

DEFENCE RAYA GOLF & COUNTRY CLUB

TAMBOLA NIGHTS

PLAY & WIN

GREAT PRIZES
EVERY WEDNESDAY

7PM TO 10PM

AT

THE CLUBHOUSE

FOR RESERVATIONS CALL:

0344-8429349

EMAIL: NAEEMNOOR@DRGCC.COM

www.clubhouse.drgcc.com



DEFENCE RAYA GOLF & COUNTRY CLUB



KITCHEN on FIRE LESSON 10 MODERN CHINESE



SOCIAL
COOKING

Live Demonstration

Sunday 17th March 2019

(GOLFERS TERRACE)

Time 3:00pm to 4:30pm

Hi-Tea Included

Only Rs. 1000 per Person Inclusive of Tax

at



FOR INFO & SIGNUP CALL: 042-37338518
www.clubhouse.drgcc.com



CRISPY PRAWN TOAST

Ingredients:

		Quantity
1.	PRAWN (CHOPPED FINELY)	200 gm.
2.	BREAD SLICES	1 slice bread
3.	CARROT CHOPPED	20 gm.
4.	ONION	20gm
5.	BLACK PEPPER OR WHITE PEPPER	as per taste
6.	CHILLI SAUCE OR CHILLI OIL	as per taste
7.	SESAME SEEDS	60 gm.

METHOD

1. Chopped the prawn with carrot and onion
2. Mix all spices with chopped prawn
3. Apply on the bread with help of knife or spoon smoothly
4. Deep fry it till golden brown then put out and cut it ¼ in triangle shape
5. Once again fry it just to coloring the sides at toast prawn.

YUNCHU RICE

Ingredients:

		Quantity
1.	RICE (BOILED)	500 gm.
2.	OIL	5-6 TBS
3.	EGG	24 PCS
4.	PRAWN DICE	50 gm.
5.	CHICKEN DICE	50 gm.
6.	CARROT DICE (SMALL)	½ CUP
7.	SPRING ONION	½ CUP
8.	CABBAGE	½ CUP
9.	SALT	½ TBS
10.	SOYA SAUCE	½ TSP
11.	CHICKEN POWDER	½ TSP
12.	BLACK/WHITE PEPPER	½ TSP

Method:

1. Boiled the rice and cool it down.
2. Fry the egg and keep it on side.
3. Fry the sauté chicken and prawn.
4. In a wok put the oil and then add the egg prawn and chicken which is already fried.
5. Sauté it for half minute and then add all vegetables sauté in it for a minute in high flame and then add rice and all the ingredients sauté in medium to high flame.



HOT GARLIC FISH

Ingredients:

	Quantity
13. FISH CUBES	500 GM
14. OIL/ BUTTER	5 TBS OR MORE
15. GARLIC	4 TBS
16. STOCK	AS PER NEED GRAVY
17. SOYA SAUCE	½ TSP
18. FISH SAUCE	½ TSP
19. SALT	1 TSP
20. CHICKEN POWDER	½ TSP
21. SUGAR	½ TSP
22. WHITE PEPPER	½ TSP
23. GREEN CHILLI CHOPPED	½ TSP
24. CORNFLOUR	AS PER NEED
25. RED CHILLI SAUCE	½ TSP
26. RED CHILLI (OPTIONAL)	½ TSP

Method:

1. In a wok add oil / butter and garlic sauce it till turn golden brown.
2. Then add sea food stock and then all the other ingredients in the same wok and mix well.
3. Add corn flour to create thickness in the sauce in the same wok.
4. Add the fish cubes in the sauce with the all other ingredients.
5. Serve it hot on a plate.



BEEF CHILLI DRY

Ingredients:

1. BEEF SLICE
2. OIL
3. GINGER
4. GARLIC
5. RED CHILLI SAUCE
6. GEEN CHILLI (DIAGNAL CUT)
7. RED CHILLI
8. ONION SLICE
9. OYSTER SAUCE / L P SAUCE
10. SOYA SAUCE
11. SUGAR
12. SALT
13. CHICKEN POWDER (OPTIONAL)
14. BLACK PEPPER
15. SEASME OIL
16. GREEN ONION (OPTIONAL)

Method

1. In a wok, pour the oil and add ginger-garlic paste then add red chili sauce.
2. Then add beef and vegetate it for a minute in high flame and add all spices in the recipe list.
3. Add some beef stock and dry the spices and add some drop of sesame oil.
4. Serve it hot on a plate.



