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|  | **Ingredients** | **steps** |
| *Beef rendang curry* | * cooking oil * **1.5 kg** beef chuck steak, cut into 4 cm cubes * **4 cm** piece galangal * **1** stalk lemongrass, white part only, bruised * **1** fresh turmeric leaf * **4** kaffir lime leaves * **2** limes, juiced * **500 ml** coconut milk * **1 tbsp** tamarind paste * sugar and salt, to taste * steamed rice, to serve   **Spice paste**   * **1 tsp** white peppercorns * **1 tsp** cumin seeds * **1 tsp** fennel seeds * **1 tsp** star anise * **1 tsp** coriander seeds * **6** green cardamom pods * **1** cinnamon stick * **3** large red Asian shallots * **5** garlic cloves * **2 cm** piece ginger, peeled, roughly chopped * **2 cm** piece galangal, peeled, roughly chopped * **2 cm** piece fresh turmeric, peeled, roughly chopped * **1** stalk lemongrass, white part only, bruised * **5** red chillies, seeds and membranes removed * **6** candlenuts (see note) | * **To make the spice paste**, place whole spices in a large frying pan and shake over medium heat for 1-2 minutes, or until they start to pop, release their aroma and turn yellow. * Allow the spices to cool a little, then finely grind in a pestle and mortar or spice grinder. Place the ground spices and remaining spice paste ingredients in a blender, and process until a smooth paste forms, adding a little water if necessary to help blend. * Heat oil in a large saucepan over medium heat. Add the spice paste and cook, stirring continuously, for at least 15 minutes, or until mixture has reduced down to a thick paste. * **Add the beef**, galangal, lemongrass, turmeric leaf, kaffir lime leaves and lime juice, and stir to combine well. Gradually add the coconut milk, stirring until well combined and boiling. Reduce heat to as low as possible, cover pan and simmer for 1 hour. * Stir in the tamarind, and sugar and salt to taste. Cook for another 1–2 hours, or until the beef is very tender and sauce is slightly dry and oily. * Serve with steamed rice.   **Note**  • Candlenuts must be cooked before using, as they are toxic when eaten raw. |
| *Boiled corn* | * **6** fresh white corn cobbs * **1** Asian green pumpkin * **4** red chillies * **8** shallots * **1** lime, juiced * **1** bunch coriander * **1** tsp dried shrimp paste * **1 litre** water * **200 g** dried green mung beans * flowers and leaves from the Asian green pumpkin plant | * Shuck the corn into a bowl. Shake to remove any remaining husks, and discard. * Chop pumpkin into thick chunks. * Using a mortar and pestle or food processor, combine chillies, shallots and salt to taste. Add lime juice, coriander and dried shrimp paste to make a thick sauce. * Place the water in a large saucepan. Add corn kernels and mung beans, and cover. Place on a low heat and bring to the boil. Cook for 15 minutes, then add the pumpkin, and pumpkin leaves and flowers. Cook for about 30 minutes, or until the pumpkin and corn are tender * Remove from the heat and add salt to taste. Serve with the chilli sauce. |
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| ***Kupang’s smoked beef*** | * **2 kg** chuck steak, cut into 15 – 25 cm strips * curing salt * Ceylon oak (kayu kesambi) branches, for smoking * banana leaf, cut in half   **Spiced chilli sauce (sambal lu’at)**   * **250 g** red chillies (see note) * **25 g** garlic * **25 g** ginger * **25 g** galangal * **25 g** basil * **25 g** coriander * **½** lime, juiced * **1 tsp** salt or chicken stock powder | * Rub the meat with salt, pepper and the curing salt, and set aside. * Build and light a fire, and allow the wood to burn so it has hot embers below. * Place the meat on a smoking rack set approximately 60 cm above the fire. Cover the meat with a large bunch of the kesambi branches and the banana leaf, placed directly on top of the kesambi. * Add more wood, keep the heat constant and let the smoke generate gently. Cook beef for about 30 minutes. * Meanwhile, to make sauce, wash and dry all ingredients, and wipe off excess moisture. Using a pestle and mortar or food processor, mince chillies. Set aside. * Peel garlic, ginger and the galangal, and finely chop. Finely slice basil and coriander. * Mix all the prepared ingredients thoroughly, then add the lime juice and salt or stock powder to taste. Transfer to a clean jar (see note). * Remove beef from the heat and serve with the chilli sauce.   **Notes**  • Birdseye chillies are best for this recipe.  • Store the jar of sauce in a cool dry place. It tastes so much better if consumed after 2 days of fermentation. This sambal will normally last for several weeks. |
