

LIVING

home

No Hari Raya is complete without the *Ketupat*. These delicate parcels of rice or glutinous rice are works of art that are painstakingly woven by hand. It's a tradition passed down from generation to generation. Today, you can easily purchase *Ketupat* or *Ketupat Palas* from shops but there is nothing like a homemade one. In this issue's Recipes, we have prepared eight delicious traditional recipes for lauk (side dish) to accompany the *Ketupat* and *Ketupat Palas*.

Steeped In Tradition

Rayya Pairings

A Hari Raya feast can only be complete with a classic Ketupat or Ketupat Palas. Here are some dishes you can pair them with!

Chicken Curry with Ketupat Palas

Prep time: 20 minutes
Cooking time: 30 minutes
Serves: 5

1.2 kg chicken, cut into 12 pieces
60 g meat curry powder
1 tbsp salt
1 cinnamon stick
1 star anise
2 stalks lemongrass, crushed
200 ml thick coconut milk
500 ml water

Blended ingredients:
8 dried chillies, soaked till softened
120 g shallots

(blend till fine)

1 Combine chicken with curry powder and salt. Set aside. **2** Heat 4 tablespoons oil till hot, fry cinnamon sticks, star anise with blended ingredients till fragrant. **3** Add chicken pieces, lemongrass and fry for 4 minutes over medium heat. Add a few spoonfuls of thick coconut milk to prevent the base from burning. **4** Add water and bring to a boil. Lower heat and simmer for 20 to 25 minutes or until chicken is cooked. Stir in remaining coconut milk and bring to a slow boil. Season curry with salt to taste and turn off heat.



Serunding Kelapa with Ketupat Palas

Prep time: 20 minutes Cooking time: 30 minutes Serves: 8

1 coconut, grated
1 tsp ground turmeric
1 tsp toasted ground coriander
100 g dried shrimps, washed & pounded

Blended ingredients:

8 dried chillies, soaked till softened
10 shallots
4 cloves of garlic
2 stalks lemongrass
2.5 cm x 2.5 cm shrimp *belacan*

(blend till fine)

4 tbsp sugar

Salt to taste

Shredded ginger flower, *kaduk* leaves and kaffir lime leaves

1 Mix grated coconut with ground turmeric and coriander. Set aside. **2** Heat 5 tablespoons oil till hot, fry blended ingredients for 3 minutes. Add shrimps and fry over medium heat for 10 minutes. Season with sugar and salt to taste. **3** Add coconut mixture and cook for another 10 minutes while stirring constantly. **4** Serve with shredded ginger flower, *kaduk* leaves and kaffir lime leaves.



Beef Serunding with Ketupat Palas

Prep time: 30 minutes

Cooking time: 1 hour 25 minutes

Serves: 8

1 kg beef (stew cut) cut into thick slices
2 stalks lemongrass, crushed
4 pieces *salam* or turmeric leaves
1 tbsp salt
1.2 liters water
2 tbsp meat curry powder
300 ml thick coconut milk
100 ml water
6 tbsp sugar
2 tbsp salt
4 tamarind slices

Blended ingredients:

10 dried chillies, soaked till softened
12 shallots
4 cloves of garlic
1 thumb size galangal

3 kaffir lime leaves, cut finely
2 tbsp toasted whole coriander

1 Bring beef, lemongrass, *salam*/turmeric leaves, salt and water to boil over medium heat. Then lower heat and simmer beef for 25 minutes. Drain beef, discard the rest of the ingredients and when beef is cool, tear along the grain into fine shreds. **2** In a large pan, combine shredded beef with blended ingredients, curry powder, coconut milk, water, sugar, salt and tamarind slices. Stir fry mixture over medium heat until beef is dry. This will take about an hour. If you prefer a moist *serunding*, cook for a shorter period time until desired texture. **3** Allow beef *serunding* to cool completely before storing in airtight container.



Rendang Daging Minang with Ketupat Palas

Prep time: 20 minutes
Cooking time: 1 hour
Serves: 6

1 kg beef fillet (*batang pinang*), cut into thick slices
300 ml thick coconut milk
200 ml water
3 tbsp curry powder
2 pieces tamarind slices
3 pieces turmeric leaves
100 g palm sugar, grated
2 tbsp *kerisik*
Salt to taste
5 pieces kaffir lime leaves, shredded finely

Blended ingredients:

12 dried chillies, soaked till softened
4 bird's eye chillies
15 shallots
4 cloves garlic
1 1/2 thumb size fresh turmeric
1 thumb size galangal
3 stalks lemongrass

(blend till fine)

1 In a heavy base pot or iron wok, combine blended ingredients with coconut milk, water, curry powder and tamarind slices. Bring to a boil and cook for 5 minutes, stirring until fragrant and add beef. **2** Simmer mixture over medium heat, stirring often until beef is tender and gravy thickened. This will take around 25 minutes. **3** Add turmeric leaves, palm sugar, *kerisik* and salt to taste. Cook for another 10 minutes while stirring constantly until sauce is thick and shiny. **4** Sprinkle kaffir lime leaves and turn off heat.

