



Deep Fried Milk

Brand..... TASTE & TASTES

Description

Deep Fried Milk Recipe 脆皮炸鲜奶

Ingredients

250ml fresh milk
35g sugar
15ml evaporated milk
30g corn flour
15ml water
100g Taste and Tastes Veg Flour

- 1) Pour milk, sugar, corn flour and evaporated milk to a pot, put low fire to heat it.
- 2) Please continue to stir it While heating the mixture. Once the mixture become thick remove from fire.
- 3) Use a rectangle container cover with plastic wrap then pour the mixture above it.
- 4) Freeze it around 1 hour, then cut into long stick shape.
- 5) Mix water with the Taste and Tastes Veg Flour, then dip the milk stick inside.
- 6) Fry a few at a time so they are not crowded, until golden brown, 3 to 5 minutes.

250毫升 牛奶
35克 糖
15毫升 淡奶
30克 玉米淀粉
15毫升 水
100克 Taste and Tastes 素炸粉

- 1) 牛奶、白糖、玉米淀粉和炼乳一起倒入锅中，搅拌均匀后，开小火加热
- 2) 加热的同时，要用勺子不停搅拌，至牛奶糊浓稠的样子，关火
- 3) 取一个容器，铺上一层保鲜膜，再倒入牛奶，容器最好是方形的，便于凝固后切成长条状
- 4) 放入冰箱冷藏1小时左右，至凝固成牛奶糕
- 5) 取出牛奶糕切成适合的小块
- 6) 炸粉倒入碗中，分几次慢慢地加入清水，搅拌成糊状（不要太稀）
- 7) 锅中烧油至六七成热再转小火，取一块奶糕放入面糊中裹上一层，放入油中，炸至金黄，即可

Brand..... TASTE & TASTES

Description

Deep Fried Vegetables 炸胡萝卜丸子

Ingredients

- 1 carrot
- 1/2 cup parsley
- 1 Egg
- 1 cup Taste and Tastes Veg Flour



- 1) In a medium bowl, pour in the flour and add in the egg mix well.
- 2) Heat the oil in a large deep skillet over medium-high heat. Test to see if oil is hot by frying a drop of batter. If it sizzles and floats to the top, the oil is ready.
- 3) Cut the carrot and parsley into shreds.
- 4) Mix the vegetables into the batter and then place in the hot oil. Fry a few at a time so they are not crowded, until golden brown, 3 to 5 minutes.

Tips : If vegetarians can use water to replace the egg.

材料

- 1 条 胡萝卜
- 1/2 杯 香菜
- 1 粒 蛋
- 1 cup Taste and Tastes 素炸粉

- 1) 把Taste and Tastes 素炸粉倒入碗中，然后加入鸡蛋搅拌均匀。
- 2) 把油锅加热至适中，可以放入一点的炸面糊以测试油温。
- 3) 把胡萝卜和香菜切成丝。
- 4) 把（3）材料粘上面糊，然后放入油锅中炸至金黄色，分批炸以免油温降低。

小提示：如果是素食者可以以水取代鸡蛋。



Deep Fried Aubergine(Eggplant)

Brand..... TASTE & TASTES

Description

Deep Fried Aubergine(Eggplant) 香炸茄子片

Ingredients

- 2 Egg plant
- 1 Egg
- 1 cup Taste and Tastes Veg Flour

- 1) In a medium bowl, pour in the flour and add in the egg mix well.

2) Heat the oil in a large deep skillet over medium-high heat. Test to see if oil is hot by frying a drop of batter. If it sizzles and floats to the top, the oil is ready.

3) Dip eggplant (cut into thin pieces) into the batter and then place in the hot oil. Fry a few at a time so they are not crowded, until golden brown, 3 to 5 minutes.

Tips : If vegetarians can use water to replace the egg.