| ***Spicy satay chicken skewers*** | * **600 g** (1 lb 5 oz) chicken thigh fillets, cut evenly into 3 cm (1¼ in) strips * bamboo skewers, soaked in cold water * iceberg lettuce leaves, to serve * cucumber slices, to serve * **½** fresh pineapple, cut into chunks   **Marinade**   * **2**lemongrass stalks, white part only, thinly sliced * **2** garlic cloves, roughly chopped * **2 tsp** finely grated palm sugar * **1 tsp** ground coriander * **1 tsp** ground cumin * **1 tsp** ground turmeric * **1 tsp** peanut oil   **Peanut sauce**   * **200 g** (7 oz) raw unsalted peanuts * **12** dried red chillies, deseeded * **2** lemongrass stalks, white part only, finely chopped * **3**French shallots, finely chopped * **2**garlic cloves, finely chopped * **1 tbsp** ground coriander * **2 tsp** finely grated palm sugar * **60 ml** (2 fl oz/¼ cup) peanut oil * **1 tbsp** tamarind paste * **1 tbsp** kecap manis * **125 ml** (4 fl oz/½ cup) coconut milk | **Marinating time:**overnight   * To make the marinade, pound the lemongrass and garlic into a paste using a mortar and pestle. Add the palm sugar, coriander, cumin, turmeric and oil, and mix well. * Transfer the marinade to a bowl, add the chicken and mix well. Cover with plastic wrap and refrigerate for at least 4 hours or overnight. * To make the sauce, first preheat the oven to 180°C (350°F). Spread the peanuts on a baking tray and roast for about 5 minutes until fragrant and lightly golden. Set aside to cool, then finely chop. Meanwhile, soak the chillies in hot water for 15 minutes. Drain and roughly chop. Place the chilli into a food processor along with the lemongrass, shallots, garlic, coriander, sugar and peanut oil and process until a paste forms. Heat a medium-sized saucepan over medium heat and add the chilli paste. Cook, stirring continuously for 5 minutes. Add 500 ml (17 fl oz/2 cups) of water and bring to the boil, then add the tamarind, kecap manis, peanuts and coconut milk. Simmer for 5 minutes over low heat or until thickened. * Preheat a barbecue grill to medium-high and lightly grease with oil. * Thread 3–4 chicken pieces onto each skewer so that the chicken lies fairly flat. Cook on the grill, turning regularly, for 3–4 minutes until slightly charred and cooked through. (Cooking time will be determined by the thickness of the chicken.) * Arrange the lettuce, cucumber, pineapple and skewers onto plates. Serve with a small bowl of sauce for each person. |
| ***Food Safari's*** | * vegetable oil, for deep-frying * **100 g** firm tofu, cut into cubes * **2** carrots, sliced into small batons * **¼** green cabbage, sliced * **100 g** snake beans, cut into 4 cm lengths * **1** bunch kangkung (morning glory), roughly chopped * **100 g** bean sprouts * **¼** Lebanese cucumber, diced * **1** medium potato, boiled, peeled and diced * **2** hard-boiled eggs, sliced   **Peanut sauce**   * **100 g** raw shelled peanuts * **3** kaffir lime leaves, torn * **5** garlic cloves, roughly chopped * **4** red Asian shallots, roughly chopped * **2-5** red chillies, roughly chopped * **1 tbsp** ground coriander * **1 tbsp** ground ginger (or Kaempferia galangal if you can find it) * **50 ml** vegetable oil * **200 ml** coconut cream * **200 ml** water * **50 g** palm sugar, shaved * **5 tbsp** raw sugar * salt to taste * **1 tbsp** lime juice   **To serve**   * bitter nut crackers (krupuk), or cassava crackers, fried shallots, kecap manis and lime juice | * To make the sauce, preheat the oven to 180°C. Place the peanuts on a baking tray and roast for 8-10 minutes or until golden. Allow to cool slightly, then place in a small food processor with the lime leaves and process until finely ground. * Place the garlic, shallots, chilli, ground coriander, ground ginger and 1 tablespoon of the oil in a blender and process until a paste forms. Heat the remaining oil in a saucepan over medium-low heat. * Add the paste and stir for 5-7 minutes or until it starts to separate. Stir in the coconut cream and water and bring to the boil. Add the ground peanuts and cook for another 5 minutes. Add the sugars and salt and a little water if it’s too thick. Remove from the heat and stir in the lime juice. * Cook the carrot, cabbage, snake beans, kangkung and bean sprouts separately in lightly salted boiling water until just blanched. The cabbage, carrot and beans will take about 2-3 minutes while the kangkung and bean sprouts only need 30 seconds. Drain well. * Mix all the cooked vegetables with the cucumber, potatoes and eggs and spoon onto a large serving plate. * Heat the oil in a wok to 180°C. Fry the tofu until golden, then drain on paper towel. In the same oil, fry the krupuk until they expand and puff up. * Scatter the fried tofu over the vegetables and spoon over some of the peanut sauce. Lightly drizzle kecap manis over the top and add a squeeze of lime. Garnish with some of the bitter nut crackers and fried shallots. Serve with the remaining peanut sauce on the side. |