

Pomelo betel leaf

By Shannon Bennett

30 minutes

Preparation time

17 minutes

Cooking time

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 galangal 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

1. 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.