

Salted Fish Bone Curry Recipe

(Kiam Hu Kut Gulai Recipe)

Ingredients:

60 ml (¼ cup) oil
200 g salted Kurau fish bones, in 4 pieces, washed and soaked for about 15 minutes
1 bunga kantan (ginger flower), cut into half
3 thick slices of ginger
200 g small shrimps, shelled and de-veined
200 g long bean (snake beans), cut 4cm long
1 aubergine (eggplant), cut into 2x4cm strips
½ a small cabbage, cut into square pieces
½ a small pineapple, cut into pieces
4 cups water
25 g (1 cup) puffed tofu (tau pok), cut into halves
250 ml (1 cup) coconut milk from ½ grated coconut
1 teaspoon salt, or to taste
1 teaspoon sugar, or to taste

Spice paste (ground together):

20 g (15) dried red chilies, soaked to soften
200 g (20 - 30) shallots, peeled
10 g (2 cloves) garlic, peeled
1 small piece of lengkuas (galangal)
10 g (2 tablespoons) coriander (cilantro) seeds
1 teaspoon peppercorns
10 g (2 cm) turmeric
30 g (1 stalk) lemongrass, use only the bottom white inner part
40 g belachan (dried shrimp paste)

Method:

Heat oil in a claypot or wok over a medium flame. Deep fry the salted fish bones until lightly golden. Dish out and drain on paper towels. In the same oil, sauté the ginger slices and spice paste until aromatic. Add the salted fish bone and stir-fry for 2 minutes. Add the long beans, aubergine, pineapple, cabbage and ginger flower and stir-fry until vegetables are softened. Add water and mix well. Cover with lid and simmer over low flame until long beans and aubergine are soft. Add in tofu puffs and coconut milk. Season to taste with salt and sugar and bring curry to a boil. Serve hot with steamed white rice.

Note: The flavor improves overnight. Reheat before serving.