

Nestlé  
**Nestum**®



*A COLLECTION*  
OF 8 DELECTABLE NESTUM® RECIPES





Higher in Whole-Grains  
Lower in Sugar



- Higher in wholegrains
- Lower in Sugar

.....

**Add nutritious and delicious  
Nestum® Cereal to your recipes  
for a wholegrain boost!**

.....

# Contents

---

Milk Bread .....	1
Cereal Butter Cookies .....	2
Baked Rice .....	3
Cereal Pancakes .....	4
Crispy Fish and Chips .....	5
Cereal Tofu (Chai Poh Tofu) .....	6
Cereal Chicken .....	7
Mango Smoothie .....	8





# MILK BREAD

SERVES 12 Buns

## Ingredients:

340g bread flour	5g salt
6g instant yeast	50g unsalted butter
60g <b>Nestum® cereal</b>	6g unsalted butter (for coating the baking pan)
290ml fresh milk	10ml of fresh milk (brushing)
40g condensed milk	2 tsp <b>Nestum® cereal</b> (for final coating)

## Directions:

### Step 1

Preheat oven to 160°C.

### Step 2

Mix flour, **Nestum® cereal** & instant yeast inside the mixer bowl. Attach dough hook onto mixer machine.

### Step 3

On your mixer and mix in fresh milk followed by condensed milk slowly. Mix till well combined.

### Step 4

Sprinkle salt into the mixing bowl. Mix well.

### Step 5

Add in butter cubes one by one.

### Step 6

Let it mix for about 8 - 10 minutes till dough is formed and the window pane stretch is achieved.

### Step 7

Cover dough and let it proof for 1 hour.

### Step 8

Oil your baking tin (13 inch x 9 inch) with butter.

### Step 9

Punch down the dough to release gas bubbles in the dough. Cut dough evenly into 12 balls and shape them accordingly.

### Step 10

Place dough onto a baking tin and let it do a 2nd proofing for another 1 hour, till the dough doubles up in size.

### Step 11

Brush dough with milk lightly, then sprinkle the balanced **Nestum® cereal** on top.

### Step 12

Bake at 160°C for 20 - 25 minutes depending on the oven's performance.

### Step 13

Gently transfer bread to the cooling rack and let it rest till it cools.





## CEREAL BUTTER COOKIES

SERVES 6 - 8

### Ingredients:

- 130g salted butter (room temperature)
- 80g raw sugar
- 1 egg
- 190g self-raising flour
- 5g baking powder
- 2 tsp vanilla extract
- 50g **Nestum® cereal**
- 30g **Nestum® cereal** (for coating)

### Directions:

#### Step 1

Preheat the oven at 170°C.

#### Step 2

Cream butter and sugar until light and fluffy.

#### Step 3

Add in egg and vanilla extract, mix evenly.

#### Step 4

Mix in flour mixture and 50g of **Nestum® cereal**, mix well until a dough forms.

#### Step 5

Line your baking tray with parchment paper. Using a melon scoop, scoop the cookie dough out and coat with the **Nestum® cereal**. Place cookies at least 1" apart on the baking tray.

#### Step 6

Bake at 170°C for 15 minutes.

#### Step 7

Transfer to the cooling rack.

#### Step 8

Store in airtight containers.





## BAKED RICE

SERVES 3 - 4

### Ingredients:

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| 2 tbsp minced garlic                  | 2 tbsp white wine                    |
| 1 carrot (cut into small cubes)       | 130g Nestlé Cream                    |
| 150g scallops                         | 400g cooked rice                     |
| 200g squid (cut into rings)           | Salt and pepper to taste             |
| 200g shrimps (deveined and deshelled) | 1 cup mozzarella and parmesan cheese |
| 200ml water                           | 1 cup Nestum® cereal                 |

### Directions:

#### Step 1

Preheat the oven at 200°C, depending on the oven's performance.

#### Step 2

Wash and cook rice 1 hour ahead or use overnight rice.

#### Step 3

Heat up the pan with oil.

#### Step 4

Sauté minced garlic till fragrant.

#### Step 5

Add in chopped carrots and continue to sauté.

#### Step 6

Add in all seafood ingredients and sauté them quickly. Make sure not to overcook seafood, as they will continue to cook in the oven.

#### Step 7

Stir in water and white wine followed by Nestlé Cream.

#### Step 8

Add in cooked rice. Salt and pepper to taste. Continue to cook till the sauce is absorbed by the rice.

#### Step 9

Scoop all ingredients into the heatproof dish.

#### Step 10

Sprinkle with cheese and Nestum® cereal on top.

#### Step 11

Bake at 220°C for 10 minutes or till it turns golden brown.

#### Step 12

Sprinkle with dried parsley and serve immediately.





## CEREAL PANCAKES

SERVES 4

### Ingredients:

1 cup of milk	½ tsp baking soda
3 tbsp white vinegar	1 tsp baking powder
1 egg	2 tbsp sugar
1 tsp vanilla extract	½ tsp salt
2 tbsp melted butter	Cooking oil for greasing pan
½ cup <b>Nestum® cereal</b>	Honey
½ cup Plain Flour	Mixed berries

### Directions:

#### Step 1

In a large mixing bowl, combine milk and vinegar and let it sit for 5 minutes.

#### Step 2

In another bowl, combine flour, cereal, baking soda, baking powder, sugar and salt. Set aside.

#### Step 3

Gently whisk in egg and melted butter into the milk and vinegar mixture.

#### Step 4

Add in the flour mixture ingredients into the liquid mixture. Mix till well combined.

