

CHINESE
NEW YEAR

Special

Weekly
Manna
30 Jan 2022 Issue

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The greatest is love

4 Love is patient and kind; love does not envy or boast; it is not arrogant 5 or rude. It does not insist on its own way; it is not irritable or resentful;[b] 6 it does not rejoice at wrongdoing, but rejoices with the truth. 7 Love bears all things, believes all things, hopes all things, endures all things. 8 Love never ends. As for prophecies, they will pass away; as for tongues, they will cease; as for knowledge, it will pass away. ...13 So now faith, hope, and love abide, these three; but the greatest of these is love. 1 Corinthians 4:4-8, 13. ESV

Today's Question

What might you experience by moving at the slow speed of love today?

Reflection

Scripture readings: Jeremiah 1:4-10; Psalm 71:1-6; 1 Corinthians 13:1-13 Gospel: Luke 4:21-30

LOVE TAKES TIME

—Thomas R. Hawkins, *Every Step a Prayer: Walking as Spiritual Practice* (Upper Room Books, 2016)

PRAYER of the week

**God of Creation,
we know that
love takes time.
May we be
prayerful on
each step of the
journey, growing
into Your image
and likeness in
love. Amen.**



The reign of God expands at a slow pace because it grows at the speed of love. Love takes time. God's reign, like walking, is slow. You cannot hurry it any more than you can hurry the unfolding of a rose's petals. Life unfolds from within. No technological enhancement or quick fix can speed its arrival. Walking as a spiritual practice requires that we move attentively, receptively, mindfully through the present moment as if it were the only moment that matters because it is the moment in which we encounter the God who walks with us.

This Lat cartoon captured the Malaysian reasoning so well. Most eateries would be closed on the first day of CNY as this was one of the major public holidays celebrated here. The Chinese restaurants would be opened for the first 2 days, or from the second day onwards, but were usually very packed with pre-bookings; or the menu would be limited to their specially curated set meals which may be quite costly. So one year, we decided to go for banana leaf rice dinner and found it a most excellent choice - and met some friends who had the same great idea. Ahahaha. Enjoy.



Hi Everyone!

For this issue, some diligent and generous souls from the BLC community have once again stepped forward to share and gift us with their favourite family and traditional CNY recipes.

Hope you will enjoy replicating them at home. As we spend time with loved ones - family and friends, may the light of Christ shine increasing brighter through our lives, seasoning lives around us.

Wishing all who are celebrating,
Blessed Chinese New Year.

Presenting

FROM OUR HOME TO YOURS
BLCIANS' LOVED & FAMILY RECIPES



**LET YOUR
LOVE SHINE**

CHINESE NEW YEAR Special

This year's contribution opens with a beautiful almost step-by-step guided recipe from our lovely Jeannie. Meticulous and carefully written, you won't go wrong with this choice. From our Pastor's home to ours.



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CANVA STORIES

IN almost every tribal Chinese cuisine, the appearance of the chicken seem to indicate it's an auspicious occasion. From a child's full-month (or full moon), birthdays to weddings -- usually a chicken dish is centerpiece.

CHINESE-STYLE ROAST CHICKEN

Total cook Time about 1 hour 30 minutes

Contributed by Jeannie Tan.

INGREDIENTS

- 1 chicken, about 2 ½ - 3 lbs. (1.5 kg – 2 kg)
- 4 cloves garlic, lightly pounded
- 1-Inch (2cm) piece ginger, peeled and sliced

MARINADE

- 3 tablespoons soy sauce
- 1 ½ tablespoons honey
- ½ teaspoon Chinese five-spice powder
- ½ teaspoon Chinese rose wine (or Shaoxing wine)
- ½ teaspoon sesame oil
- ¼ teaspoon salt
- 3 dashes white pepper

SKIN COATING

- 1 tablespoon oil (or melted chicken fat if you have)
- 1/4 teaspoon sesame oil
- 1 teaspoon honey

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INSTRUCTIONS

1. Clean the chicken with water and pat dry inside and out. Truss the chicken (the legs part).

2. Mix the Marinade ingredients well in a small bowl and rub it generously on the skin of the chicken and also the cavity. Insert the garlic and ginger inside the cavity and then transfer it into a Ziploc bag. Pour the remaining marinade into the bag and marinate the chicken overnight. You can turn the plastic bag to make sure that the chicken is evenly marinated.

