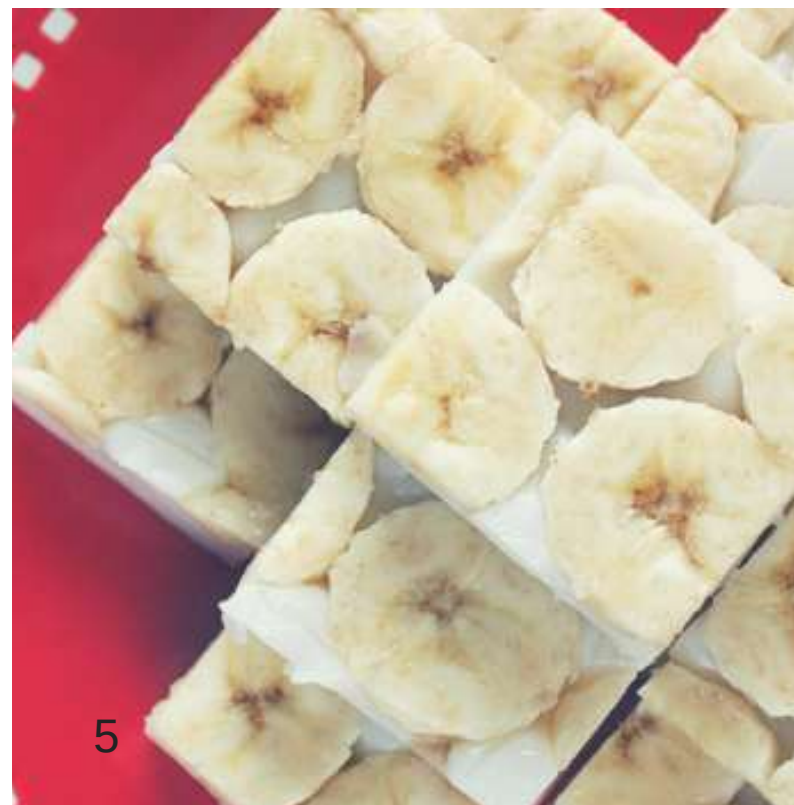
Why not try making a dessert that's both healthy and delicious?

### *Indonesian banana cake*

- banana (cut into slices)
- 1 packet starch powder (mung bean)
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/2 cups coconut milk

### *Indonesian black rice pudding*

- 1 cup black rice
- 1 can full fat coconut milk
- 1/2 cups water
- 1 pinch salt
- 2 tablespoons coconut sugar (natural palm sugar, or another sweetener of your choice)
- banana
- hemp hearts



*P.10-  
Detailed  
recipe*

# Inspiring traditions from Asia

Although Christmas is not celebrated in the same way as in other Western (Christian) countries, Eastern cultures have some unique and special traditions that can inspire your festive mood.

- The Chinese word for apple sounds very much like the word for "peace." This is how a sweet tradition to exchange apples wrapped in colored paper emerged. The apples are eaten on Christmas Eve, as in Chinese the word for "Christmas Eve" translates as "quiet evening".

- Hongbao (Red Envelope) is a traditional gift from older to younger and from bosses to employees. Red symbolizes energy and happiness, so, it's a great way express good wishes to a person.

- The star-shaped lanterns called 'paróls' that are made of bamboo and paper can be seen everywhere at Christmas time in the Philippines. The lanterns depict the Star of Bethlehem and evoke a sense of goodwill and hope for the locals.

- In Indonesia, there is a lovely ritual, called the mandi-mandi tradition. It involves people gathering in the homes of their relatives and festively draw on each other's faces, which symbolizes atonement and forgiveness for the upcoming New Year. They begin the New Year with a clean slate.



# Asia-inspired gift ideas

We all have these people around us who have literally everything, which turns choosing their Xmas gifts into a major struggle. This year, you can give them something truly memorable no one else will.

## Ayurvedic beauty products

What could be better than taking care of yourself in an organic and sustainable way? Choose within a wide range of shampoos, massage oils, creams, and hair treatments.

Where to buy: Amazon and numerous online shops like Nykaa.com



## Vintage/customized chopsticks

This is a personalized and useful gift that will surely fit anyone who is fond of Asian food/wants to learn to eat with the chopsticks.