材料

2 条 茄子

1 粒蛋

1 cup Taste and Tastes 素炸粉

1) 把Taste and Tastes 素炸粉倒入碗中，然后加入鸡蛋搅拌均匀。

2) 把油锅加热至适中，可以放入一点的炸面糊以测试油温。

3) 把茄子（切成薄片）粘上面糊，然后放入油锅中炸至金黄色，分批炸以免油温降低。

小提示：如果是素食者可以以水取代鸡蛋。

All Purpose Seasoning Flour 500g

Brand.....TASTE & TASTES

Description

Taste and Tastes

All Purpose Seasoning Flour 500g

Suitable for all kinds of seafood, mushrooms vegetables, meat and etc.

Ingredients

Wheat Flour, Rice Flour, Corn Flour, Salt, Spices, MSG

Application

1) Clean the ingredients.

2) Coat them well with Taste and Tastes flour without marinating, water and seasoning.

3) Deep fry until golden brown and serve.

Storage

Opened or sealed package should be stored in the refrigerator or a cool place.





All Purpose Seasoning Flour 250g

Brand..... TASTE & TASTES

Description

Taste and Tastes

All Purpose Seasoning Flour 250g

Suitable for all kinds of seafood, mushrooms vegetables, meat and etc.

Ingredients

Wheat Flour, Rice Flour, Corn Flour, Salt, Spices, MSG

Application

- 1) Clean the ingredients.
- 2) Coat them well with Taste and Tastes flour without marinating, water and seasoning.
- 3) Deep fry until golden brown and serve.

Storage

Opened or sealed package should be stored in the refrigerator or a cool place.

Fried Chicken Seasoning Powder

Brand..... TASTE & TASTES

Description

Fried Chicken Seasoning Powder

Taste and Tastes All Purpose Seasoning Flour

No artificial colour

No artificial flavour

No preservatives added



Fried Chicken Patty 酥炸鸡块

Brand..... TASTE & TASTES

Description

Fried Chicken Patty 酥炸鸡块

Ingredients

2 pcs Chicken Breast

1 egg (Grade C)

2 Tsp Taste and Tastes All Purpose Seasoning Flour

Taste and Tastes All Purpose Seasoning Flour for coating use

- 1) Dice or finely chop the meat into very small fine piece, or you can use mincing machine.
- 2) Beat the egg and add into the chicken mince and mix well, gradually add in 2tsp Taste and Tastes All Purpose Seasoning Flour
- 3) Spoon out per portion of minced meat and shape into a flat cake. (adjust the thickness as you like)

4) Coat the flat cake with Taste and Tastes All Purpose Seasoning Flour, fry in batches until golden brown color. Remove with a slotted spoon and drain on paper towel.

材料

2片 鸡胸肉

1粒 蛋 (grade C)

2茶匙 Taste and Tastes 炸粉

Taste and Tastes 炸粉适量 (炸时上粉用)

1 将鸡胸肉剁成肉碎 (也可以用绞肉机将鸡胸肉搅碎)

2 将鸡蛋加入碎肉里搅拌均匀, 搅拌的同时将两茶匙Taste and Tastes 炸粉分次加入拌匀。

3 将拌好的肉压实, 用汤匙舀出适量的肉压扁 (肉的厚度可以自己拿捏)

4 把Taste and Taste 炸粉倒在碟里, 将肉饼沾上炸粉, 待油热后炸至金黄浮起即可。

Chicken Floss-Breadmaker Version 鸡肉丝 - 面包机

Brand.....TASTE & TASTES

Description

Chicken Floss- Breadmaker Version

Ingredients

2pcs chicken breast around 400g

1/2tsp Salt

2tsp Oyster Sauce

Soy Sauce

1 1/2 tbsp sugar

2 tsp Taste and Tastes All Purpose Seasoning Flour

1 tsp fish sauce

1) Cooked well the shredded chicken, add in all the seasoning ingredients into the shredded chicken and mix well, marinate the chicken floss for 1 hour to be more tasty.

2) Put the shredded chicken in to the Breadmaker and use function 13, estimate time 1:20 minutes, if not enough dry can add more extra time until chicken floss is dry enough.