3. Take the chicken out of the plastic bag, discard the garlic and ginger in the cavity. Air dry the chicken for about 30 minutes at room temperature or until the skin surface is no longer wet. You can turn on a fan. Mix the Skin Coating ingredients well in a small bowl. Set aside.

4. Heat up the oven to 400F (207C). Place the chicken in a roasting pan (at the lower rack) and roast for about 45 minutes. Check the chicken at 30 minutes point and if the skin is browned too soon, cover the chicken with a sheet of aluminum foil. Remove the chicken from the oven and turn it to the underside of the chicken and roast for 15 minutes. Remove it from the oven and brush the entire chicken with the Skin Coating mixture. Continue to roast the chicken for about 5 – 10 minutes on each side, or until both sides of the chicken become a golden-hued brown in color. Remove from the oven, let cool, chop up and serve immediately. Save the juice from the chicken and serve with steamed rice.



FILM NEGATIVE



FILM NEGATIVE



FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE



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CHINESE NEW YEAR Special

Luo han zhai 罗汉斋

(Mandarin) is a vegetarian dish well-known in Chinese and Buddhist cuisine. The dish was traditionally consumed by monks (who are vegetarians), but it has also grown in popularity throughout the world as a common dish available as a vegetarian or healthy option in Chinese restaurants.

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CANVA STORIES

LO HON CHAI 罗汉斋

Lo Hon Chai 罗汉斋

Contributed by Elaine Kong-Aman

This dish is famous to have it as a 1st meal of the 1st day of Chinese New Year. My mom always cook this dish and we will have it for the whole day as my parents believes that we should be vegetarian on the 1st day of the Chinese lunar calender of the year. Hope you all enjoy it too.

PREP TIME

20 minutes

COOK TIME

10 minutes

TOTAL TIME

30 minutes

Ingredients

Dry ingredients

20g dry Chinese mushroom

15g dry lily flowers

10g wood ear fungus

45g mung bean vermicelli

Others

60g bean curd sheet

350g cabbage

50g bamboo shoots

60g carrots

The crunchy and beautifully smooth and aromatic smell of butter fills the senses when partnered with a properly made slice of sourdough, lightly toasted. This is an amazing concoction especially for Gochujang and garlic lovers by Noree. these butter spreads are simply irresistible.

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Ingredients (continuation)

50g baby sweet corns
70g button mushrooms
2g fatt choy (black moss/hair moss)
30g sugar
120g white fermented bean curd

Instructions

Preparation

1. Tie a knot for each dried lily flowers, for better presentation.

Soak the dry ingredients until they turn soft and fully hydrated.

2. Cut the bean curd sheet into smaller pieces. Deep-fried briefly (about 15-20 seconds), remove and drain.

3. Cut the carrots and bamboo shoots into thin slices.

Cut the soaked wood ear fungus into the size similar to the carrots.

4. Remove the stem of the Shiitake mushrooms. Cut into two for the smaller one, and slice into three or four for the bigger one.

Keep the water after soaking the mushrooms. Use it as part of the Braised liquid since it is full of flavor.

5. Cut the cabbage into large pieces.

Cooking

1. Ladle two tablespoons of vegetable oil into the wok. Stir fry the cabbage until it starts to turn soft.

2. Add the Shiitake mushroom, lily flowers, wood ear fungus, black moss, carrots, the fermented bean curd, sugar, the mushroom water, and some additional water. Braise for two minutes.

3. Break the deep-fried bean curd into smaller pieces. Lay on top of the other ingredients.

4. Add the mung bean vermicelli on top of the bean curd pieces. Braise with the lid on for five minutes or until the bean curd pieces are soft.

