

Vietnamese Style Meat Stew Recipe

Ingredients:

1 young coconut
4 tablespoons sugar
1 tablespoon water
4 whole, peeled garlic cloves
1 medium onion, sliced
2 tablespoons dark soy sauce
1 tablespoon light soy sauce
2 tablespoons fish sauce
150 ml water
400 g mixed chicken and pork pieces
Crisp-fried garlic, to garnish (optional)

Method:

With a heavy, sharp knife or cleaver, cut off the top of the coconut and pour the coconut water into a bowl. Scrape the jelly-like flesh from inside coconut with a metal spoon and add it to the bowl of coconut water, then set aside. (Alternatively, get your cut fruit/juice stall to do this for you.) Combine sugar and 1 tablespoon water in a heavy-based wok or pot (not non-stick) and cook over medium heat until sugar has melted and turned a rich brown, about 5 minutes. Do not stir, but swirl the pot to ensure even caramelization. Add coconut water and flesh all at once - mixture will splutter - and then all remaining ingredients. Bring to the boil, stirring, and simmer partially covered for 15-20 minutes, until gravy has thickened and meats are tender. Skim off fat from surface, if desired. Serve hot with rice.

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