

Vegetable and Bean Curd Stew Recipe

Ingredients:

1 tablespoon vegetable oil
1 tablespoon palm sugar
1 tablespoon oyster sauce
2 tablespoons sweet soy sauce (kecap manis)
¼ teaspoon sugar
125 ml chicken stock
125 ml coconut cream
300 g firm bean curd, sliced and fried for 2 minutes or until golden
300 g dried beef skin, boiled in beef stock until very soft, left to cool in stock and sliced
25 g twisted cluster beans (peteh)
a pinch of salt or to taste

Spice paste:

3 tablespoons vegetable oil
40 g garlic, peeled and sliced
60 g shallots, peeled and sliced
100 g red chilies, halved, seeded and sliced
10 g ginger, peeled and sliced
10 g galangal (laos), peeled and sliced
1 tablespoon dried shrimp paste (terasi), roasted
1 tablespoon palm sugar

Method:

Prepare spice paste. Heat oil in a heavy saucepan. Add all ingredients and sauté over medium heat until spices are fragrant. Remove from heat and leave to cool, then transfer to a stone mortar or blender (processor). Grind into a fine paste. Heat 1 tablespoon oil in a heavy saucepan. Add spice paste and sauté over medium heat until fragrant. Add palm sugar, oyster and sweet soy sauces and sugar. Continue to sauté for 1 minute. Add stock and coconut cream and bring to the boil. Add bean curd, beef skin and cluster beans. Return to the boil and simmer until sauce is slightly thickened. Add a splash of extra stock, if sauce thickens too much and season to taste. Serve, garnished as desired with finely chopped kaffir lime leaves.