Add some water if necessary.

5. Add the bamboo shoots, button mushrooms, and baby sweet corns.

Braise until the vegetables are soft, and the sauce thickens. Serve.

CHINESE NEW YEAR Special

The conversation went this way, "Do you have any favourite or traditional CNY recipes?" "Not one with measurements." She then very kindly shared this precious recipe of her Mother-in-Law's. I love how she describes the cooking process as, "Add dried prawns and... fry until the whole house is smelly." That is definitely the one of the peculiar hallmark of a good dish.



The Chinese turnip (沙葛)

Also known as yam bean, bangkuang, sengkung, or jicama -it has so many names- is an amazing root vegetable. It has a thick, fibrous light brown skin while its white flesh is crisp and moist, slightly sweet and can be eaten raw as a fruit or in salad as in rojak or used as an ingredient in popiah or stir fried. This dish is, Bangkuang Char, is a special celebratory dish among the Nyonyas and Asians where the filling is wrapped up with iceberg lettuce and served.

Mum in law's Bangkuang Char Contributed by Sheh-Ren Koh

Ingredients

Grated bangkuang, carrots, sliced cabbage
Sliced chinese mushrooms

Cut small pork belly
Sliced small onions
Chopped Garlic
Dried prawns
Dried sliced cuttlefish

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Dark soya sauce
Light soya sauce
Oyster sauce
White pepper

Method

1. Add oil, fry onions and garlic until fragrant
 2. Add pork, fry until slight brown
 3. Add dried prawns and cuttlefish, fry until the whole house is smelly.
 4. Add bangkuang, carrot and cabbage and mix well with your muscles
 5. Add dark soya sauce, light soya sauce and oyster sauce to taste, add white pepper
 6. Boil for a while
- Done! Garnish with lots of chopped parsley and spring onions. Serve with salad leaves and sambal belacan.

Bangkuang Sengkuang/Jicama/Yam bean



CHINESE NEW YEAR Special

One of the sign of a kung fu cooking master is that when asked, they will say, Agak-Agak. Earlier, Sheh-Ren's was one of those that deciphered her MIL's recipe measurements for us.

Here is a true-blue traditional Hainanese family recipe. It is very simple, she said. Then very kindly and wholeheartedly recorded a video for us. Thank you, Michelle.

So I present to you the first of the wonderful Agak-Agak series of recipes. Where you are free to explore and adjust the taste to your personal preference.



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CANVA STORIES

HAINANESE MIXED VEGETABLES

From the AGAK-AGAK SERIES - from Michelle Ooi's home to ours with love.

Ingredients

Cabbage, sliced
dried prawns/prawns (or both),
lean pork, sliced
yau yee si / dried cuttlefish shreds (optional),
clouds ear (wan yi),
green bean vermicelli,
flat type fuchok (dried beancurd pieces)
some Chinese celery (optional)

Method:

Soak clouds ear, vermicelli and fuchok.
Fry garlic lightly brown.
Add dried prawns/prawns, cuttlefish strips, pork.

Directions

When pork is almost done, add all other ingredients.
Add black soya sauce, soya sauce, oyster sauce.
If it's a bit dry, add some water, cover it and simmer for 2-3 mins.
Once done add in Chinese celery.
Enjoy.

Here's her video for this dish:

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Here you are, ladies and gentlemen. The lovely Hainanese Mixed vegetables recipe. TAP on the picture above, and the video will play.



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BITTERGOURD SALAD

The cold, crunchy, sweet, spicy and sour notes in this unusual bittergourd salad was very moreish. Though not a usual fan of bittergourd, this was an exception.

I was introduced this dish at a CNY potluck. Most of the ladies found it so refreshing, it was hard to stop eating it. Here's another of the Agak-Agak series, courtesy of my friend, Laura. - Adeline

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Bittergourd Salad

Ingredients

1 raw bittergourd, thinly sliced

Dressing

30g Roasted peanuts, grounded

1 tbsp Thai Chilli sauce

2 tbsp Lee Kum Kee plum sauce

1 tsp Sesame oil

30g Roasted sesame seeds

Method

Cut the bitter gourd into two down the length. Remove the seeds and slice thinly.