SZECHUAN CHICKEN

Ingredients:

	Quantity
1. CHICKEN CUBE	500 GM
2. OIL	3TBS
3. GARLIC	½ TBS
4. GINGER	½ TBS
5. RED CHILLI SAUCE	½ TBS
6. COLR CAPSICUM (CUBE)	4 TBS
7. ONION (CUBE)	1 TBS
8. CREENCHILLIES	1 TBS
9. CARROT (CUBE)	1 TBS
10. SALT	1 TSP
11. CHICKEN POWDER	1 TSP
12. SUGAR	½ TSP
13. BLACK PEPPER	1 TSP
14. OYSTER SAUCE	1 TBS
15. SOYA SAUCE	½ TBS
16. SEASME SEED OIL	½ TSP
17. KETCHUP	½ TBS
18. CORN FLOUR (AS PER NEED)	½ TBS

Method

- 1- In a bowl, add beef, salt, cooking oil, black pepper powder, soy sauce, corn flour, sugar, lemon juice, ginger & garlic paste and mix it well.
- 2- Now, keep it in the refrigerator for 30 minutes.
- 3- Now fry the marinated beef in the cooking oil on medium flame.
- 4- In a cooking pan, add sesame oil, chopped garlic, green chili and fry until light brown.
- 5- After that, add fried beef, salt, soy sauce, sugar, black pepper powder, oyster sauce and cook it for 2-3 minute.

CHICKEN MARINATION

Ingredients:

	Quantity
1. CHICKEN CUBE	500 GM
2. SALT	1 TSP
3. GINGER /GARLIC PAST	2 TBS
4. SOYA SAUCE	1 TBS
5. EGGS	3 TO 4
6. OIL	4 TBS
7. CORNFLOUR	1 CUP

Method

1. In a bowl, stir together oil, lemon juice, soy sauce, balsamic vinegar, brown sugar, Worcestershire sauce, garlic, salt, and pepper.
2. Pierce chicken breasts with a fork all over. Place in a large Ziploc bag. Pour marinade over chicken.
3. Let marinate for at least 30 minutes. 4 - 5 hours is ideal.
4. Preheat grill to medium heat. Brush grill with oil to prevent sticking.
5. Place chicken on the grill. Cook for approximately 5 - 6 minutes per side, depending on the thickness of chicken. The internal temperature of the chicken should reach 165 degrees.
6. Remove chicken from grill and let rest for 5 minutes.



PERSONAL TRAINING

Ladies & Gents

Members Coaching Fee (Per Person)

	Monthly Fee	Hourly Fee
Gym Coaching	Rs. 12,000+Tax	Rs. 500+Tax
Swimming Coaching	Rs. 10,000+Tax	Rs. 400+Tax
Squash Coaching	Rs. 10,000+Tax	Rs. 400+Tax
Tennis Coaching	Rs. 6,000+Tax	Rs. 550+Tax

Member's Guest Coaching Fee (Per Person)

	Hourly Fee
Gym Coaching	Rs. 800+Tax
Swimming Coaching	Rs. 600+Tax
Squash Coaching	Rs. 600+Tax
Tennis Coaching	Rs. 800+Tax

For more info please call:

Personal Coaching for Ladies: 0340-8402766

Personal Coaching for Men: 0344-8429477

CHINESE EGG TART

Ingredients:

	Quantity
1. PASTRY DOUGHT	
2. BUTTER	150 GM
3. ICEING SUGAR	30 TO 40 GM
4. EGG YOLK	2 NOS
5. EGG WHITE	1 NOS
6. FLOUR	280 GM

CUSTARD FILLING

1. CUSTER SUGAR	150 GM
2. HOT WATER	150 GM
3. MILK	250 GM
4. EGGS	04 NOS
5. ESSINE	04 NOS
6. PINCHOF SALT	01

Method

1. First butter & sugar well mix after mix egg yolk, egg white and mix well after mix flour and mix nice keep refrigerator Filling
2. Hot water sugar mix well until dissolve sugar and separate mix milk, eggs essence pinch of salt mix together nice and filling into the pastry dough shell Baking time 25 minute and temperature 180 degrees Celsius.