We use SKG BreadMaker

材料

两片 鸡胸肉(约400g)

1/2茶匙 盐

2茶匙 蚝油

酱油少许

1 1/2汤匙 糖

2茶匙 Taste and Tastes 粉

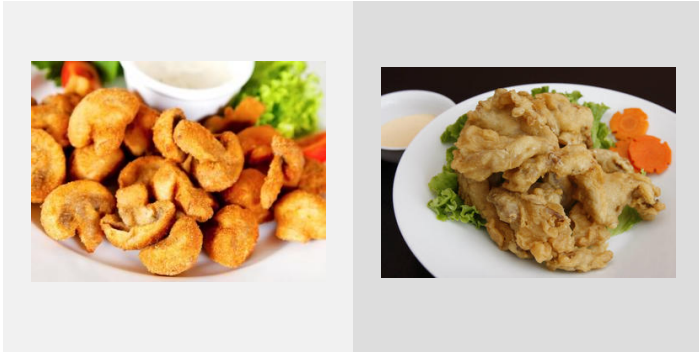
1茶匙鱼露

1) 把鸡肉煮熟后撕碎, 加入调味料拌匀, 如果想更入味可以腌制1个小时以上。



2) 拌匀后放入面包机里按13号, 时间1:20分钟, 不够干的话可以在加时。

我用的是SKG面包机



Deep Fried Mushroom Recipe 酥炸蘑菇

Brand..... TASTE & TASTES

Description

Deep Fried Mushroom Recipe 酥炸蘑菇

Ingredients

- 1 cup button mushroom
- 1 cup abalone mushrooms
- 1 Egg
- 1 cup Taste and Tastes Veg Flour

1) In a medium bowl, pour in the flour and add in the egg mix well.

2) Heat the oil in a large deep skillet over medium-high heat. Test to see if oil is hot by frying a drop of batter. If it sizzles and floats to the top, the oil is ready.

3) Dip mushrooms into the batter and then place in the hot oil. Fry a few at a time so they are not crowded, until golden brown, 3 to 5 minutes.

Tips : If vegetarians can use water to replace the egg.

材料

- 1 杯蘑菇
- 1 杯 鲍鱼菇
- 1 粒蛋
- 1 cup Taste and Tastes 素炸粉

1) 把Taste and Tastes 素炸粉倒入碗中, 然后加入鸡蛋搅拌均匀。

2) 把油锅加热至适中, 可以放入一点的炸面糊以测试油温。

3) 把菇类粘上面糊, 然后放入油锅中炸至金黄色, 分批炸以免油温降低。

小提示: 如果是素食者可以以水取代鸡蛋。

Cheesy Rice Balls Recipe (Arancini) 芝士饭球

Brand..... TASTE & TASTES

Description

Cheesy Rice Balls Recipe (Arancini)

Children and adults love these cheesy rice balls. They are an Italian classic known as Arancini. These rice balls are such a treat fresh off the stove, stuffed with glorious gooey cheese.

Ingredients

Ingredients for Cheesy Rice Balls (Arancini):

- 2 Tbsp olive oil + 2 Tbsp unsalted butter
- 1 med onion (about 1 cup), finely diced
- 1 cup ham, finely diced (about 3 oz)
- 2 cups medium grain rice
- 1 cup frozen peas, thawed
- 1 cup shredded parmesan cheese
- 4 oz mozzarella cheese, cut into 24 (1/2-inch) cubes

For Breading/ Frying:

- 1 cup Taste and Tastes All Purpose Seasoning Flour
- 3 large eggs, beaten with a fork
- 1 1/2 cups Bread crumbs
- Oil for frying

1) Add 2 Tbsp olive oil and 2 Tbsp butter in a frying pan. When hot, stir in diced onion until soft and golden (4-5 min). Add finely diced ham and cook another 2 minutes or until meat is golden. Add rice and stir until coated with oil.

