

a taste of
South East
Asia

YEO'S

楊協成

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Celebrate Chinese New Year with YEO'S!

The year of the rabbit is here again, it is the time to bring peace and joy to your home. What better way to bring the family together than preparing an authentic Chinese feast for everyone to enjoy. To bring ease to your preparation, YEO'S convenient culinary sauces and seasoning will enable you to cook up a delicious Chinese meal in just minutes.

In Chinese tradition, it is auspicious for Chinese to eat fish during Chinese New Year as "fish" sounds like "surplus" in Mandarin which mean that they would have good fortune to enjoy surplus food every year. To bring this good fortune to you, we have prepared a Steamed Fish with Salted Soy Beans recipe at the back of this newsletter just for you.

Instead of spending time brewing traditional Asian drink like Chrysanthemum Tea for your guests, simply serve this fragrant floral tea in a convenient YEO'S pack. Or serve YEO'S Winter Melon Tea, made with mildly sweet taste of winter melon, as they are believed to have a 'cooling' effect on the body and thus the best complements when having 'heaty' Chinese New Year snacks.

YEO'S Chrysanthemum Tea and Winter Melon Tea are available not only in convenient 250ml packs but also also in 1.48L family pack bottles which is value-for-money. Both packagings are sold in all Asian grocery stores so grab them today!

You can now enjoy spending your new year chatting with your family and friends, rather than getting busy in the kitchen all the time!

与杨协成一起共渡华人新年!

兔年即将来临, 该把平安和喜悦带回家。家人聚在一起, 准备一顿丰盛的华人大餐, 大家开心享用, 没有比这更好的了。若不想辛苦地准备, 您可以选择方便的杨协成烹饪酱汁和调料汁, 这样您在几分钟之内就可以烹调出一顿可口的华人美食。

根据传统, 华人在春节期间吃鱼象征吉利, 因为“鱼”和“余”同音, 意味着每年都有好运气, 拥有吃不完的食物。我们想把这份好运带给您, 因此我们在本期新闻通讯的封底特意为您准备了一道豆豉蒸鱼的菜谱。

您不用再耗费时间为您的客人炮制传统的亚洲风味饮料(比如菊花茶), 方便的杨协成纸包饮料可以让您快捷地为客人奉上一杯芬芳的花茶。您还可以选择杨协成冬瓜茶, 这款茶不仅具有冬瓜的淡淡甜味, 而且它的“清热降火”功效还可以让您放心享用丰盛的华人佳节美食。最佳搭配, 您的选择!

杨协成菊花茶和冬瓜茶不仅有方便的250ml纸包装, 而且也有物有所值的1.48L家庭瓶装。两种包装在所有的亚洲地区日用品店内均有销售。今天就去买吧!

现在, 您可以与家人、朋友惬意地聊天, 享受节日的快乐, 而不是一直在厨房忙得团团转了。

YEO'S Sambal Oelek

is a ready to use sauce perfectly blended using fresh chilli and other fine ingredients. It has a spicy, sweet and sour flavour and it is ideal for favourite Asian delicacies like sambal vegetables or sambal seafood. It is excellent as a dipping sauce too and can be a complement to any dish to spice it up. YEO'S Sambal Oelek is gluten free, dairy free and contains no artificial preservatives.



杨协成参峇辣椒酱

一款即食酱汁, 采用新鲜辣椒和其他精品配料精心调配而成。香辣可口, 酸甜适中。非常适合亚洲美食(比如参峇蔬菜或参峇海鲜。同时也可蘸食, 与鱼类搭配食用, 味道更佳。杨协成参峇辣椒酱无面筋, 不含乳制品以及任何人工添加防腐剂。

YEO'S Nasi Goreng Paste

is a simple one-time use sauce, made using aromatic seasonings like tomato, lemongrass, fried shallot, dried shrimp and garlic. Nasi Goreng is a Malay fried rice meal, easily prepared by frying rice with YEO'S Nasi Goreng Paste and adding accompaniments like egg, seafood and satay sticks to it. YEO'S Nasi Goreng Paste contains no added MSG and preservatives.

