



M P O C



The Culinary Marvel



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A Flavourful Journey Begins

Welcome to The Culinary Marvel, where renowned chefs from around the world — Chef Rubia Zablon, Chef Nur Mohammad, Chef Fadzly Che Omar, Chef Sazli Nazim Ismail, Chef Bob Adnin, Chef Dave, Chef Kelvin Joel, and Chef Abu Hamidy — come together to showcase the versatility of palm oil in the kitchen.

Palm oil, a staple in the kitchens of many cultures, is celebrated for its versatility and unique properties. In this book, you'll discover a diverse collection of recipes that blend tradition and innovation, inspired by the global love for this remarkable ingredient. From savoury delights to sweet creations, each dish offers a unique culinary experience, honouring the heritage of palm oil in kitchens worldwide.

Join us on a flavourful journey, where the possibilities of palm oil are limitless, and every dish tells a story of culture, creativity, and passion.



About MPOC

The Malaysian Palm Oil Council (MPOC) is dedicated to positioning Malaysia as the global leader in certified sustainable palm oil. MPOC prioritises the promotion of Malaysian palm oil as a healthy, sustainable, and ethical choice for consumers worldwide, by actively engaging with stakeholders, while improving market access and acceptance of certified sustainable palm oil.

MPOC has a network of regional offices in Shanghai (China), Cairo (Egypt), Istanbul (Turkiye), Nairobi (Kenya), Lagos (Nigeria), as well as Mumbai and Chennai (India).

Through its head office in Kuala Lumpur and the regional offices, MPOC plays a vital role in facilitating the Malaysian palm oil industry's trade expansion by constantly identifying and capitalising on the latest market trends and opportunities.



About Palm Oil

The first commercial oil palm plantation in what was then Malaya was opened in 1917, with the plant tracing its origins back to West Africa. Today, this perennial tropical crop continues to provide a consistent supply of high-quality vegetable oil for up to 30 years, while Malaysia is the second largest producer of the commodity in the world.

As a fruit oil, palm oil offers a uniquely balanced fat profile. It is the only edible vegetable oil with a 50:50 ratio of unsaturated to saturated fatty acids. This balance contributes to its natural stability during cooking and its longevity as a product.

Palm oil is also one of nature's richest sources of beneficial compounds. It is packed with Vitamin E tocotrienols, a powerful group of antioxidants. Furthermore, it contains carotenoids, which give red palm oil its distinctive, rich colour and are a natural source of provitamin A. Clinical research also suggests that these antioxidant and nutritional compounds promote eye, skin, immune, brain, and heart health.





Get to Know The Chefs



Chef Rubia Zablon

Executive Chef
Hilton Group Botswana

Chef Rubia Zablon's passion for the culinary art has guided his career from a young age. With extensive international experience in five-star hotels both in Kenya and abroad, he has honed his skills while collaborating with some of the world's best chefs. His career highlights include serving as an Executive Chef for the Accor group (Ibis Styles Hotel) and his work with a celebrity cruise line based in Miami, Florida. Most recently, he was in Kigali, Rwanda, and is currently the Executive Chef for the Hilton group in Gaborone, Botswana. He finds fulfillment in providing modern gourmet dining experiences that surpass his clientele's expectations. Chef Rubia's cooking style is Afro-continental cuisine, a choice that allows him to infuse local cuisines with diverse food cultures to create a new and unique Afro-fusion dining experience.



Chef Fadzly Che Omar

Assistant Professor
Department of Hospitality and Culinary Arts UCSI

Chef Fadzly Che Omar's career began with experience at a 5-star hotel in 2006 before he transitioned into education as a Chef lecturer at prominent institutions such as Taylor's University. His versatile career also includes corporate roles as a Quality Assurance Manager in the Netherlands and a Business Manager at Carefood Industries. A highly decorated competitor, Chef Fadzly has amassed numerous medals from prestigious events like the Malaysian Skills Competition and Salon Culinaire Malaysia. As an Executive Committee member of the Chefs Association of Malaysia (CAM), he has collaborated with government agencies to promote Malaysian cuisine in nations including Singapore, China, and the UAE. His current ventures are as an Assistant Professor and Chef at UCSI University. He also holds a Master's Degree in Gastronomy, a Degree in Foodservice Management, and a Diploma in Chef Training.



