|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **Steps** |
| ***Bebek betutu*** | * **1** duck (preferably free-range and organic, just like Balinese ducks) * **1 cm-piece** fresh turmeric, sliced * **200 g** spinach leaves, blanched and roughly shredded * **1** cinnamon stick or piece of cassia bark * **1** roll of banana leaves (optional)   **Seasoning paste**   * **10** shallots or 2 medium onions, chopped * cloves from 1 head of garlic * **4** candlenuts, crushed * **2 tsp** shrimp paste, roasted * **1 cm-piece** galangal * **1 cm-piece** ginger * **1 cm-piece** fresh turmeric * **3** red chillies, roughly chopped (optional) * **1** lemongrass stalk, outer leaves discarded, chopped * **1 tbsp** grated palm sugar * **1 tsp** black peppercorns, crushed * **2 tsp** coriander seeds, crushed * **3 tbsp** lime juice * **3** kaffir lime leaves, finely sliced * **2 tbsp** peanut oil * **2 tbsp** water * **3 tsp** salt | * Preheat a barbecue with a hood (a Weber is ideal). Alternatively preheat the oven to 160°C. Wash the duck inside and out in a bowl of water infused with the turmeric. * Place the seasoning paste ingredients in a blender and blend to a chunky paste. * Combine half of the paste with the spinach leaves and set aside. Rub the remaining paste over the duck inside and out. Stuff the cavity of the duck with the spinach mixture and the cinnamon stick or cassia bark. Wrap the duck well in banana leaves or foil. Whether using leaves or foil, wrap the parcel in a final layer of foil. Place the parcel on an oven tray. * Cook the duck in the barbecue for 4 hours. Alternatively cook it in the oven for 2 hours, then turn down the temperature to 120°C and cook for a further 2 hours. * Remove from the barbecue or oven and drain the juices into a saucepan. Simmer until reduced slightly and combine with a little stuffing from the duck. Serve in a bowl alongside the duck. * Serve with rice, samba[l](https://www.sbs.com.au/food/recipes/%20http:/www21.sbs.com.au/foodsafari/index.php?pid=recipe&cid=1134), and steamed snake beans or Chinese greens (or both). |
| ***Satay cow*** | * **1 kg** rump steak, cut into bite-sized chunks * **1** medium onion, finely chopped * **4** large garlic cloves, finely chopped * **100 ml** kecap manis * **2 tbsp** peanut oil * **½ tsp** sea salt * **½ tbsp** grated palm sugar * **1 tsp** ground coriander   **Peanut sauce**   * **225 g** roasted peanuts * **200 ml** hot water * peanut oil * **1** candlenut, finely chopped * **1 tsp** ground coriander * **1** medium onion, finely chopped * **3** large garlic cloves, finely chopped * **2–3** small red chillies, finely chopped * **200 ml** coconut milk * **1 tbsp** kecap manis * **½** lime, juiced * salt * grated palm sugar | * **Marinating time** 3–4 hours * **Soaking time** 1 hour * Combine the ingredients for the skewers, mixing the beef in well. Marinate in the refrigerator for 3–4 hours. * Soak some bamboo skewers in cold water for 1 hour. * To make the sauce, blend the peanuts and hot water to a smooth paste. Heat a wok over medium heat and add a splash of oil. Briefly fry the candlenuts and coriander, then add the onion, garlic and chilli and cook for 2–3 minutes until the onion softens. Add the peanut paste, coconut milk and kecap manis, stirring well until the sauce starts to simmer. Add the lime juice and season with salt and palm sugar to taste. * Thread the beef onto skewers and barbecue over medium heat. Spoon over the warm peanut sauce. |
| ***Glazed fish with choy sum*** | * 4 (about 600g) fish fillets * 1 teaspoon sesame oil * 2 tablespoons kecap manis * ¼ cup (60ml) chicken stock * 2 garlic cloves, thinly sliced * 2 bunches choy sum, trimmed * 1 tablespoon soy sauce * steamed rice, to serve | * Brush fish fillets with oil. Heat a large non-stick frying pan on high. Cook fish for 1-2 minutes each side. Add kecap manis and stock and cook for 2 minutes, until sauce reduces and fish is cooked through. * Meanwhile, heat a wok on high. Stir-fry garlic, choy sum and soy sauce for 2 minutes, until wilted. * Serve fish and choy sum with steamed rice. |