

Nyonya Assam Curry Recipe

(Nyonya Recipes)

Ingredients A:

2 dried tamarind slices
1 tablespoon sugar
a pinch of salt
water

Ingredients B:

3 stalks lemon grass, thinly sliced
½ thumb-sized piece turmeric
20 dried chilies or 2-3 tablespoons chili paste
20 shallots, peeled
1 clove garlic, peeled
1 tablespoon dried shrimp paste

Ingredients C:

2 tablespoons sugar
2 teaspoons salt
2 stalks ginger bud flower (bunga kantan)
halved lengthwise
1-1½ tablespoons tamarind with 900ml water,
squeezed and strained
300g lady's fingers (okra)
600g prawns (shrimps) or fish head, trimmed and washed

Method:

Cut away the stems of the lady's fingers before halving them. Boil ingredients A in a saucepan. Put in the lady's fingers and boil until tender (10-15 minutes). Drain and set aside. Grind ingredients B to a fine paste. Heat 115ml oil in wok and fry paste until oil bubbles through; stir constantly. Stir in ingredients C and some of the tamarind water. Cook for 1 minute, then add the rest of the tamarind water and bring to boil. Cook for further 2 minutes. Do not cover wok. Put in the prawns or fish head and cook until done. Finally, add the lady's fingers. To choose young and tender lady's fingers, bend the ends to see if they snap easily. Those that do not break easily are tough and stringy.