INDONESIA / STREET FOOD TRAVELLER

GULE KACANG HIJAU (MUNG BEAN AND GOAT CURRY)

Gule kacang hijau is a mung bean and goat curry in coconut milk, with Yemeni and Indonesian influences. This is Will Meyrick's replica of the one he ate at Warung Cairo in Malang.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
6	40 min	3 h	3 h 40 min	Involved	Hot

INGREDIENTS

FOR THE GOAT STOCK

1 kg goat on the bone, in chunks

2 litres water, plus water for the first boil

FOR THE PASTE

6 shallots

4 garlic cloves

4 candlenuts, dry-roasted

3 large red chillies

2 cm turmeric, peeled

2 cm ginger, peeled

FOR THE SPICES

3 white cardamom pods

3 cloves

1 small cinnamon stick

1 tbsp ground coriander

1 tsp ground cumin

1 tsp ground turmeric

FOR THE GULE

2 tbsp neutral oil

100 g green mung beans, soaked overnight and boiled until soft

2 tomatoes, chopped

200 ml thin coconut milk (second press)

300 ml thick coconut milk (first press)

3 kaffir lime leaves

2 lemongrass stalks, bruised

Salt, to taste

TO SERVE

Coriander leaves

Fried shallots

1 tsp chilli powder

1/2 tsp white pepper

20 curry leaves

1 pinch grated nutmeg

METHOD

MAKE THE GOAT STOCK

1. Put the goat in a pot and cover with water. Bring to the boil, then drain and rinse the meat. This clears the scum.
2. Return the goat to the pot with 2 litres of fresh water. Bring to a simmer and cook gently for about 2 hours, until tender. Lift out the meat and keep the stock.

COOK THE PASTE AND SPICES

3. Blend the shallots, garlic, candlenuts, chillies, turmeric and ginger to a paste.
4. Heat the oil in a large pot over medium heat. Fry the paste for 5 minutes until fragrant.
5. Add the cardamom, cloves, cinnamon, ground spices, white pepper, curry leaves and nutmeg. Fry for 2 minutes. Add the tomatoes and cook until soft.

BUILD THE GULE

6. Add 600 ml of the goat stock and the boiled mung beans. Pour in the thin coconut milk, lime leaves and lemongrass. Simmer for 20 minutes, stirring often.
7. Add the thick coconut milk and the goat meat. Simmer gently for another 15 to 20 minutes. The longer it cooks, the more the beans break down and thicken the sauce.
8. Season with salt. Serve hot, topped with coriander and fried shallots.

USEFUL SHORTCUTS FOR HOME COOKS

No goat? Use lamb shoulder or mutton on the bone, and cook it a little less.

Boil the mung beans until they are very soft. They need to break down to thicken the curry.

Gule is better the next day. Add a splash of stock when you reheat.

In Malang, Will visits Warung Cairo, the best known Yemeni restaurant in the neighbourhood. The cooks mix Yemeni food with Indonesian spices: curry leaves and coriander seed in the curry, bones with meat on them, and goat satay. Will notes it is goat, not lamb, and that the meat melts down on the grill for a perfect caramelisation.He loves all...