

# Ulang-Ulang (Ambon)

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August 2,  
2018



Ulang-Ulang

This is again a fantastic salad from Beb Vuyk's Groot Indonesisch Kookboek. This ulang-ulang is a delicious crispy and slightly spicy Indonesian salad. I use seeds instead of almonds because my husband has a nut allergy.

If you leave the trassi out, this dish is also **vegan**!

This ulang-ulang is ready in **20-30 minutes** and enough for **4 people**.

Ulang-Ulang (Ambon) #447 translated from Beb Vuyk's Groot Indonesisch Kookboek, page 360.

## Ingrediënts

- 1 medium eggplant (aubergine)
- 1/2 cucumber

- 100 grams of bean sprouts
- 100 grams of cabbage
- 100 grams of kenari, to be replaced by almonds
- 2 tablespoons of vinegar

## Herbs

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- 2 tablespoons of chopped onions
- 2 chopped up cloves of garlic
- 2 teaspoons of sambal terasi (chili salsa with shrimp paste)
- 1 teaspoon of Javanese sugar
- salt

1. Clean the vegetables.
  2. Peel the cucumber and eggplant.
  3. Cut both and the cabbage into small pieces.
  4. Rub onions, garlic, sambal, sugar and salt together with the peeled almonds and dilute this paste with the vinegar and if necessary with another tablespoon of water.
  5. Mix the raw vegetables with it.
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Beb does not say which **cabbage** she uses, that means everything is possible. I love cabbage, especially raw. I use Chinese cabbage this time. It is tender and can be eaten as a firm lettuce. But a crispy white or curly savoy cabbage is also great in this salad; always cut finely.



Beb says 'medium eggplant'. Mine is pretty big, so I use half of it.



### Nut allergy

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My husband is allergic to nuts and almonds. Beb uses kenari nuts (a softer and sweeter type of almond). I replace this with my homemade muesli mix of only seeds. We normally eat this with yogurt, but now I roast them for a while so the seeds get a nutty flavor.

In my pan I have pumpkin seeds, oatmeal and a few sunflower seeds.

### Bumbu (spice paste)

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I place the roasted seeds in a jug together with the **onions, garlic, sambal, sugar** and salt and blend it with my emersion blender.



My **sambal trassi (terasi)** is finished, so I add 1/3 of a chili pepper with half a teaspoon of trassi (fermented shrimp paste) to the bumbu.

I add the **vinegar** and another tablespoon of **water** during mixing.





It quickly turns into a beautiful **pasta**. This is the dressing of the salad.



I chopped my **cabbage**, **cucumber** and **eggplant (aubergine)** and mixed it with the **bean sprouts**.

Now simply mix the 'sauce' with the rest and there you have it: ulang-ulang salad. We eat this lovely salad with crispy fried tofu or next to a tender meat dish. Selamat Makan!