2) Stir in the peas in, then cover with a tight fitting lid and finish cooking (2 min). Rice should be soft and the liquid mostly absorbed. Spread rice mixture onto a large rimmed baking dish to cool.

3) Once rice is cooled, stir in 1 cup parmesan cheese. Form rice balls using a heaping ice cream scoop for each. Stuff each rice ball with a cube of mozzarella cheese and form a tight ball with the rice mixture to enclose the cheese.

4) Set up 3 shallow bowls, the first one to have 1 cup Taste & Tastes all purpose seasoning flour, the second with 3 beaten eggs, the third with 1 1/2 cups bread crumbs. Dredge each rice ball in flour, shaking off the excess, then dip one-by-one in the beaten egg allowing excess egg to drip back into the bowl. Finally, roll the balls in breadcrumbs until evenly coated.

5) Add an inch of vegetable oil into a deep skillet or pot over medium heat (a pot is nice to reduce splatter). Once the oil is hot, add the breaded rice balls in batches without crowding the pot and cook about 3 minutes total per batch, turning to get all sides golden brown. Transfer to paper towels and serve warm

材料

2汤匙 橄榄油 + 2汤匙 无盐奶油

1 个红葱头， 切碎

1杯 火腿， 切丁

2杯 饭

1 杯 急冻青仁豆

1杯 巴美森 芝士

4oz 莫扎拉 芝士， 切成 1/2 -inch 丁状

炸面糊：

1 杯 Taste and Tastes All Purpose Seasoning Flour

3 粒鸡蛋， 打散

1 1/2 杯 面包糠

油适量

1) 把油和奶油放进平底锅， 又问热后加入红葱头， 炒至软， 加入火腿， 炒至金黄。最后加入饭， 炒至饭都裹上油。

2) 加入青豆， 盖上锅盖， 焖煮饭至软嫩， 然后放凉。

3) 待饭凉后， 加入巴美森 芝士粉， 混合均匀。用雪糕勺把饭团变成圆



形，每粒饭团都塞入一块莫扎拉芝士，切记要搓紧。

4) 准备3个碗，分别装入 Taste & Tastes 炸粉，鸡蛋，和面包糠。把每粒饭球裹上Taste & Tastes 炸粉，摇散多余的炸粉，再放入鸡蛋液中，最后裹上面包糠。

5) 放入油进入锅中，一旦油温适中，加入饭球，炸至金黄即可，趁热食用为佳。



Deep Fried Pumpkin Cake 酥炸金瓜

Brand..... TASTE & TASTES

Description

Deep Fried Pumpkin Cake 酥炸金瓜

Ingredients :

- 1/4 piece of Pumpkin
- 4 piece of Potato
- 100g Breadcrumbs
- 100g Taste and Tastes All Purpose Seasoning Flour

Method :

1. Remove pumpkin seeds, pith and outer skin. Cut into pieces. Cut same size for the potato and outer skin. Cover the pumpkin and potato with plastic wrap and steam for around 25 to 30 minutes until completely soft.
2. Smash the steamed pumpkin and potato together until finely paste or smooth. Set aside to cool down.
3. Mix the breadcrumb into the pumpkin and potato puree.
4. Split the mixture into small ball and slightly press to make a flat cake then coat with Taste and Tastes All Purpose Seasoning Flour.
5. Heat up the oil until medium heat then put in the pumpkin cake. Fry until both sides becomes crispy and golden brown.

Tips : Due to pumpkin have a more soft texture so when steaming can place the potato above the pumpkin.

