

Culinary delights with PALM OIL

Local rice in banana leaf and tilapia fish stew with local sour fruit



Rice from paddy grown on the hillside is a befitting accompaniment to the local dishes that are tasty and often spicy. Wrapping the cooked rice in a banana leaf lends a fragrant and ethnic feel to the dining experience. With belacan and lemongrass, spiced with lots of chili paste, this fish stew goes well with plenty of rice on the side. The unique ingredient here is the takob-akob a wild, small red fruit that adds a sour tang that will awaken any sluggish appetite.

INGREDIENTS



FOR LOCAL RICE IN BANANA LEAF

- 300 g local rice (beras bukit)
- 1 pc banana leaf
- 5 g palm oil
- 5 g salt

FOR TILAPIA FISH STEW WITH LOCAL SOUR FRUIT

- 400 g tilapia
- 1 kg palm oil
- 30 g ginger, minced
- 30 g garlic, minced
- 15 g shallot, minced
- 100 g chili paste (chili boh)
- 5 g prawn paste (belacan)
- 5 g lemongrass, minced
- 30 g takob-akob, local sour fruit
- 5 g salt
- 5 g sugar

FOR LOCAL RICE IN BANANA LEAF

- Cook the rice in the same way as you would normal rice, adding palm oil and salt to cook at the same time. When the rice is cooked, wrap it up in the banana leaf and serve.

FOR TILAPIA FISH STEW WITH LOCAL SOUR FRUIT

- Clean the tilapia, rub some salt over the fish and fry in the oil. Remove and drain the fish.
- Heat a little oil in a pot than add ginger garlic, shallot, chili paste, prawn paste, lemongrass, and local sour fruit. Add in seasonings (salt and sugar and then the fish). Continue to cook for 3 minutes.

When cooked, remove from heat and serve.