

Sayur Lodeh Recipe

(Vegetables cooked in a spicy coconut gravy Singaporean recipe)

Ingredients: Serves 6-8

1 large purple onion, peeled and chopped
2 cloves garlic, peeled and chopped
2 tablespoons bottled sambal chili paste
1 heaped teaspoon turmeric powder
½ cup dried shrimps
2 stalks serai (lemon grass), inner tender bottom white stem portion only, bruised
2 daun limau purut (kaffir lime leaves)
4 tablespoons oil
1 small bengkwang (yam bean), thickly shredded
1 small carrot, thickly shredded
1 cup French beans, stringed and cut into short lengths
¼ cabbage, cut into bite-size pieces
1 aubergine, cut into large pieces
4 taukwa (firm soya bean cakes), quartered
2 cups water
2 cups coconut milk
1 tablespoon salt or to taste
1 tablespoon sugar or to taste

Method:

Heat oil in a large pot and soften onion and garlic. Add the bottled sambal (chili) paste, then the dried shrimps. When fragrant, add the turmeric powder, serai and daun limau purut. Brown the vegetables that need more cooking first: the bengkwang, followed by the carrots and the aubergine. Pour in enough water to just cover the vegetables and allow to come to the boil. Reduce heat, add the softer vegetables: cabbage, beans and the taukwa. Finally, add the rest of the water and thicken with coconut milk, stirring all the time to prevent curdling until gravy comes to the boil again. Season with salt and sugar and serve with hot steamed rice. You can serve extra bottled sambal (chili paste) on the side for those who like the dish spicier.