Where to buy: Etsy.com or Amazon



## Asian-style paintings

Beautiful drawings on batik, wood, and paper can become an excellent decor element that will keep reminding the person about you and your unforgettable Christmas together.

Where to buy: Etsy.com or Amazon



## More ideas:

- Tea pots & tea collections
- Spices gift sets
- Porcelaine bowls, vases

# Starters recipes

## SPRING ROLLS

- Takes around 20 - 30 minutes to be prepared
- To make the filling, mix all the ingredients, except the wrappers.
- Form into small patty or ball and fry.
- Pre-heat 2-3 cups of oil in a frying pan (or Wok) , then place the shaped spring rolls in and fry until golden-brown colour.
- Scoop out and drain from the oil.
- Serve the spring rolls in halves or thirds and garnish them with sweet-sour or sweet-chilli sauce.

*Recipe by Connie Veneracion  
casaveneracion.com*



## PORK DUMPLINGS

- Place the pork, garlic, ginger, green onion, soy sauce, sesame oil, egg and the cabbage and stir until everything is well mixed.
- On each wonton wrapper place one heaping teaspoon of the pork filling.
- Moist the edges with water and fold to shape a triangle shape.
- Roll slightly the edges to seal the filling.
- Steam the dumplings in a covered bamboo or metal steamer for about 15-20 min and serve immediately when ready.

*Recipe from allrecipes.com*





# Main dish recipes

## SZECHUAN SHRIMPS WITH PLUM SAUCE

- Place the peeled and deveined shrimps in a bowl and sprinkle with black pepper and salt.
- Use a food processor to grind the peppercorns to a powder.
- After that deseed the bell pepper and dice. Peel and chop the carrots into thin slices.
- Pre-heat the oil in a pan (preferably a Wok) and place the peppercorns, garlic, chilli and finely chopped ginger in it for about 2 min. T
- Then add the carrots and bell peppers and stir for a minute by turning the heat up. Add a splash of vinegar and a little soy sauce.
- Stir in the plum sauce and wait until the mixture come to a simmer. In the end toss the shrimps in the sauce for 2-3 minutes until done.
- Garnish the shrimps with sesame seeds and finely sliced scallions before serving.

*Recipe by docksidefoodco*



## THAI CHICKEN SATAY

- Place all of the 'marinade' ingredients in a chopper and process well until you create a marinade-paste consistency.
- Pour over the chicken and stir well.
- Leave it in a refrigerator from 30 min to 8 hours (covered).
- Skewer the marinated chicken onto satay sticks.
- Place the meat near the sharp end of the stick so that there is a "handle" for turning it.
- To cook satay in oven: place it on a foil or parchment paper lined cookie sheet.
- Place satay on second-to-highest rung in your oven and broil 5 minutes before turning. After turning the first time, baste with leftover marinade. Continue turning every 4 to 5 minutes.
- Serve with peanut sauce for dipping and rice.

*Recipe from thespruceeats.com*



# Desserts recepies

## BANANA CAKE

- Line your baking pan with saran plastic. Add enough banana slices to cover the bottom of the pan and set aside.
- Mix together the mung bean powder, sugar, salt, and coconut milk
- Cook on medium-high, stirring constantly (very important) until it becomes a homogenous thick white liquid. Once the liquid bubbles, then it is ready. Quickly pour the entire batch into the baking pan and gently tap the baking pan to flatten.
- Let it set at room temperature. Once it sets, chill in a refrigerator for 1 hour.
- To serve, cut into serving portions.

*Recipe by Anina Jacobson  
dailycookingquiet.com*



## BLACK RICE PUDDING

- In a medium-sized pot, combine the black rice, coconut milk, salt, and water.
- Bring to the boil, then reduce the temperature to low and simmer covered until the rice is tender and most of the liquid has almost been absorbed. This will take about an hour, so be sure to give it a good stir every once in a while
- Once the rice is cooked, remove from the heat, then stir in one Tbsp of your chosen sweetener, and taste.
- Serve hot, warm, or cold, drizzled with a bit of extra coconut milk, and garnished with diced banana and a sprinkle of hemp hearts.

*Recipe by Katie Trant  
heynutritionlady.com*



# Merry Christmas!



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BY

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