Chef Sazli Nazim Ismail

Coach
Malaysian National Culinary Team

Chef Sazli Nazim Ismail is a senior Chef de Cuisine Tournant with 25 years of experience, known for a culinary style that is unpretentious and honest, yet luxurious. A member of the Malaysian National Culinary Team since 2000, his competitive career is marked by a distinguished international record. His notable achievements include winning the Prime Minister Golden Hand award for Most Outstanding Chef at Culinaire Malaysia in both 2007 and 2013, and the Most Outstanding Chef award at Ichef 2017. On the international stage, he has garnered numerous accolades. He won a gold medal at the Salon Culinaire Mondial in Switzerland in 2013 and another gold at the Culinary World Cup in Luxembourg in 2014, in addition to silver medals from the same competition. He also secured silver and bronze medals at the IKA Culinary Olympic in Germany. His current venture is coaching the Malaysian National Culinary Team, which recently competed in the IKA Culinary Olympic 2024 in Stuttgart.



Chef Nur Muhammad Zahar

Chef de Cuisine
KL Convention Centre

Chef Nur Muhammad is a dynamic Chef de Cuisine with a passion for crafting immersive dining experiences. He excels at developing exquisite, trend-setting menus that blend traditional techniques with modern gastronomy. His notable achievements include his expertise in seasonal menu planning, sourcing premium ingredients, and creating customised banquet and à la carte menus to maximise guest satisfaction. As a dedicated culinary leader, Chef Muhammad is committed to sustainable practices. He is actively working on a project to reduce the carbon footprint and optimise waste management within kitchen operations. He is a hands-on leader who fosters a high-performance kitchen culture through mentorship and training, and is experienced in managing high-volume food production while maintaining exceptional quality and operational efficiency.





Chef Bob Adnin

President
Professional Culinaire Association (PCA)

With over 30 years of experience, Chef Bob Adnin is a leading figure in both local and international cuisine. His career is marked by significant achievements, including his certification as a Continental Judge by the World Association of Chefs Society (WACS). He currently serves as the President of the Culinaire Association Malaysia and is a Brand Ambassador for renowned establishments such as Kakatoo Malaysia and Ombak Kitchen. His role as an Ambassador for World Top Gourmet further solidifies his influence on the global culinary stage. Renowned for his deep expertise in local cuisine, Chef Bob is known for his ability to blend tradition with innovation. He continues to inspire and mentor the next generation of chefs, driven by a vision to elevate culinary standards and explore new horizons.



Chef Kelvin Joel

Co-founder
Johannesburg Culinary and Pastry School (JCPS)

Chef Kelvin Joel is a celebrated South African pastry chef and co-founder of the Johannesburg Culinary and Pastry School (JCPS). Born and raised in Westbury, Johannesburg, Kelvin discovered his passion for cooking at a church shelter. He earned an internship at the Protea Hotel Parktonian, where he received advanced training under mentor chefs. He went on to become the first black pastry chef at Sandton Sun and a member of the South African National Culinary Team. In 2012, he and his wife Jarlyne founded JCPS to provide accessible, high-quality culinary education. The school has since grown to become the largest black-owned culinary school in South Africa, providing internationally accredited programmes and scholarships through the Seabiscuit Foundation, transforming lives through the culinary arts.





Chef Dave Vegan

Founder

Chef Dave Vegan Journey Kuala Lumpur

Chef Dave is a prominent vegan advocate and chef from Segamat, Johor Bahru, and the founder of Chef Dave Vegan Journey. With 10 years of experience working with top companies like Shangri-La Hotels and the Disney Cruise line, Chef Dave launched his online platform, Chef Dave Vegan Journey, in 2020 after the Covid-19 pandemic. This platform showcases veganised local heritage food recipes and serves as a social enterprise dedicated to advocating for a vegan lifestyle and animal rights. In the same year, he established D’Vegan Academy to teach plant-based cooking and PB Health to help Malaysians improve their health through whole-food, plant-based diets. He is also a Malaysian Celebrity Chef in the Masters of Malaysian Cuisine coalition. Chef Dave’s social media following has surpassed three million, and he has appeared on several talk and cooking shows to advocate for a healthy vegan lifestyle.



