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|  | **Ingredients** | **Steps** |
| ***Curry salmon*** | * **2** large fillets of salmon * **500 g** prawns (optional) * **20 g** butter * **1** splash olive oil * **1** onion, chopped * **2** cloves garlic, chopped * **1 tbsp** plain flour * **2 tsp** curry powder * Lemon juice, to taste | Heat the butter and oil in a saucepan over low heat. When the butter is melted, add the flour and curry powder. Stir for 10-15 minutes, then add the lemon juice. In frying pan cook prawns and add to curry, then partially cook salmon, cut into larges pieces and add to curry. Serve with balsamic rice. |
| ***Balado sauce*** | * **5–6** shallots, chopped * **1** medium tomato, chopped * **300 g** red chillies, roughly chopped (long or small chillies, depending on desired strength, can be mixed) * **1** lime, juiced * **2 tbsp** salt * **3 tbsp** sugar * **3 tbsp** vegetable oil * **handful** of petai ("smelly beans") (optional) | * This quantity of balado is sufficient for 1 kg meat, seafood or vegetables. * In a blender, blend tomato and shallots for 5 seconds, then add chilli. * Continue blending briefly to a coarse paste. * Heat wok over medium heat, add vegetable oil, and stir-fry the paste, add sugar and salt. * Lower temperature slightly, and stir occasionally for 10–15 minutes, until the chilli becomes fragrant, mixture thickens a little and the colour has changed to deep red. * Add lime juice to taste. * Petai can be added at this stage if desired. * **Suitable for:** Fried prawns, squid, fish (whole or cutlets), chicken, fried boiled eggs, eggplant, tofu, tempeh or potatoes. * For eggs or tofu, sauce should be used as a spread or topping. * **Balado prawns (udang balado)** Shell green prawns, leaving tail intact. * Deep-fry briefly, remove from oil and drain on paper towel. * Heat balado in a wok and stir fry prawns and petai (if using). * Serve with sliced Lebanese cucumbers. |
| ***chicken curr)*** | * **100 g** medium–hot red chillies, seeded * **100 g** red Asian shallots, roughly chopped * **25 g** garlic cloves * **5** candlenuts * **40 g** fresh turmeric, sliced * **15 g** ginger, sliced * vegetable oil * **2** lemongrass stalks, bruised * **25 g** galangal, roughly chopped * **1 litre** coconut milk * **2 tsp** ground cumin * **2 tsp** ground coriander * **1 tsp** fennel seeds, toasted and ground * **1** cinnamon stick * **1 tsp** grated nutmeg * **5** cloves * **15 g** shrimp paste, roasted and crushed * **1 tbsp** salt * **75 g** (⅓ cup) sugar * **1.5 kg** chicken thigh fillets, cut into bite-sized pieces * **500 g** potatoes, peeled and quartered * fried shallots, to serve | * Blend the chilli, shallots, garlic, candlenuts, turmeric, ginger and 2 tablespoons of oil to a smooth paste. * Heat a little more oil in a frying pan and fry the paste until it darkens in colour. Add the remaining ingredients other than the chicken, potatoes and fried shallots and bring to the boil. Add the chicken and potatoes and simmer gently until the chicken is tender and the potatoes are soft. If the sauce is too thick, thin out with a little water. * Sprinkle with fried shallots and serve. |