|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **steps** |
| ***Javanese beef ribs*** | * **2 kg** beef ribs, cut between the bone * **5 cm** piece of ginger, sliced * **2** stalks of lemongrass, bruised and tied in a knot * **12** whole cloves * **2 ½ tbsp** vegetable oil * **300 g** cabbage (about a quarter cabbage), trimmed and leaves cut into roughly 5cm-square  pieces * **1 bunch** snake beans, trimmed and cut into 5 cm pieces * **1** telegraph cucumber, peeled and sliced * Steamed rice, Thai basil, kecap manis and lime halves, to serve   **Spice paste**   * **8** cloves of garlic, chopped * **4 cm** piece of ginger, chopped * **4 cm** piece of galangal, chopped * **3 tsp** ground coriander * **1 ½ tbsp** chopped fresh turmeric or 1 ½ tsp ground turmeric * **16** medium red chilies, chopped * **2 ½ tbsp** vegetable oil * **2** red onions, finely chopped * **4** cloves of garlic, finely chopped * **2** roma tomatoes, finely chopped * **2 tbsp** shaved palm sugar * **2 tsp** salt * **2 tbsp** lime juice | * Tie each rib with kitchen string to secure the meat on the bone. Place the ribs, ginger, lemongrass and whole cloves in a large saucepan then add enough cold water to cover. Bring to a simmer, skimming any impurities that rise to the surface then reduce the heat to low and simmer for 40 minutes, until the beef is partially cooked. Drain well, reserving the cooking liquid and discarding the aromatics. Cool the ribs a little. * Meanwhile for the sambal, place the chillies in a food processor and process until a smooth paste forms. * Heat the oil in a saucepan over medium-low, add the onion and garlic and cook, stirring occasionally, for about 5 minutes or until softened. Add the chilli paste, tomato and sugar. * Bring to a simmer then cook, stirring for 20 minutes or until most excess liquid has evaporated. Stir in the salt and lime juice then remove from the heat. * For the spice paste, combine all the ingredients in a food processor then process until a paste forms. When the ribs are cool enough to handle, rub the paste all over them, pushing it into any gaps and crevices in the meat. Return the ribs and the reserved cooking water to the pan and bring to a simmer. Reduce heat to low then cook for about 1 hour or until the meat is very tender. Drain well, discarding the cooking liquid. Cut the string from the ribs. * Heat the oil in a large frying pan over medium-high. Add the ribs then cook, turning often, for about 15 minutes or until or until they are deep golden and crusty. Serve with the raw vegetables, Thai basil, sambal and rice, with kecap manis and lime to the side. |
| ***Sumatran egg curry with green*** | * **1 tbsp** tamarind pulp * **2 ½ tbsp** vegetable oil * **500 ml** (2 cups) coconut milk * **1** stalk lemongrass, bruised and tied in a knot * **8** large hard boiled eggs, peeled * Steamed rice, sliced green onions and fried shallots, to garnish   **Spice paste**   * **150 g** small pink shallots (about 8), peeled and chopped * **4** cloves of garlic, chopped * **6** red birds eye chillies, chopped * **3 cm** piece ginger, peeled and coarsely chopped * **3 cm** piece galangal, peeled and coarsely chopped * **1 tbsp** chopped fresh turmeric or 1 tsp ground turmeric   **Green sambal**   * **150 g** large green chillies, trimmed and coarsely chopped * **75 g** small pink shallots (about 4),peeled and coarsely chopped * **3** cloves of garlic, coarsely chopped * **1** green tomato (about 150 g), cut into quarters * **2** kaffir lime leaves, very finely shredded | * **For the green sambal**, place the chillies, shallots, garlic and tomatoes in a steamer, cover then cook for 20 minutes or until very soft. Transfer to a food processor then using the pulse button, process until a coarse paste forms; do not over process. * Transfer to a small saucepan, place over medium-low heat then cook, stirring for 6-7 minutes or until excess liquid has evaporated. Stir in the lime leaves then season well with sea salt and freshly ground black pepper. * Remove from the heat and cool to room temperature. * Combine the tamarind pulp in a bowl with 80 ml (⅓ cup) boiling water then stand for 20 minutes or until softened. Strain the mixture through a sieve into a bowl, squeezing the solids with your fingers to extract as much liquid as possible - discard the solids and set the tamarind mixture aside. * **For the spice paste**, combine all the ingredients in a food processor then process until a smooth paste forms. * Heat the oil in a saucepan over medium then add the paste and cook, stirring, for 2-3 minutes, or until fragrant. * Add the coconut milk, lemon grass and tamarind puree and bring to a simmer. Reduce heat to low then cook, covered, for 10 minutes to allow the flavours to develop. * Add the eggs then simmer, uncovered, for 6-7 minutes or until the liquid has reduced slightly. * Serve with rice and garnished with green onions and fried shallots, with the sambal to the side. |