Chef Abu Hamidy

Executive Pastry Chef

Hilton Kuala Lumpur

Chef Abu Hamidy’s culinary story began with a humble apron and a deep desire to learn. In 2005, he fell in love with pastry. Over the next 20 years, he shaped his career with determination and fire. He moved from the basics to mastering banquet pastry for 17 years, followed by 3 years refining his skills in cake counter pastry. He had the privilege of working with top hospitality brands, including Le Meridien, Pullman, St Regis, Sofitel, Double Tree by Hilton, EQ hotel, and Hilton. From handling large-scale catering to creating delicate products, he has pushed himself to learn every corner of the kitchen. Now, as an Executive Pastry Chef, he leads with both heart and hands. He aims to craft seasonal, locally inspired creations, and offer immersive experiences such as pastry-making workshops to bring his guests closer to the culinary magic.

Makes 15
servings

240 Cal
per serving

*Crispy, golden arancini
balls, fried to perfection
in healthy palm oil*





Appetiser



Main



Dessert

Arancini Balls

Ingredients A

- 2 tbsp Palm oil
- 15g Unsalted butter
- 1 Onion (chopped)
- 1 Garlic clove (crushed)
- 250g Risotto rice
- 50g Butter

Instructions

Preparing Risotto

1. Heat the palm oil and butter in a saucepan until foamy.
2. Add the onion and a pinch of salt and fry gently over a low heat for 15 minutes, or until softened and translucent.
3. Add the garlic and cook for another min.
4. Stir in the risotto and cook for a further min.
5. Pour in half the stock and simmer, stirring continuously, until most of the liquid is absorbed.
6. Add the remaining stock a ladleful at a time as the rice absorbs the liquid, stirring, until the rice is cooked through (this should take about 20-25 minutes).
7. Stir in the parmesan and lemon and season to taste.
8. Spread the risotto out into a lipped tray and leave to cool to room temperature.

750mL Chicken or vegetable stock (additional 350mL if required)

100g Parmesan cheese (grated)

Palm cooking oil (for deep-frying)

Ingredients B For the coating

150g Plain flour/corn flour

3 Eggs (lightly beaten)

150g Fine dried breadcrumbs

Prepared by:

Chef Rubia Zablou



Shaping and Frying Arancini Balls

1. Scoop the cooled risotto into 15 equal portions – they should be slightly larger than a golf ball.
2. Flatten a risotto ball in your hand and put grated parmesan in the centre, then enclose the cheese in the rice and roll it into a ball.
3. Repeat with the remaining risotto balls.
4. Put the flour, eggs and breadcrumbs into three separate shallow bowls.
5. Dip each prepared risotto ball into the flour, followed by the eggs and finally, the breadcrumbs.
6. Transfer to a tray and set aside.

7. Half-fill a large, heavy-based saucepan with the cooking palm oil and heat over medium-low until it reads 150 to 170°C on a cooking thermometer or until a piece of bread turns golden brown in the oil within 45 seconds.
8. Lower the risotto balls into the oil in batches and cook for 2-5 minutes, or until golden brown and melted in the centre.
9. Set aside on a tray lined with a clean kitchen towel.

Serve the arancini warm, with a basic tomato sauce for dipping.