炸金瓜

金瓜1/4粒

马铃薯4粒

面包糠约100g (可随意增加或减少)

Taste and Tastes炸粉适量

做法 :

- 1.将金瓜去皮去籽和马铃薯去皮切成小块，放在盘里然后包上保鲜纸放进锅里蒸大约20分钟
- 2.蒸好后取出金瓜和马铃薯混合压成泥，放凉。
- 3.将面包糠加进放凉的金瓜和马铃薯泥里中混合均匀
- 4.将混合好的金瓜马铃薯泥平均搓成小圆形后压成大概1寸厚的糕饼然后沾上Taste and Tastes炸粉
- 5.待油热后就可以下锅炸，炸至两面金黄色即可

小提示：由于金瓜比马铃薯快软，蒸的时候可以将金瓜放在马铃薯上面

Golden Bites 黄金炸肉

Brand..... TASTE & TASTES

Description

Golden Bites 黄金炸肉

Thanks for the sharing of our friends, an easy and tasty recipe!

Ingredients

20 pieces medium size prawn

1 piece chicken breast

3 tbsp Taste and Tastes All Purpose Seasoning Flour

感谢网友的分亨，一个简单又好吃的食谱！

材料

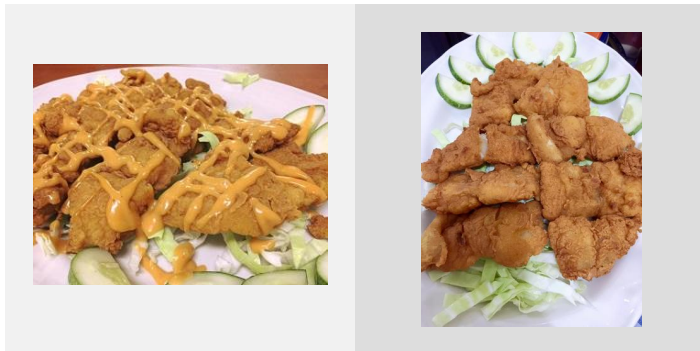
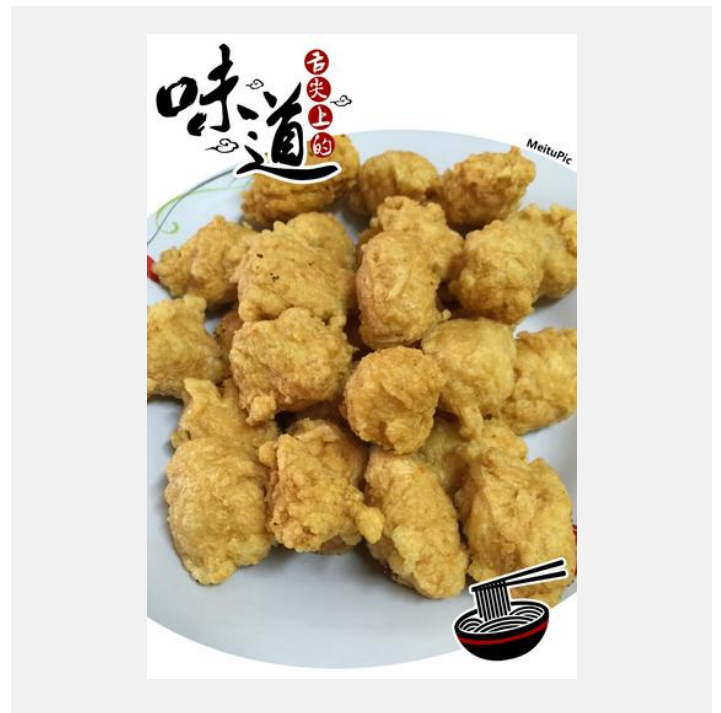
20只 中虾

1片 鸡胸肉

3汤匙 Taste and Tastes 炸粉

Mincing the prawn and chicken together and mix well with Taste and Tastes All Purpose Seasoning Flour. Deep fried until golden colour and served.

把虾肉和鸡肉一起打成胶，加入Taste and Tastes 炸粉混合均匀，炸至金黄色即可。



Deep Fried Dolly Fish 脆炸鱼块

Brand.....TASTE & TASTES

Description

Deep Fried Dolly Fish 脆炸鱼块

Simple and easy step for the Yummy fried dolly fish.