No need to soak in water.

Keep it in an airtight container, and leave in fridge till serving time.

Then mix in the salad dressing above.

Flavour notes adjustments:

Start with ratio of 2:1 of plum:chilli sauce, or if you find too spicy then 3:1.

Sesame seed oil about 2 tsp maybe. Start with 1 and adjust to taste.

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Smooth, silky, tender, moist, fresh and tasty with a glistening skin. This describes the Hainanese Chicken dish, The Hainanee chicken rice is a famous dish worldwide.

In Michelle's family, each sibling brings a dish to their reunion. The portion of this dish is her specialty. She generously shares it with us.

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MICHELLE'S HAINANESE CHICKEN

INSTRUCTIONS FOR THE CHICKEN

1 whole chicken 1.6kgs to 1.8kgs
1 tbsp himalayan rock salt

METHOD

Wash the chicken clean (exfoliate with salt till all are clean and smooth). This will give the chicken skin a nice sheen later. Then give it a quick rinse to clear off the excess salt. Transfer the chicken to a plate for steaming. Set it aside.

Bring the water to a boil in a pot/kuali. Once the water is boiled, steam the chicken in high heat for about 45 to 50 minutes. (The time for steaming depends on how big the chicken is.)

To check if the chicken is done, stick a toothpick into the thickest part of the drumstick and thigh; if the juices run clear, it's cooked through.



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When the 45 or 50-minute timer (for the chicken) is almost up, prepare a large ice bath. Once the chicken is cooked, carefully lift the chicken out of the steamer, drain the juices from the cavity and **KEEP** these juices from the steamed for the Chili Sauce, and soak it into the ice bath. Take care not to break the skin.

After 15 minutes in the ice bath, the chicken should be cooled, drain completely and hang dry the chicken. Cover with clear plastic until ready to cut and serve. Enjoy.

Understanding:

The ice bath stops the cooking process, locks in the juices, and gives the chicken a better texture.

Eat accompanied by the Chili Sauce.
Recipe to follow.



There is nothing like a piquant, spicy, salty sauce to perk up the day, especially with a bowl of fragrant warm gingery rice with steaming chicken. Here Michelle shares her delicious chili sauce she learnt from her Grandma that accompanies the Hainanese Chicken.



Michelle's Chili Sauce

- 3 bulbs garlic, peeled
- 8 red chilies, deseeded and sliced
- 8 to 10 kalamansi/lime (juice only, discard the seeds)
- About 5 pieces 2.5 inches of young ginger, peeled and sliced
- 1/2 tsp himalayan rock salt (or up to taste)
- *Broth/juices from the steamed chicken
- (*Refer to her Hainanese Chicken recipe).

