

Culinary delights  
with  
**PALM OIL**

**Nasi Ulam (Rice with Herbs)**



An olden-day nyonya favourite that has long since been adapted to suit the tastes of food lovers. Throughout Malaysia, nasi ulam is, in essence, cooked white rice served with a variety of herbacious local greens and chili-based sambal. Often looked upon as a herb salad of sorts, this particular dish employs the use of hot rice to semi-cook the ulam, allowing for the greens to retain both texture and taste. Despite being an easy dish to prepare, nasi ulam nonetheless offers a realm of flavours that, blended together, somehow remind one of the best that Malaysia has to offer.

**INGREDIENTS**



8 tbsp palm oil

1 ½ tsp anchovy granules

1 tsp sugar

½ tsp salt (to taste)

150 g shrimps - steamed & shelled

1 ½ tsp already fried & pounded dried small shrimps (geragau) (optional)

2 tbsp already roasted grated coconut and coarsely pounded but not until oily (kerisik)

500 g cooked rice, fluffed and cooled

5 long beans, thinly sliced

4 pointed young pepper (kaduk) leaves, finely sliced

1 stalk lemon grass, finely sliced

4 kaffir lime leaves, thinly sliced

1 torch ginger bud (bunga kantan), thinly sliced

1 young turmeric leaf, finely sliced

2 stalks polygonum (kesum) leaves, finely sliced

2 hard tailed fish (cincaru) - grilled and remove flakes (220 g)

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**FINELY GROUND PASTE**

- 100 g shallot
- 1 pip garlic
- 1 tsp crushed dried shrimp paste
- 1/2 tsp ground white pepper
- 1 stalk lemon grass, slice

- Heat the palm oil and fry finely ground paste until fragrant. Add anchovy stock granules, sugar and salt and transfer to a bowl.
- Add fish flakes, prawns, small dried shrimp (geragau), pounded grated coconut and rice and mix well.

**GARNISH**

- 3 tbsp crisp-fried shallots
- 1 cucumber seeded and cubed
- 2 red chillies, thinly sliced

- Mix in the long beans and herbs.
- Garnish with crisp-fried shallots, cucumber and red chillies.