杨协成炒饭酱

一款方便的一次性食用酱, 采用诸如西红柿、柠檬香茅、炸葱、干虾和大蒜等配料制成。Nasi Goreng是一种马来风味的炒饭, 方便制作, 米饭用杨协成炒饭酱加入鸡蛋、海鲜和沙嗲串等配料翻炒即可。杨协成炒饭酱无添加味精和防腐剂。



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Tantalising Cooking Ideas from YEO'S 杨协成轻松烹饪新概念



Stir-Fried Beef and Fried Rice 爆炒牛肉和炒飯

- 🕒 15 Mins. Prep 准备15分钟
- 🕒 15 Mins. Cook 烹饪15分钟
- 👥 4 Servings 4人份



Ingredients:

- 2 tsp YEO'S SAMBAL OELECK
- 1 ½ tbsp YEO'S PURE SESAME OIL
- 100g Onion, finely chopped
- 400g Beef Fillet, thinly sliced
- Fine Yellow Frisee, to garnish

For Rice:

- 1 jar YEO'S NASI GORENG PASTE
- 1 tbsp YEO'S PURE SESAME OIL
- 700g Rice, boiled & cooled
- 100g Carrot, chopped
- 100g Peas
- 100g Cucumber, thinly sliced
- 2 Eggs, whisked, fried & sliced

Cooking Instructions:

1. Fry YEO'S NASI GORENG PASTE in heated YEO'S PURE SESAME OIL till fragrant.
2. Add rice and stir-fry thoroughly till every grain is coated.
3. Garnish with vegetables and eggs. Set aside on serving plate.
4. Stir-fry YEO'S SAMBAL OELECK in heated YEO'S PURE SESAME OIL for 1 minute.
5. Brown onion, add beef and stir-fry for 2 minutes.
6. Sprinkle YEO'S PURE SESAME OIL and garnish with fine yellow frisee. Serve hot.

Complements well with YEO'S Ice Green Tea.

配料:

- 2 茶匙 杨协成叁峇辣椒酱
- 1 ½ 汤匙 杨协成100%纯正香麻油
- 100克 洋葱, 切成小块
- 400克 牛柳, 切成薄片
- 精品黄生菜, 装饰配菜

炒饭配料:

- 1罐 杨协成炒饭酱
- 1汤匙 杨协成100%纯正香麻油
- 700克 米饭, 煮好与放凉
- 100克 胡萝卜, 切块
- 100克 豌豆
- 100克 黄瓜, 切成薄片
- 2个 鸡蛋, 搅打、炒好与切片

烹饪指南:

1. 将杨协成炒饭酱放进已经加热的杨协成100%纯正香麻油中翻炒, 直到发出香味为止。
2. 加入米饭, 彻底翻炒, 直到每一粒米饭都沾满炒饭酱。
3. 准备配菜和鸡蛋。放在食物盘中。
4. 将杨协成叁峇辣椒酱放进已经加热的杨协成100%纯正香麻油中爆炒一分钟。
5. 棕色洋葱, 加入牛肉, 爆炒两分钟。
6. 撒上杨协成100%纯正香麻油, 用精品黄生菜进行装饰。趁热上桌。

搭配杨协成冰凉绿茶, 味道更佳。

Steamed Fish with Salted Soy Beans 豆豉蒸鱼

- 🕒 20 Mins. Prep 准备20分钟
- 🕒 15 Mins. Cook 烹饪15分钟
- 👥 4 Servings 4人份



Ingredients:

- 1 tbsp YEO'S SALTED SOY BEANS, mashed
- ½ tbsp YEO'S PURE SESAME OIL
- 1 Garlic Clove, finely chopped
- 3 Ginger Slices, finely chopped
- ¼ tsp Sugar
- 2 tbsp Water
- 5 Spring Onions
- 400g Cod Fillet
- Spring Onion, thinly sliced to garnish
- Red Chilli, sliced to garnish

Cooking Instructions:

1. Stir-fry garlic and ginger in heated YEO'S PURE SESAME OIL.
2. Add YEO'S SALTED SOY BEANS, sugar and stir-fry for a few seconds.
3. Add water, mix the gravy well and simmer for 1 minute.
4. Pour gravy onto a heatproof serving plate. Add spring onions, fish and steam for 10 to 12 minutes till cooked. Garnish and serve hot.

Complements well with YEO'S Chrysanthemum Tea.

配料:

- 1汤匙 杨协成豆豉, 捣烂
- ½ 汤匙 杨协成100%纯正香麻油
- 1个 蒜瓣, 切成小丁
- 3片 姜片, 切成小丁
- ¼ 茶匙 糖
- 2汤匙 水
- 5棵 小葱
- 400克 鲷鱼片
- 小葱, 切成薄片, 装饰配菜
- 辣椒, 切片, 装饰配菜

烹饪指南:

1. 将蒜丁和姜丁在已经加热的杨协成100%纯正香麻油中翻炒。
2. 加入杨协成豆豉和糖, 翻炒几秒钟。
3. 加入水, 焖一分钟。
4. 将卤汁倒在隔热食物盘上。加入小葱和鱼, 蒸10到12分钟, 直到鱼蒸熟为止。添加配菜, 趁热上桌。

搭配杨协成菊花茶, 味道更佳。

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* 总奖金达1千元。

