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|  | **Ingredients** | **Steps** |
| ***Roast duck in banana leaf*** | * **1** whole duck * banana leaf, for wrapping   **Betutu spice marinade**   * **100 g** large red chilli, chopped * **13 g** ginger, peeled and chopped * **10 g** fresh turmeric, chopped * **20 g** lesser galangal, (kencur), chopped * **24 g** galangal (Laos), chopped * **1 stick** lemongrass, chopped * **200 g** eschallots, chopped * **45 g** garlic, chopped * **8 g** coriander seeds * **3** candlenuts, chopped * **8 g** black peppercorns * **10 g** shrimp paste, roasted * salt, to taste * **3** Bali lime leaves, finely sliced (kaffir lime leaves can be used) * **2** bay leaves (salam leaf) * extra lime leaves * vegetable oil | * Take all the ingredients for the betutu spice marinade except for the extra lime leaves and bay leaves and place in mortar and pestle. Pound until the mixture forms a thick paste. * Add a splash of vegetable oil to a wok and fry the paste for about 5 minutes to release the aromas and oils. Correct seasoning, add the lime and bay leaves and leave to cool for a couple of minutes. * When cool enough to handle, spread the paste inside the cavity of the duck and cover the outside. Any leftover marinade can be put into the cavity of the duck. Use a bamboo skewer to close up the opening of the duck to secure the flavours. Place extra lime and bay leaves around duck and wrap the duck in a banana leaf. Tie the parcel with string. Then place in the top of a steaming pot and steam for 35 minutes. * Transfer the steamed duck to a tray and place in an oven at 180°C for another 60 minutes or until cooked through. * Unwrap and serve with sambal matah |
| ***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. |