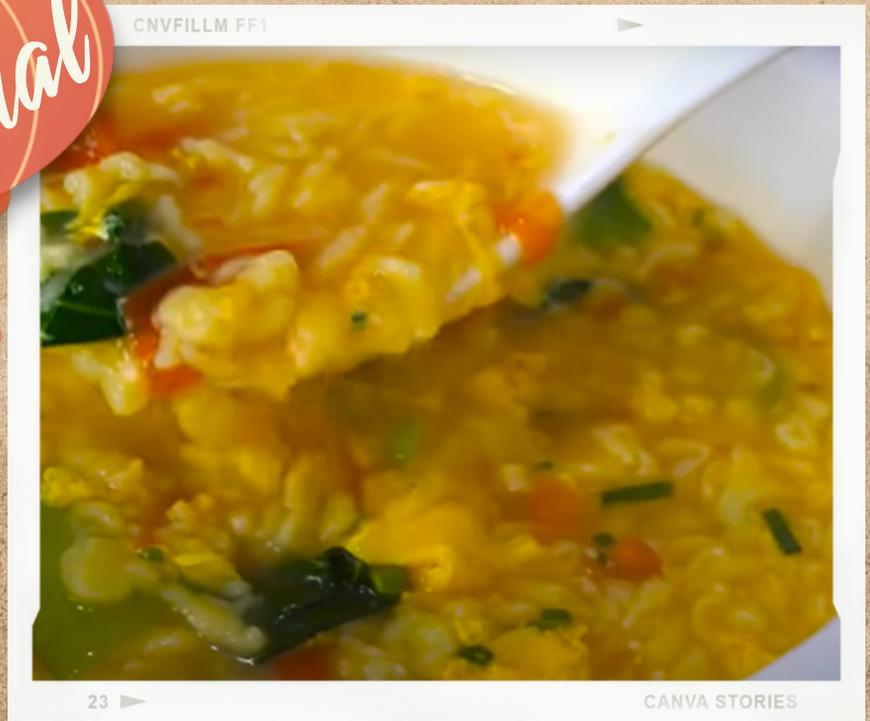
Method:

Put all the ingredients together with the kalamansi (small lime) juice. Then pour in enough of the steamed chicken juices to just cover all the ingredients. Blend. Store the chili sauce in a fridge up in a dry, sterilized and clean airtight container.





Not forgetting the children, Yuen Theng shared a lovely recipe that is simple and quick. For all those who are interested in a simple one pot meal after all the festive elbow work.



Simple Chinese Gnocchi in Simple Broth Contributed by Yuen Theng

Tap on the photo above to view the video.
<https://www.youtube.com/watch?v=i09LKTCuoUI>

Ingredients

- 1 tomato
- 1 bunch of leafy vege (choy sum)
- 3 sprigs spring onions
- 2 tsp cooking oil
- 1/2 tsp salt
- 1/2 tsp chicken powder/stock powder
- White pepper (to taste)
- Filtered water (500ml to 750ml)

Method

Part 1

- Prepare a tomato and slice into pieces.
- Put them aside on a place.
- Slice the vegetables.
- Slice 3 sprigs spring onions.
- 2 tsp oil of your choice.




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Part 2

Heat some oil in the wok/kuali/pot.

Once the wok is hot, add the spring onions and lightly saute them till fragrant. Add water to prepare the soup. Add 1/2 tsp salt, 1/2 tsp chicken powder, three shakes of white pepper. Bring the soup boil.

While waiting for the soup to boil in the pot, prepare the noodles.

Part 3

Prepare a dry clean bowl.

Add 1.5 scoops of flour to the bowl (please refer to the video). Beat in an egg to the flour. Add an appropriate amount of water and stir to form a paste.

Part 4

Prepare a beaten egg in another bowl.

To the boiling soup, add in the tomatoes and leafy vege. Strain the flour batter with a coarse colander to form gnocchi in the soup. (Please refer to the video)

Part 5

Gently stir with the spatula to cook the gnocchi more evenly. Bring to a boil for 2 minutes to cook the gnocchi. Pour in the beaten egg after 2 minutes. Once the egg is fully cooked, pour it out to a bowl and serve. Enjoy.

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The last course in a meal is usually something sweet. Here is a lovely traditional recipe from one of my favourite Chinese cookbook authors, that combines something sweet and jelly-like. Please feel free to reduce the sugar to 120g and increase 2 pieces more of fresh water chestnut - if you like the crunchiness - for a lighter version. Enjoy.



FRESH WATER CHESTNUT CAKE

Adapted from Eileen-Yin Fei Lo's book, My Grandma's Kitchen.

Ingredients

- 1 lb fresh water chestnuts (~20 pieces), 2 cups chopped
- 150 gram rock sugar (25%-30% of box or half cup or a medium size chunk)**
- 3 1/2 cups of water
- 250 grams of sifted Pan Tang water chestnut flour mixed with one cup cold water***

Notes & Variations:

You can opt to add other ingredients into the cake, for example, cooked goji berries, toasted pine nuts, or even white fungus bits.

