



DE'LISH 2 RECIPES

EPISODE 9 - MALAYSIA

STARTER: NASI LEMAK WITH SPICY FRUIT JAM

MAIN: TOFU, MUTTON & PEANUT LAKSA

DESSERT: GRANADILLA SAGO & ONDE ONDE BALLS

STARTER: NASI LEMAK WITH SPICY FRUIT JAM

Ingredients

1/4 cup basmati rice, soaked and washed
 1 cup coconut cream
 1/4 cup peanuts, crushed
 1 tbsp olive oil
 1/2 tsp ginger
 1/2 cucumber, grated and squeezed dry
 1/4 cup anchovies
 1/4 cup boiled egg, mashed
 1 small onion, sliced in rings
 4 cherry tomatos, sliced in rings

jam:
 1 cup mixed fruit, chopped
 1 tbsp olive oil
 1/4 cup brown sugar
 1/2 cup water
 2 tbsp vinegar
 1 crushed green chilli
 1 crushed red chilli
 1/2 tsp salt

garnish:
 chives
 dhania leaves

Method

- Boil rice with coconut cream until fully cooked and soft. Add water if necessary. Mix peanuts with olive oil & crushed ginger. Season all items. Layer items, as desired, inside small ring-moulds, press down and de-mould. Garnish with fresh green herbs.
- For the jam, boil all the ingredients until the fruit has softened, adding water during cooking if necessary.

MAIN: TOFU, MUTTON & PEANUT LAKSA

Ingredients:

Paste:
 2 stalks lemon grass, peeled and chopped
 2 large slices ginger, chopped
 2 chopped red chillis
 1 chopped onion
 2 cloves garlic, crushed
 2 tbsp dhania leaves
 2 tbsp tamarind paste
 1/2 tsp turmeric powder
 1/2 tsp sugar
 2 tbsp peanut oil

200g firm tofu, cubed
 4 tbsp olive oil
 300g mutton or ostrich meat, cubed
 1/4 cup unsweetened peanut butter
 2 cups water
 handful dhania, chopped
 handful basil leaves, chopped
 1 cup coconut milk

2 cups yellow rice noodles
 water for boiling

1 cup bean sprouts

cucumber noodle kachoomber:
 1 small cucumber, peeled, seeded, spaghetted on a mandoline and squeezed dry
 1 tbsp olive oil
 2 tbsp white vinegar
 1/2 tsp caster sugar
 1/2 green chilli, crushed

salt and pepper to taste

garnish:
 basil leaves
 boiled egg halves
 cherry tomato halves

Method

- Puree or pound all the paste ingredients until thoroughly combined.
- Fry the tofu cubes in oil until lightly browned and set aside. Fry the meat in oil until browned, add the paste and cook for a further few minutes. Add the water, peanut butter and coconut milk and cook until the sauce has reduced and thickened. Stir in the herbs and tofu and keep warm. Sprinkle the bean sprouts

on top and allow to steam a few minutes before serving.

- Prepare the rice noodles according to the package instructions, or boil until al dente. Drain, season and toss with a tablespoon of olive oil.
- For the kachoomber, combine all the ingredients and allow to rest.
- Plate as desired and garnish with basil leaves, boiled egg halves and cherry tomatos.

DESSERT: GRANADILLA SAGO & ONDE ONDE BALLS

Ingredients

1/2 cup sago
 1 cup granadilla or passion-fruit juice
 1/2 cup granadilla pulp
 1/2 cup water
 1/4 cup sugar

garnish:
 icing sugar
 mint sprigs
 strawberries

balls:
 1 1/2 cups rice flour
 1/2 tsp elachi powder
 pinch salt
 1/2 cup hot water
 few drops green food colouring
 1/4 cup palm sugar
 1/2 tsp cinnamon powder
 1/4 tsp nutmeg powder
 1 tbsp brown sugar
 water for boiling
 1/2 cup desiccated coconut

Method

- Boil the pudding ingredients on medium heat until the sago is translucent and soft, adding water during cooking if necessary.
- For the balls, mix the rice flour, ground elachi, salt, hot water and food colouring, adding either more flour or water to obtain a firm dough.
- Thoroughly combine the sugars and remaining spices. Pinch small balls off the dough, make an indentation in the ball with your finger, fill with about half a teaspoon of the sugar mixture and seal thoroughly by wrapping the dough over the indentation and rolling in the palms of your hands. Boil the balls in water until they float and test one to check that they are fully cooked. Roll the balls in coconut and allow to cool.
- Garnish the sago with fresh mint, berries and granadilla pulp.