A classic Malaysian salad elevated with **red palm oil**, a superfood that delivers powerful antioxidants



Makes 4
servings

207 Cal
per serving



Appetiser



Main



Dessert

Kerabu

Pucuk Paku Kerang

Fiddlehead Fern and Cockle Salad

Ingredients A

100g Fiddlehead fern shoots
(cut and blanched)

100g Bean sprouts

50mL Red palm oil

100g Young mango (grated)

50g Large onion (thinly sliced)

100g Boiled cockle meat

Grated coconut – take only the white part

Ingredients B

Kerabu Sambal

10 Red chillies

Bird's eye chillies – according to desired
spiciness

Belacan (shrimp paste)

1 tbsp Tamarind juice

4 Calamansi limes (juice only)

Salt and seasoning

1 Handful of anchovies
– dry-roasted or fried

Prepared by:

Chef Fadzly Che Omar



Instructions

1. Dry-roast the bean sprouts briefly without oil. Do not roast for too long. Then dry-roast the grated coconut until brownish.
2. Combine all sambal ingredients except anchovies. Blend briefly.
3. Add the anchovies. Blend once more but do not blend until too fine.
4. In a large bowl, mix all ingredients and toss well.



Perfectly crunchy prawns
with a **sweet and savory**
glaze, fried in **heart-healthy**
palm oil

Makes 3
servings

500 Cal
per serving





Appetiser



Main



Dessert

Crispy Honey Prawn

Ingredients A Prawns

300g Prawn/shrimp
 1/2 tsp Salt
 80g Cornflour/cornstarch
 90g Cornflour/cornstarch
 60g Flour, plain/all-purpose
 1/2 tsp Baking powder
 1/2 tsp Salt
 180mL Cold soda water
 750mL Palm oil (for frying)

Ingredients B Honey sauce

50g Honey
 25g Glucose or corn syrup
 1 tbsp Light soy sauce
 2 tsp Chinese cooking wine/water
 Sesame seeds, finely sliced green onions
 (garnishing)

Prepared by:

Chef Kelvin Joel



Instructions

Preparing Prawns:

- Mix prawns with salt. (Don't do this ahead, salt makes prawns release water = compromise crispy coating!)
- Place 1/2 cup cornflour/cornstarch in a bowl. Dip prawn in, shake off excess then put on a plate. Repeat with all prawns.
- Whisk together flour, cornflour/cornstarch, baking powder and salt in a bowl. Place in fridge while oil heats up. (Helps keep batter cold, cold batter = crispier prawns)
- Fill small pot or large saucepan with 4cm / 1.7" oil. Heat to 160°C on medium high stove.
- When the oil is near target temperature, add soda water into the dry ingredients. Then, do the minimum whisks to combine. Do not over-whisk as it changes coating texture, a few lumps are fine.
- Should fully coat prawns easily, not be see-through, but not thick and heavy. Use extra soda water 1 teaspoon at a time to achieve right thickness.
- Holding a prawn by the tail, dip into the batter then hold up for 2 seconds to let the excess batter drip off. Then carefully place in oil. Repeat with another 5 prawns (6 per batch).
- Cook for 3 minutes until light golden and crispy. Don't crowd the pot as it brings oil temperature down too much.
- Place prawns on a tray with paper towels.
- Cool prawns for 20 minutes.

Honey sauce:

- Place ingredients in a small saucepan over medium heat. Bring to simmer, turn down stove to medium low then leave to simmer for 3 minutes.
- The consistency should be like maple syrup. Turn off stove, place lid on to keep warm (when cool, it gets too thick to toss prawns in it).

Sauce and serve:

- Transfer prawns to a metal bowl then pour over honey sauce. Quickly toss with rubber spatula to coat prawns in sauce. (Sauce starts thickening if you take too long, so be quick!)
- Pile prawns and scatter with sesame seeds, green onion and serve!

