

Miele

Pomelo betel leaf

By Shannon Bennett

30 minutes

17 minutes

4

Serves

INGREDIENTS

4 green prawns, peeled and deveined

2 tablespoons fresh coconut flesh, roasted

1 teaspoon lime, finely diced, skin on

1 tablespoon ginger, peeled, finely diced

6 red shallots, finely diced (2 tablespoons)

Handful washed coriander leaves 1 birds eye chilli, finely sliced 170g pomelo flesh, peeled, finely

diced
16 betel leaves (bai tong tang)

Paste

4 slices galangal (11g), peeled, roasted

Large pinch of Murray River Sea Salt

3 birds eye chillies (2 with seeds), finely sliced

2 teaspoons shrimp paste, roasted in foil

1 tablespoon dried prawns, rehydrated in water

3 tablespoons fresh coconut flesh, grated, roasted

1 tablespoon peanuts, roasted

Sauce

200g palm sugar, crushed 250ml water 80ml fish sauce

3 tablespoons tamarind water

METHOD

Prawn Mixture

- 1. Place the peeled prawns into a perforated steam tray in a single layer. Steam for 2 minutes at 85°C. Set aside in the refrigerator. When cool, slice.
- 2. Combine remaining ingredients except the betel leaves. Set aside until ready to use.

Paste

- 1. Place galgangal in a pestle and mortar and grind to a paste.
- 2. Gradually add the remaining ingredients, one by one, and pound to a paste. Set aside.

Sauce

- Heat sugar and water on medium heat, Induction setting 6, until dissolved. Continue to cook for a further 5 minutes.
- 2. Add fish sauce, then stir in the paste. Continue to cook for a further 5 minutes.
- 3. Add tamarind water, continue to cook for a few minutes but do not reduce too much or the dressing will harden.
- 4. Remove from the heat.
- 5. When cooled slightly, check the seasoning: it should taste sweet, sour and salty.

To Serve

1. Dress the prawn mixture with the sauce and serve on the betel leaves. Sprinkle with extra crushed nuts and a squeeze of lime.