

Perut Ikan Recipe

(Pickled fish stomach with herbs and vegetable curry)

Ingredients:

60 g tamarind pulp
500 ml water
150 g small shrimps, shelled and de-veined
5 tablespoons pickled fish stomachs (boiled in some water for 45 minutes, drained and discard water)

Spice to be ground to paste:

1 stalk lemon grass (use the bottom tender white part only), sliced thinly
120 g shallots, peeled
20 g galangal, removed skin and sliced thinly
15 g dried shrimp paste (belachan)
1 tablespoon chili powder or 6-8 dried red chili (according to individual preference)
½ teaspoon turmeric powder or 2 cm piece fresh turmeric

Herbs to be sliced hair-thin:

50 pieces betel/wild pepper leaves (daun kadok)
10 kaffir lime leaves (preferably young ones)
8 sprigs polygonum leaves
5 cekur leaves
1 turmeric leaf

Vegetables:

50 g long beans (snake beans), cut into 2.5 cm lengths
150 g pineapple, cut into 2.5 x 1 cm sticks
1 small aubergine, cut into 2.5 x 1 cm sticks
1 carrot, cut into 2.5 x 1 cm sticks
2 red chilies, slit lengthwise and cut into 2.5 x 1 cm slices
1 ginger flower, sliced finely
30 g (fistful) button/pea aubergines (optional)

Seasoning:

2 tablespoons fish sauce
1 tablespoon sugar
1 teaspoon salt, or to taste

Method:

Mix tamarind pulp with water and strain for the juice. Combine the spice paste and tamarind juice in a stainless steel or preferably clay pot. Bring to a boil and allow to simmer for 20 - 25 minutes. Add in the pickled fish stomachs, herbs and allow the curry to come to a boil again, stirring to mix well and allowing to simmer for about 30 minutes before adding in the vegetables and allow to further simmer over low heat for 30 - 45 minutes. Lastly, add shrimps and season to taste with fish sauce, sugar, salt, adjusting the tartness to taste as well. This "Perut Ikan" is best served overnight to allow the herbs and vegetables to soak in the flavors.