A **bold and flavourful** fusion of classic comfort food and Malaysian spice, with a rich, aromatic sauce made with **antioxidant-rich red palm oil**

Makes 4 servings

605 Cal
per serving





Appetiser



Main



Dessert

Mac & Cheese with Ayam Percik

Ingredients A Percik Chicken Breast

50mL Red palm oil
200g Chicken breast (cubed)
100g Coconut milk (cold pressed)
50g Percik sauce (instant)

20g Holland onion (chopped)
20g Garlic (chopped)
50g Parmesan (grated)
10g Fresh turmeric leaf (finely chopped)
100mL Cooking cream
10g Fine salt

Prepared by:

Chef Nur Muhammad Zahar



Ingredients B Mac n Cheese

80mL Palm oil
200g Macaroni pasta
100g Cheese sauce (instant)



Instructions

Percik Chicken Breast

1. Marinate chicken with percik paste for minimum 30 minutes in chiller.
2. Pan sear on a medium heat and put in red palm oil sizzle until fragrant.
3. Pour in coconut milk, continue stirring the chicken repeatedly.
4. Remove from heat and ready to serve.

**No seasoning is needed, as the instant Percik sauce has natural flavours.*

Mac n Cheese

1. Boil salted water for blanching, add palm oil to give rich flavour to the pasta.
2. Append pasta until al dente, strain with a colander, to remove blanch water and set a side.
3. In a moderate heat sauce pot sauté chopped ingredients until brown.
4. Pour in cream and macaroni stir until emulsified and add turmeric leaf and parmesan.

Serve the macaroni immediately, topped with the percik chicken.



Brought to you by
Saha Asia Industries



A **bold and flavourful** fusion of classic comfort food and Malaysian spice, with a rich, aromatic sauce made with **healthful red palm oil**

Makes 6 servings

590 Cal
per serving





Appetiser



Main



Dessert

Nyonya Grilled Fish with Spinach

1.2kg Cod fish (6 fillet portions)

Ingredients A (Blended) Nyonya Asam Paste

200mL P90 Palm olein olive oil

200g Ginger

100g Lemongrass

50g Dried chilli

30g Garlic

100g Onion

80g Turmeric

30mL Lime juice

Salt (to taste)

Sugar (to taste)

50mL Water

Ingredients B Spinach

80mL Coconut milk

100g Baby spinach

10g Garlic (chopped)

Prepared by:

Chef Bob Adnin



Instructions

1. Blend all Ingredients A as per the recipe above and set aside.
2. Marinate the cod fish with the Nyonya Asam paste and put the remaining paste in the sauce pot to heat up. Add in a bit of water.
3. Once it starts simmering add in coconut milk. Whisk slowly until smooth.
4. Season with salt.
5. For the spinach, heat up the small pan with P90 Palm olein olive oil, add the chopped garlic.
6. Add in the spinach, stir well, and add in the salt to taste.
7. Start grilling the marinated fish on both sides, then finish it in the oven at 170°C for 7 minutes.

Brought to you by
Nonosugar Health Tech



Makes 1
serving

780 Cal
per serving

*A heart-healthy dish
prepared with palm oil to
enhance flavour*





Appetiser



Main



Dessert

Pan-seared Salmon with Roasted Vegetables

Ingredients

200g Salmon fillet (portion)

1 Small onion

Mixed herbs

1 Garlic clove (crushed)

1 tbsp Palm oil

2 pcs Lemon

100g Vegetables (mixture of cherry tomato, broccoli, carrots, cauliflower, and butternut or pumpkin)

Salt & pepper

200mL Cooking cream

Prepared by:

Chef Rubia Zablon



Instructions

Salmon and Vegetables

1. Season the salmon fillet steak with salt and pepper.
2. Heat the palm oil in a saucepan.
3. Start off by searing the salmon, skin first on the pan on medium heat.
4. Sear for 2 minutes then flip it over to sear the other side of the salmon.
5. Add the crushed whole garlic clove and using a spoon, keep basting the salmon with the butter and spoon.
6. You can simmer the heat to low and cook the salmon to your likeness, or finish it in the pre-heated oven for 5 minutes.
7. For the starch and vegetables, cut the butternut, carrots, onions, broccoli, cherry tomatoes and cauliflower.

8. Put all the vegetables in a mixing bowl and season with salt, crashed black pepper, mixed herbs, and finally the palm oil.
9. Mix all the ingredients together and place in a baking tray, roast for 15 to 20 minutes in the oven.

Serve the roasted vegetables as a base, pan-seared salmon on top, the creamy lemon sauce around it, and finally, a lemon wedge.