| ***Beef satay with peanut sauce*** | * **900 g** (2 lbs) flat iron (trimmed oyster blade) or flank steak * **15 to 20** skewers   **Marinade**   * **⅓ cup** (80 ml) soy sauce * **3 tbsp** (3 g) chopped coriander leaves (cilantro) * **1 tbsp** (15 ml) white wine vinegar * **1 tbsp** (5 g) minced lemongrass * **1 tbsp** (15 g) brown sugar * **2 tsp** fish sauce * **3** cloves of garlic * **1 tsp** ground turmeric * **1 tsp** grated ginger * **½ tsp** black pepper * **⅛ tsp** salt   **Peanut sauce**   * **½ cup** (130 g) smooth peanut butter * **¼ cup** (60 ml) soy sauce * **2 tbsp** (28 ml) tepid water * **1 tbsp** (15 g) brown sugar * **1 tsp** Asian chili paste * **1** clove of garlic, minced | * Marinating time: 4 hours * Combine all the ingredients for the marinade. * Cut the beef into 3- to 4-inch (7.5 to 10 cm) long strips that are 1-inch (2.5 cm) wide and ¾-inch (2 cm) thick. * Place the beef strips into a resealable bag or shallow dish. * Pour the marinade over the beef and toss gently to coat. * Remove any excess air from the bag, seal, and place into the refrigerator for 4 hours. * Combine all the ingredients for the Peanut Sauce in a medium bowl. Check for consistency. Add more water if the mixture is too thick. Also, you can add more chili paste if desired. Cover with plastic and place into refrigerator. Remove and let stand at room temperature at least 1 hour before serving. * Preheat the grill for high heat. When the grill is ready, oil the grill grates right before putting on the kebabs. Using long-handled tongs, dip some folded paper towels in a high smoke-point cooking oil and wipe down the grill grates, making at least three good passes to create a nonstick surface. * Thread one piece of marinated beef onto each skewer in a weaving pattern. Discard any marinade remaining in the bag. * Place the kebabs onto the grill. Cook for a total of 5 to 6 minutes, 3 minutes per side. * Once cooked, remove the kebabs from the grill and serve with the peanut sauce |
| ***California girl prawn curry with sambals*** | * **90 ml** (6 tbsp) peanut oil * **1** large onion, chopped * **1** large garlic clove, minced * **1 tsp** finely freshly grated ginger * **175 ml** (¾ cup) shellfish or vegetable stock * **375 ml** (12/3 cups) coconut milk * **1.3 kg** (3lb.) prawns (shrimp), peeled, cleaned and deveined * **1 tsp** lemon juice, or to taste * handful (about 25g/1oz.) roughly chopped coriander (cilantro) * sambals, to serve (see Note)   **'So Cal' garam masala:**   * **1½ tsp** cumin seeds * **2** whole cloves * **½ tsp** black peppercorns * **½ tsp** black cardamom pods * **½ tsp** green cardamom pods * **2 tbsp** coriander seeds * **½** cinnamon stick * **¼ tsp** ground chipotle powder * **1 tsp** ground turmeric | * First make the garam masala. Turmeric adds that grand yellow curry colour, while coriander (cilantro) adds the real curry ﬂavour. * Toasting the spices adds intensity to their ﬂavour. Toast the spices, stirring often, until they turn a few shades darker and give off a sweet, smoky aroma. Do not raise the heat to quicken the process, or the spices will brown too quickly or burn. * Toast the cumin and cloves in a dry heavy frying pan (skillet) over a medium heat, remove to a small bowl then toast the coriander seeds, cardamoms, peppercorns and cinnamon stick. Once the spices are cool, transfer them to a mortar and pestle (or spice mill or coffee grinder) and grind to a powder. Stir in the chipotle powder and ground turmeric. * Heat the oil in a large pan, then add the onion and cook over medium heat until translucent and lightly browned. * Add the garlic and ginger and cook for a few more minutes. * Add the spice blend and stir gently for a minutes over medium–low heat until you can smell the spices cooking. Add 60 ml (¼ cup) of water, the stock and 175 ml (¾ cup) of the coconut milk. Cover and simmer for 20 minutes, stirring occasionally. * Remove the lid, turn the heat to low and add the remaining 200 ml (scant 1 cup) of coconut milk. * Bring to a simmer, add the prawns (shrimp) and cook for 4 or 5 minutes. Stir in the lemon juice, chopped coriander (cilantro) and salt and black pepper to taste. * Mound a ladleful of the curry on steamy seasoned rice, sprinkle on the sambals, spoon on your favourite chutney and enjoy!   **Note**  • Sambals should include salty, sweet, sour and savoury flavours. Choose 8–12 of the following and serve, finely chopped, in an array of small bowls: salted roasted peanuts, spring onions (scallions), hard-boiled eggs, raisins and/or sultanas (golden raisins), dried apricots, sugared crystallized ginger, shredded coconut, kumquats (or small Valencia oranges seeded, finely chopped, with skins), black and/or green olives, spicy lemon pickle or zested lemon rind, watermelon pickle, radishes, fresh pineapple, apple, banana, flaked (shredded) almonds, salted walnuts, pears, cashew nuts, crystallized violets, etc. |
| ***Soto ayam chicken noodle soup with organic turmeric*** | * **1.25 kg** free-range chicken (see note) * **6** kaffir lime leaves * **2** lemongrass stalks, bruised * **1 tsp** salt, plus extra, to taste * **60 ml** (¼ cup) peanut oil * **150 g** rice vermicelli noodles * **1 tbsp** lime juice * **2** eggs * **2** handfuls chopped greens, such as celery leaves, mint, Thai basil and coriander leaves * chopped macadamias, halved cherry tomatoes, fried onions, lime cheeks and sambal oelek, to serve   **Spice paste**   * **1 tsp** black peppercorns * **1½ tbsp** coriander seeds * **2 tsp** cumin seeds * **3** garlic cloves, peeled * **5** red Asian shallots, peeled and halved * **2 tbsp** finely sliced ginger * **1½ tsp** chopped fresh turmeric | * Using a large sharp knife, remove the chicken breasts and set aside. * Place the legs, wings and carcass in a large saucepan with the lime leaves, lemongrass, salt and enough water to cover. * Bring to the boil over high heat, then reduce the heat to low and simmer for 1 hour. During cooking, skim off any scum that rises to the top. Strain, discard the solids (reserving the leg meat if using), then return to a clean pan. * Meanwhile, to make the spice paste, grind all the ingredients in a mortar and pestle or small blender until a paste forms. You many need to add a little peanut oil to help bring the paste together. * Heat the peanut oil in a small saucepan over high heat. When it is very hot, add the spice paste and stir for 4-5 minutes or until the paste is cooked and beginning to separate from the oil. Spoon the cooked spice paste into the stock, trying to leave any oil out. * Remove the skin from the chicken breasts, add to the stock, then bring to a gentle simmer over medium-high heat. Reduce the heat to low and simmer gently for 9-10 minutes or until the chicken is cooked. * Remove the chicken from the stock and set aside. * Cook the noodles according to the packet directions, then drain and set aside. * Bring a saucepan of water to a gentle simmer. Crack the eggs into 2 ramekins, making sure you don’t break the yolks. Use a large spoon to create a whirlpool in the water, then carefully pour the eggs, one at a time into the water and poach until cooked to your liking. The water should only just bubble, not boil. Remove the eggs with a slotted spoon and drain on a clean kitchen cloth. * To serve, return the broth to the boil, stir in the lime juice and check the seasoning, then skim off any remaining oil from the top and strain pour into a jug. Cut the chicken into slices and divide among 2 bowls with the noodles and poached egg. Top with chopped greens, macadamia nuts and the tomato. Pour the stock over the top, then serve with fried onions, sambal oelek and lime cheeks.   **Notes**  If you prefer, substitute the whole chicken with 2 chicken breasts and buy a chicken carcass and a couple of wings to make the stock. The chicken legs aren’t used in the soup, but you can add them to the stock and use them for another dish.  • Try and buy peanut oil that has not been deodorised and unflavoured. True peanut oil has a very unique flavour, so you’ll have to head to Asian supermarkets to find it. |