These additional ingredients would be added during the same step as adding the water chestnuts into the pot. I recommend adding only one, or if at most only two additional ingredients. Otherwise, too many ingredients would not allow the ingredients and texture to shine.

**If you are using rock sugar pieces – use approximate 2/3 cup. Some prefer using brown sugar candy (2 slabs) or a combo of both. Though you may use any type of sugar, rock sugar gives a cleaner taste.

Shopping advisory:

***Pan Tang Water Chestnut Flour comes in 250g or 500g packages. You can buy them from supermarkets or from Shopee, or Lazada.



LET YOUR LOVE SHINE



Again Jesus spoke to them, saying, "I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life."
- John 8:12 ESV

The Church (Body of Christ)

Lord, let us forsake idolatry and we seek Your kingdom first and all Your righteousness, caring for what's on the Father's heart.

In our relationships with each other, may love be our priority. May we be united as one Body in Your plans and purposes. Your voice we will hear and not the voice of another. At all times, teach us by Your Spirit to walk in obedience to You, serving You with a clear conscience to act justly, to love mercy and to walk humbly with our God. Your kingdom come, Your will be done. Amen

Nation

Lord, please continue to raise up wise, faithful, just and righteous leaders and citizens to steward the care for the nation. We pray for economic stability, improving financial situations and work opportunities. Please end the pandemic and heal the land and nations of the earth. Amen.

Righteousness & Freedom

For the love of truth, justice, mercy, righteousness and humility to be the foundations of our nation and its inhabitants.
For the judiciary system to remain free and committed to establishing justice and truth for both the individual and the land.
For the protection of freedom of personal choices and rights of the people; minority or at large - to be respected, upheld and honored.

Justice & Truth

Remembering Raymond Koh, Joshua Hilmy and his wife, Ruth, as well as those missing and have who have suffered injustices; and all who continues to stand courageously for Your justice and truth. Father, may Your mercy and righteousness visit us as the early and latter rain. Amen.

BLC Community

Lord, grant Your protection of our Pastors and leaders, BLC community and loved ones; that we will grow in obedience to the guidance of the Holy Spirit, wisdom, discernment, resilience, grace to adjust ourselves and respond well to changes beyond our control. May we be Your salt and light to those around us.

LCM

Lord, we ask for Your grace, counsel, wisdom, health and strength to be with Bishop Thomas and the leadership, pastors and churches to work together with You in Your vineyard. Please grant Your grace, protection to be with all the families this journey.

Prayer Support

SUPPORTING YOU IN PRAYER.

Send in your requests via WhatsApp to Rev. Thomas, Adeline or our Council.

UPCOMING BLC EVENTS FEBRUARY & MARCH 2022

26 February 2022, 1:00 pm
Gotong-Royong at The Father's House
For more details, speak with Sheh-Ren .

2 March, 2022
Ash Wednesday

6 March, 2022
BLC AGM
Online after Service (Zoom)

13 March, 2022 (Target Date)
Physical Service Resumes
@ The Father's House

ANNOUNCEMENTS

Announcements

Tithes & Offerings



Upcoming:
Gotong-Royong @ The
Father's House, 1.00 pm
26 February, Saturday

Tuesday Bible Study
8:30pm weekly
(CNY Break on 1st Feb, study
resumes on 8th Feb.)

MEM (8.30pm, Wednesdays)
Feb 9 & 23.

Giving Tree (8.15pm Fridays)
Speak with Larry if
interested.

Friday Bible Study
For more info, please speak
with Ling Ling.

Account Details

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- United Voice - Moh Foong
- Bible Translation Researchers
- Alongsiders (<http://alongsiders.org>)

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Bangsar Lutheran Church
No 23 Jalan Abdullah
Bukit Bangsar
59000 Kuala Lumpur
W.P.



Contact Info
Rev Thomas Low +60123172632

Administrator
Adeline Lim +60122402811

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