

**The Lotus and the Artichoke**

# **MALAYSIA**

**A culinary adventure  
with over 70 vegan recipes**

**Justin P. Moore**



**The Lotus and the Artichoke**  
**MALAYSIA – A culinary adventure with over 70 vegan recipes**

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THAILAND

PENANG

IPOH

PULAU  
PANGKOR

MALAYSIA

BATU CAVES

KUALA  
LUMPUR

MELAKA

JOHOR  
BAHRU

SINGAPORE

INDONESIA



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# Kelabit Mango Salad

## fresh & fruity

serves 2 / time 20 min

- 1 medium (200 g) mango** peeled, chopped
- 1 shallot** finely chopped *optional*
- 1 small radish** finely sliced
- 1 Tbs lime juice** or **lemon juice**
- 1 Tbs soy sauce** (Shoyu) or **Vegan Fish Sauce** (page 29)
- 1/4 tsp black pepper** ground
- 1/4 tsp sea salt**
- small bunch celery greens** or **fresh parsley leaves** finely chopped, for garnish

1. Toss **all ingredients** except chopped greens in a large bowl.
2. Adjust **salt** and **lime** (or **lemon**) **juice** to taste. Cover and refrigerate until ready to serve.
3. Alternately, arrange in layers in individual bowls.
4. Serve in bowls garnished with chopped **celery greens** or **parsley leaves**.

### Variations:

**Berry:** Add 4–6 thinly sliced strawberries. **Nutty:** Add 1/3 cup (35 g) roasted, crumbled peanuts, cashews, or walnuts.





# Nasi Lemak

## Coconut Pandan Rice & Spicy Nuts

serves 4 / time 25 min

### Coconut Pandan Rice:

**2 cups (375 g) broken jasmine rice** or **basmati rice**  
**1 2/3 cup (400 ml) water**  
**1 2/3 cup (400 ml) coconut milk**  
**1/2 tsp sea salt**  
**1/2 tsp turmeric ground**  
**2 pandan leaves** or **bay leaves**  
**fried onions** for garnish  
**1/2 small cucumber** sliced  
**lime slices** for garnish

1. Rinse and drain **rice** thoroughly.
2. Bring **water** and **coconut milk** to low boil in a medium pot with good lid. Stir in **rice**, **salt**, **turmeric**, and **pandan** (or **bay leaves**). Return to simmer. Cover and steam until most liquid is absorbed, 12–15 min. Remove from heat. Stir a few times. Cover and let sit 10 min. Remove and discard leaves before serving.
3. Garnish with **fried onions**, **cucumber**, and **lime slices**.
4. Serve with Lemongrass Ginger Tofu (page 75), Sambal Belacan (page 50), and Spicy Nuts (below).

### Spicy Nuts:

**1/2 cup (50 g) peanuts**  
**1/2 cup (50 g) cashews**  
**1/2 tsp chili powder** or **paprika** ground  
**2 tsp coconut sugar**  
**1/4 tsp sea salt**

1. Heat a medium frying pan on medium heat. Dry roast **peanuts** and **cashews**, stirring regularly, until light golden brown and dark spots begin to appear, 4–7 min. Do not burn.
2. Add **chili powder** (or **paprika**), **sugar** and **salt**. Mix well. Continue to cook another 2–3 min, stirring constantly, until sugar has melted and nuts are well coated. Remove from heat. Allow to cool.



# Mee Goreng

## traditional vegetable fried noodles

serves 2 / time 30 min

**4.5 oz (125 g) mee noodles** (thin wheat noodles)  
**1 cup (100 g) cabbage** or **broccoli** finely chopped  
**1 medium carrot (90 g)** finely chopped or sliced  
**2–3 Tbs vegetable oil**  
**2 spring onions** or **shallots** finely chopped  
**1–2 cloves garlic** finely chopped  
**1/2 in (1 cm) fresh galangal** or **ginger** finely chopped  
**1 large red chili** finely chopped *optional*  
**1 tsp coriander** ground  
**1/2 tsp black pepper** ground  
**2 Tbs soy sauce** (Shoyu)  
**1 Tbs lime juice** or **lemon juice**  
or **2 tsp rice vinegar**  
**1 tsp tamarind paste** (seedless)  
**2 tsp agave syrup** or **sugar**  
**1/2 tsp sea salt**  
**fresh coriander leaves** chopped, for garnish  
**lime slices** to serve

1. Cook or soak **mee noodles** according to package instructions. Drain, cover, set aside.
2. Whisk **soy sauce**, **lime** (or **lemon**) **juice** (or **vinegar**), **tamarind**, **agave syrup** (or sugar), and **salt** in a small bowl.
3. Heat **oil** in a large frying pan or wok on medium high heat. Add chopped **spring onions ends** (or **shallots**), **garlic**, **galangal** (or **ginger**), **chili**, ground **coriander**, and **pepper**. Fry, stirring constantly, until onions begin to soften, 3–4 min.
4. Add **carrots** and **cabbage** (or **broccoli**). Stir-fry until vegetables soften and brown, 4–6 min.
5. Add cooked, drained **noodles**. Mix well. Pour in **soy sauce mix**. Continue to cook, stirring frequently, until vegetables are cooked and noodles lightly braised, 3–5 min. Remove from heat. Stir in **spring onion greens**. Cover until ready to serve.
6. Garnish with fresh chopped **coriander**. Serve with **lime slices**.

### Variations:

**Tofu or Seitan:** Fry 3.5 oz (100 g) sliced seitan strips or crumbled firm tofu along with vegetables. Increase soy sauce to 3 Tbs. **Mushrooms:** Add 1/2 cup (50 g) sliced or chopped mushrooms.

**Go Nuts:** Garnish with roasted, crumbled peanuts or cashews. **Thicker Sauce:** Whisk in 2 Tbs water and 1 tsp corn starch with other soy sauce ingredients.