#### Step 5

Grease a pan with cooking spray or butter. Switch to low heat, using a ⅓ cup scoop to scoop up the batter and pan fry over low heat.

#### Step 6

Look out for bubbles to appear on top of the batter.

#### Step 7

Gently, flip the pancake over and continue cooking for another minute.

#### Step 8

Serve with a drizzle of honey and mixed fruits.





## CRISPY FISH AND CHIPS

SERVES 4

### Ingredients:

750g Fish Fillet  
40ml white wine  
20ml lemon juice  
Zest from ½ a lemon

½ cup plain flour  
2 eggs (for coating)  
Salt & pepper to taste

**Dry Coating Mixture:**  
400g of Nestum® cereal  
2 tbsp dried parsley  
2 tsp garlic and onion powder  
1 tsp salt

### Directions:

#### Step 1

Marinate fish with white wine, salt, pepper, lemon juice and lemon zest. Set aside.

#### Step 2

Mix all dry coating ingredients and set aside.

#### Step 3

Whisk eggs and set aside.

#### Step 4

Dip fish fillet in plain flour, dust off excess flour and dip in beaten egg then transfer to dip into the dry coating mixture.

#### Step 5

Lay the coated fillets onto a baking tray.

#### Step 6

In a pan, deep fry the fish fillets over medium low heat. Turn them frequently to prevent burn.

#### Step 7

Fry fish fillets till golden brown.

#### Step 8

Serve with a squeeze of lemon and some tartar sauce.





## CEREAL TOFU (Chai Poh Tofu)

SERVES 4

### Ingredients:

2 x 300g pressed tofu

1 egg (beaten)

2 tbsp corn starch / potato starch

Salt to taste

50g **Nestum® cereal**

100g sweet Preserved chai po  
(Preserved radish)

3 tbsp minced garlic

25g minced shallots

3 tbsp **Nestum® cereal**

1 chilli padi (deseeded  
and chopped finely)

220g Xiao Bai Cai

### Drizzling Sauce:

¼ cup of water

3 tbsp abalone sauce

1 tbsp soy sauce

1 tsp sugar

### Directions:

#### Step 1

Soak chai po for 10 minutes. Drain and dry. Set aside.

#### Step 2

Blanch xiao bai cai in hot water for a few minutes. Drain and set aside.

#### Step 3

Coat tofu with cornflour mixture, transfer and dip into beaten eggs and then coat with **Nestum® cereal**. Set aside.

#### Step 4

Get ready a pan of oil on medium low heat.

#### Step 5

Shallow fry tofu till crispy. Drain and set aside.

#### Step 6

In a pan, add in oil, toss in chai po, shallots and garlic. Shallow fry till crispy and golden brown. When it's about done, add in 3 tbsp of cereal. Drain and set aside.

#### Step 7

Assemble xiao bai cai at the side. Drizzle the sauce all over the tofu.

#### Step 8

Garnish the cereal tofu with crispy chai po and chopped chilli padis.

#### Step 9

Take the cake out from the fridge and unroll the cake.

#### Step 10

Apply buttercream and roll. Tighten the roll and refrigerate for another 15 minutes before cutting into slices. Trim off both ends before serving.





# CEREAL CHICKEN

SERVES 4

## Ingredients:

4 pieces of boneless chicken thigh (cut into bite sizes)  
2 tbsp oyster sauce  
1 tbsp light soy sauce  
1 tbsp fish sauce  
2 tsp garlic & onion powder  
1 tsp white pepper  
2 tbsp Shaoxing wine  
1 tbsp sesame oil  
1 egg white

**Frying flour mixture:**  
2 tbsp corn flour  
6 tbsp potato starch  
1 ½ tsp salt  
1 tbsp chilli flakes  
1 ½ tsp baking powder

**Cereal Coating:**  
1 cup Nestum® cereal  
1 tbsp sugar  
1 tsp chicken powder  
1 ½ tbsp milk powder  
100g salted butter  
20 curry leaves  
4 chilli padis (deseeded and chopped)

## Directions:

### Step 1

Cut boneless chicken thigh into small bite sizes, wash, drain and dry.

### Step 2

Marinate chicken in marinating ingredients for at least 30 minutes. For best results, let it sit for 1 hour in the fridge.

### Step 3

Coat the chicken pieces in the flour mixture and dust out excess flour.

### Step 4

Shallow fry them in batches till light brown. Dish up.

### Step 5

Give it a 2nd fry till golden brown and crispy. Dish up and set aside.

### Step 6

In a bowl combine sugar, Nestum® cereal, chicken powder & milk powder. Mix well. Set aside.

### Step 7

In a pan, melt butter, add in curry leaves and chilli padis, sauté till fragrant.

### Step 8

Add in Nestum® cereal mixture, give it a good mix.

### Step 9

Quickly toss in fried chicken pieces, mix till well combined.





## MANGO SMOOTHIE

SERVES 3 - 4

### Ingredients:

- 1 cup Nestum® cereal
- 2 whole mangoes
- 2 cups milk
- 2 tsp honey (to taste)
- 2 cups ice
- Chia seeds

### Directions:

#### Step 1

Cut mangoes into small cubes.

#### Step 2

Add all ingredients except for ice into a blender and blend until smooth.

#### Step 3

Add ice and blend until smoothie consistency and serve. Top off with chia seeds.



Scan this QR code to download  
a copy of this recipe booklet

More recipes with videos are available at  
**[www.nestle.com.sg/brands/recipes/nestle-nestum](http://www.nestle.com.sg/brands/recipes/nestle-nestum)**



NESTUM® All Family Cereal