Ingredients:

2 pcs fillet dolly fish

1 egg

4 tbsp Taste and Tastes All Purpose Seasoning Flour

材料：

两块 多利鱼

1粒 全蛋

4大匙 Taste and Tastes多用途炸粉

Method：

- 1) Cut the fillet of fish into small pieces.
- 2) Dip the fish inside the bowl of beaten egg.
- 3) Then coat with Taste and Tastes All Purpose Seasoning Flour.
- 4) Heat up the oil, turn into low fire when the oil is hot. Slip the fish carefully into the oil. Then cover up with the lid.
- 5) After 2 minutes open the lid and turn over the another side of the fish and continue cover the lid fried for another 3 minutes until golden brown colour.

Serve with the your favorite sauce.

Recommend Sauce :Thousand Island Sauce

Time is just for reference

做法:

- 1) 将鱼片切成小块。
- 2) 把鱼放进碗里均匀的粘上已打散的鸡蛋。
- 3) 裹上Taste and Tastes多用途炸粉。

- 4) 将油烧热后把火候调小，小心放入鱼块。然后把锅盖盖上。
- 5) 2分钟后，打开盖子将鱼翻面，再次盖上锅盖，炸至金黄色即可。淋上您喜欢的酱汁。

特别推荐：千岛酱

时间仅供参考

Fried Calamari 酥炸鱿鱼圈

Brand..... TASTE & TASTES

Description

Fried Calamari 酥炸鱿鱼圈

How to make sure every bites of calamari coated with our crispy Taste & Tastes flour? Let's me teach you step by step on it!

Ingredients

300g Calamari

150g Taste and Tastes All Purpose Seasoning Flour

- 1) Put Taste and Tastes All Purpose Seasoning Flour in a bowl.
- 2) Get the Calamari ready 。
- 3) Remove the outer membrane of the squid.
- 4) Calamari rinse thru the water, then can coated with our Taste and Tastes All Purpose Seasoning Flour (Please refer to our video)
- 5) Heat up the oil. (Check out with our video on how to test the oil temperature)
- 6) Fried until calamari become golden in color then it will ready been served.

Tips : Remember to remove the outer membrane of the squid, it will help the flour can be easily coated. And please make sure the oil heat is ok if not the coated flour will easily drop off.

想要吃到酥酥脆脆的裹上我们独有Taste & Tastes 炸粉的鱿鱼圈吗？让我在这里教大家怎样做吧！

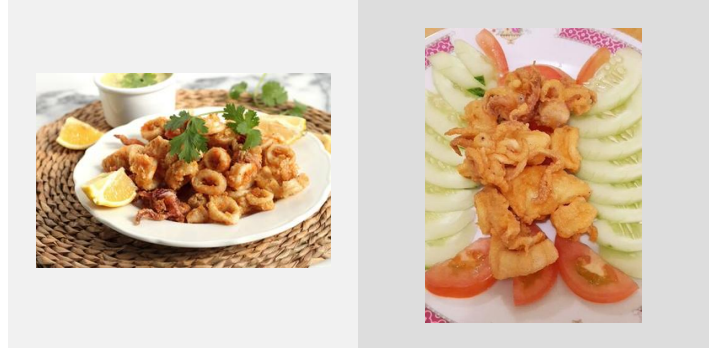
材料

300克 鱿鱼圈

150克 Taste and Tastes炸粉

- 1) 把Taste and Tastes炸粉倒进碗中。
- 2) 准备适量的鱿鱼圈。
- 3) 把鱿鱼的外膜去掉。
- 4) 把鱿鱼圈冲洗干净后就能裹上Taste & Tastes 炸粉（请参考我们的视频）
- 5) 准备一锅热油（请看视频教大家怎样测油温）
- 6) 炸金黄色即可上碟。

温馨提示：鱿鱼膜必须清干净不然表面太滑比较难上粉。油温必须够热才能下锅炸，不然粉也会比较容易掉。



Taste & Tastes

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