

Jantung Pisang Kerabu Recipe

(Banana Flower Kerabu Recipe)

Ingredients:

2 banana flowers (from pisang Awak)
300 g medium-sized prawns (shrimps), shelled
3 big onions, each cut into 6 segments
100 ml thick coconut milk (extracted from ½ grated coconut)
5 tablespoons calamansi juice
3 tablespoons (heaped) sambal belachan (pls refer more Nyonya Recipes)

Method:

Cut banana flower into half lengthwise. Cover with enough water in a pot and boil until cooked, about 20 minutes. Drain and cool. Peel away the outer layers of the flower to reveal the tender pink core. Slice about 1 cm thick, and cut into bite sizes. In a pot, boil together the prawns, onion and coconut milk over a gentle flame. Remove from fire when cooked and set aside to cool. Combine well the calamansi juice and sambal belachan in a mixing bowl. Add in the rest of the prepared ingredients and toss well.

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