INDONESIA / WILL'S GOURMET RECIPES

BEBEK MENYATNYAT

Bebek menyatnyat is a Balinese ceremonial duck braised in bumbu gede and coconut milk until the sauce turns dark and oily. Rare in Bali, where cooking with coconut milk is unusual, and it is served at feasts.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	30 min	1 h 50 min	2 h 20 min	Medium	Hot

INGREDIENTS

FOR THE BUMBU GEDE

- 8 shallots
- 6 garlic cloves
- 4 candlenuts
- 30 g galangal
- 20 g ginger
- 20 g turmeric
- 3 lemongrass stalks, sliced
- 6 hot red chillies
- 2 tsp coriander seeds
- 1 tsp black peppercorns
- 1/4 tsp ground nutmeg
- 1 tsp shrimp paste
- 1 tbsp palm sugar

FOR THE DUCK

- 4 duck legs, about 1.2 kg
- 3 tbsp coconut oil or neutral oil
- 180 g bumbu gede (about 3/4 cup)
- 3 salam leaves (Indonesian bay leaves)
- 2 lemongrass stalks, bruised
- 2 red chillies, bruised
- 500 ml thin coconut milk (second pressing)
- 200 ml thick coconut cream (first pressing)
- Salt and ground black pepper, to taste

TO FINISH

- 2 tbsp bumbu gede, fried in oil until crisp
- Deep-fried shallots
- 2 kaffir lime leaves, very finely sliced
- Steamed rice, to serve

METHOD

MAKE THE BUMBU GEDE

1. Blend or pound the bumbu gede ingredients to a thick paste, adding a splash of oil if needed.

BRAISE THE DUCK

2. Heat the oil in a wok over medium heat and fry 180 g of the paste with the salam leaves and bruised lemongrass for about 5 minutes, until fragrant.
3. Add the duck legs and turn to coat. Pour in the thin coconut milk, add the bruised chillies and bring to a gentle simmer.
4. Cook, partly covered, for about 1 hour 30 minutes, turning the duck now and then. Season with salt and pepper halfway through, because the sauce will reduce.
5. Stir in the thick coconut cream and cook for another 10 to 15 minutes, until the sauce is thick and the oil separates.

FINISH

6. Fry the 2 tablespoons of paste in a little oil until crisp.
7. Plate the duck with a spoonful of sauce, top with the fried bumbu, fried shallots and the fine lime leaf, and serve with hot rice.

USEFUL SHORTCUTS FOR HOME COOKS

You can braise it in a 160 C oven in a covered pot instead of on the hob, for about 2 hours.

Use whole duck cut into pieces for a bigger meal. Leave out the skin if you want less fat.

It tastes even better the next day. Chill, lift off the fat, and reheat gently.

Will shows a dish that is rarely seen in Bali: duck braised in bumbu gede and coconut milk. Balinese food uses little coconut milk, so there are not many coconut curries, and he says this is one of the only ones he has found.The paste has a few extras: nutmeg, coriander seed, black pepper, palm sugar and shrimp paste. Will...