Sauce

1. For the sauce, use the same pan you used to pan-sear the salmon, add some chopped onions, and garlic.
2. Sauté for 1 minute, add the cooking cream, lemon juice and season to taste.





A nutritious dish with a rich flavour, enhanced by the **goodness of palm oil**

Makes 1 serving

631 Cal
per serving



Appetiser



Main



Dessert

Salted Egg Prawn with Quinoa

Ingredients

- 120g Quinoa (boiled)
- 20g Salted egg powder
- 4g Curry powder
- 4g Bird's eye chilli
- 1g Curry leaf
- 8g Shallot
- 40g Palm-based margarine
- 80g Fresh tiger prawn

Instructions

1. Heat palm-based margarine over moderate heat. Add in the bird's eye chillies, shallots, curry powder, and curry leaves. Cook until fragrant.
2. Add in the salted egg powder and cook until the egg and palm-based margarine combine well.
3. Add in fresh tiger prawns and the pre-boiled quinoa, stir well.
4. Serve hot with appropriate garnish.

Prepared by:

Chef Sazli Nazim Ismail



Brought to you by
Saha Asia Industries



*A tangy and spicy
noodle dish, elevated
by palm oil's
balanced fatty acid
composition*

Makes 6
servings

748 Cal
per serving





Appetiser



Main



Dessert

Mee Siam

Ingredients A

400g Mee hoon (1 packet)

200mL RED P90 - Red palm olein olive oil

Ingredients B Mee siam paste (blended)

200g Galangal

100g Lemongrass

80g Dry chilli (soak and blend)

30g Garlic

200g Onion

100mL Asam jawa

80mL Black soya sauce

100g Ginger torch

3 pcs Keffir lime leaf

50mL Fish sauce

80g Tau chu sauce

Salt (to taste)

Sugar (to taste)

Ingredients C

40g Bean sprouts

10g Spring onion (sliced)

4 Eggs

4 nos Fresh chilli (sliced)

10g Coriander leaf

1 nos Lime (sliced)

Prepared by:

Chef Bob Adnin



Instructions

1. Soak the mee hoon noodles in water for 1 night until soft.
2. Blend all Ingredients B (mee siam paste) and set it aside.
3. Heat up the wok with RED P90 - Red palm olein olive oil, and add the paste in, with a bit of water.
4. Break the eggs and add the mee hoon, mix well in the wok.
5. Add in the bean sprouts, and spring onion.
6. Add a bit of water if needed, to avoid burn and dryness.
7. Wok-fry well and ready to serve.
8. Slice red chilli and lime to serve with the mee siam.

Brought to you by
Nonosugar Health Tech



Makes 8
servings

157 Cal
per serving

*A buttery and festive sweet,
made with palm-derived fats
for a **healthier twist** on a
traditional recipe*





Appetiser



Main



Dessert

Ghee Balls

Ingredients

- 1 cup Roasted mung bean flour
- ½ cup Icing sugar (sifted)
- 2 tbsp Palm-based ghee
- 4 Cardamoms (ground)
- 2 tbsp Cashew nuts (roughly chopped)
- 2 tbsp Pistachios (roughly chopped)
- 2 tbsp Dried cranberries (roughly chopped)

Prepared by:

Chef Dave



Instructions

1. Dry roast the roasted mung beans flour for 2-3 minutes. Transfer to a bowl.
2. Sift the icing sugar as well. Mix with mung bean flour and set aside.
3. In a separate pan, add vegan ghee, let it warm a bit before adding the cashew nuts, pistachios, and cranberries.
4. Fry for a while.
5. Add finely ground cardamom powder into the pan, stir well.
6. Then, turn off the heat and pour into flour mixture. Stir using a spatula first, as it is still hot.
7. When it's warm, you can use your hand and mix well. Then, shape the mixture into 8 small balls with your palm.
8. Ready to serve.