Sayur Lodeh Lontong with Ketupat

Prep time: 20 minutes Cooking time: 30 minutes Serves: 6

6 small packet *ketupat*, cook as per instruction on the packet
100 g *tempeh*
2 cm shrimp *belacan*

Blended ingredients:

8 dried chillies, soaked till softened
12 shallots
2 cloves of garlic
5 candlenuts
1 thumb size fresh turmeric
30 g dried prawns, pounded
6 fried bean curd puffs, cut into half
80 g cauliflower, cut into florets
150 g cabbage, tear into bite size
8 long beans, cut into matchstick length
30 g glass noodles, soak in water
1 litre water
2 tbsp *ikan bilis* stock powder

200 ml thick coconut milk
Salt to taste
Fried shallots, chopped Chinese celery for garnishing

1 Cut *tempeh* into thin 2cm slices. Fry in oil until crispy and set aside. **2** Heat 3 tablespoons oil in a pan and fry shrimp *belacan* till fragrant. Add blended ingredients and sauté for about 3 minutes, stirring constantly. Put in dried prawns and fry for 2 minutes. **3** Add water and *ikan bilis* stock powder, simmer for 5 minutes then add vegetables, fried bean curd and glass noodles. **4** Bring to a slow boil and when the vegetables are just tender, add fried *tempeh* and thick coconut milk. Season with *ikan bilis* stock powder and salt to taste. **5** Serve *sayur lodeh* with some cut *lontong* and garnish with fried shallots, Chinese celery and *sambal* sauce from the *Lontong Kering* recipe.





Kuah Kacang with Ketupat

Prep time: 30 minutes
Cooking time: 30 minutes
Serves: 6

250 g groundnuts
2 stalks lemongrass, crushed
300 ml water
1 tbsp tamarind paste
150 ml thick coconut milk
4 tbsp sugar
60 g palm sugar, grated
Salt to taste
2 *pandan* leaves, knotted
 $\frac{3}{4}$ thumb size shrimp *belacan*

Blended ingredients:

14 dried chillies soak till soft
6 shallots
4 cloves of garlic

(blend till fine)

1 Pan-fry groundnuts till cooked. Remove groundnut skin and grind it coarsely. Set aside. **2** Heat 3 tablespoons oil till hot, add shrimp *belacan* and fry till fragrant. Add lemongrass and blended ingredients. Cook till oil separates, then add groundnuts, water and tamarind paste. **3** Simmer mixture for 15 minutes, stirring often, then add coconut milk, sugar, palm sugar and salt to taste. **4** Lastly put in *pandan* leaves and turn off heat.

***Note:** Sauce thickens after it cools.

Ayam Masak Merah with Ketupat

Prep time: 20 minutes Cooking time: 30 minutes Serves: 8

1.5 kg chicken, cut into 12 pieces
2 tsp salt
3 large tomatoes, cut into wedges
1 star anise
1 cinnamon stick

Blended ingredients:

6 dried chillies, soaked till soft
10 shallots
1 thumb size old ginger
3 cloves of garlic

Sauce ingredients:

50 ml tomato ketchup
100 ml sweet bottled chilli sauce
2 tbsp sugar
1 tbsp white vinegar
1 tsp salt

500 ml water

(combine sauce ingredients)

Oil for deep frying

Garnish with some Chinese celery

1 Marinate chicken pieces with salt and deep fry in hot oil till golden in colour. Leave aside. (chicken does not need to be fully cooked inside). **2** Heat 3 tablespoons oil and sauté ground ingredients, star anise and cinnamon until fragrant. Add tomatoes and stir fry for another 2 minutes. **3** Pour in sauce ingredients and bring to a boil. Add fried chicken pieces and stir till chicken is well coated in sauce. Lower heat and simmer for 8 minutes or until sauce thickens. If you prefer runny sauce, add in more hot water until desired consistency. **4** Garnish dish with some Chinese celery.





Lontong Kering with Ketupat

Prep time: 30 minutes Cooking time: 1 hour Serves: 8

8 to 10 *ketupat* packets, cook as per instructions on the packet

Sambal ikan bilis:

100 g *ikan bilis*
30 g groundnuts
1 thumb size shrimp *belacan*
2 tbsp chili paste
10 shallots, blended
1 tsp tamarind paste
4 tbsp sugar

Turmeric fried chicken:

3 whole chicken thigh, cut into 2 each

Blended ingredients:

50 ml thick coconut milk
50 g old ginger
50 g *lengkuas*
4 cloves of garlic
1 thumb size turmeric
1 ½ tbsp fine salt

Sambal sauce ingredients:

1 ½ thumb size shrimp *belacan*
20 dried chillies, soaked till soft blended
6 shallots blended
3 cloves garlic blended
300 ml water
1 tbsp tamarind paste

2 onions, sliced thinly
6 tbsp sugar
Salt to taste

Other dishes to serve with: *Sayur lodeh*, *serunding kelapa* or *serunding daging*.

1 To cook *sambal ikan bilis*, fry groundnuts in oil till cooked and set aside. Deep fry *ikan bilis* till lightly golden and crispy. Set aside. In a separate pan, heat 4 tablespoons oil and fry shrimp *belacan* until fragrant. Add chili paste and shallots and stir until oil separates. Add tamarind paste, sugar and salt to taste. Lastly mix in fried *ikan bilis* and groundnuts. Leave to cool before storing. **2** To cook turmeric fried chicken, combine chicken pieces with blended ingredients and leave it to marinate for at least an hour. Deep fry till lightly golden. **3** For the *sambal* sauce, heat up 4 tablespoons oil and fry shrimp *belacan* till fragrant. Add blended ingredient and continue frying till oil separates. Add water, tamarind paste, sliced onions and cook for 20 minutes over medium heat or until sauce thickened slightly. Season with sugar and salt to taste. **4** To serve *lontong kering*, place some diced *lontong* cubes with a piece of fried chicken, *sambal ikan bilis*, *serunding kelapa*, *sambal* sauce and *sayur lodeh* gravy.