A timeless dessert with a light texture, prepared with palm oil for a smooth finish



Makes 10 servings

195 Cal
per serving



Appetiser



Main



Dessert

Putu Mayam

Ingredients

2 cups Rice flour

2 cups Water

1 tbsp Salt

1 tbsp Palm oil

For lining, you can use banana leaves when steaming

Brown sugar

Palm sugar/*gula melaka* (sliced finely)

White grated coconut (mixed with a pinch of salt)

Instructions

1. Prepare banana leaves by cutting them into round shapes.
2. Heat and boil water first.
3. Once boiling, add salt and palm oil, mix well.
4. Turn off the heat, add rice flour little by little while continuously stirring until it becomes a soft dough. If the dough is not soft yet, add a little flour at a time.
5. While the dough is hot, put it into the muruku press, choose the smallest hole for putu mayam.
6. Serve with palm sugar or *gula melaka*, and the grated coconut.

Prepared by:

Chef Fadzly Che Omar



Makes 15
servings

145 Cal
per serving

A classic treat with
a **golden crunch**, fried in
palm oil for a **light and
crispy texture**





Appetiser



Main



Dessert

Churros

Ingredients

465g Water

95g Butter

A pinch of salt

10g Sugar

375g Flour

1 Egg

500-750mL Palm oil (for frying)

Sugar and cinnamon powder as desired

Prepared by:

Chef Abu Hamidy



Instructions

1. In a large saucepan, combine the water, butter, salt, and sugar. Bring to a boil over medium heat.
2. Once boiling, remove from heat. Add the flour all at once and stir vigorously until a smooth dough forms and pulls away from the sides of the pan.
3. Let the dough cool down a little (to avoid cooking the eggs). Gradually add the eggs while mixing until the dough becomes smooth and pipeable.
4. Transfer the dough into a piping bag fitted with a star nozzle. Pipe strips of dough directly onto parchment paper and refrigerate for an hour or longer until firm. Once firm, fry the choux for 2-3 minutes until golden brown.
5. Drain on paper towels. Roll warm churros in sugar (or cinnamon sugar) before serving.
6. The churros can also be served with chocolate ganache dipping.



Makes 6
servings

278 Cal
per serving

*A delicious and vibrant dessert
with a flaky crust baked using a
blend of **palm-derived fats***





Appetiser



Main



Dessert

Mixed Berries Tartlet

Ingredients

150g All-purpose flour	6 Strawberries
50g Palm-based margarine	12 Blueberries
50g Icing sugar	6 Gooseberries
A pinch of salt	100mL Whipped cream
1 Egg	50g Apricot jam

Prepared by:

Chef Rubia Zablon



Instructions

1. For the cookie short paste, add the flour, palm-based margarine, icing sugar, pinch of salt and the egg and rub all the ingredients together.
2. Cover and set aside in the fridge for 30 minutes.
3. After setting the dough, roll it out in slightly thin spreads and line them on a tartlet or muffin baking tray.
4. Bake in the pre-heated oven at 180°C for 7 to 10 minutes until golden brown.
5. Remove and cool the tartlet shells.
6. In a mixing bowl, whip the cream using a wire whisk and until fluffy and can hold on the whisk then set aside.
7. Wash all the berries, and cut the strawberries in half if they are too big.
8. Start by putting the whipped pastry cream on the tartlet shell, then the gooseberries, blueberries and strawberries on top.
9. Glaze with a melted apricot jam to give them a glaze.





NOTES



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DISCLAIMERS

1. **Recipe and Nutritional Information:** While every effort has been made to ensure the accuracy of the recipes and nutritional figures (such as calorie counts), variations in ingredients, preparation methods, and portion sizes may affect the outcome. The nutritional information provided is estimated and intended for general guidance only.
2. **Health Information:** The health benefits and clinical research mentioned in this booklet regarding Vitamin E Tocotrienols and Carotenoids are based on independent scientific studies. Readers should consult with a qualified health professional regarding any specific health concerns or dietary changes.
3. **Third-Party Content:** Any third-party brands or products mentioned within the recipes are for illustration purposes only, and MPOC does not endorse or guarantee the use of any specific non-palm oil product.



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