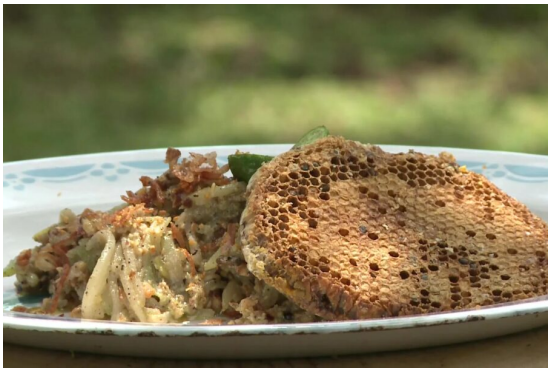
INDONESIA / WILL'S GOURMET RECIPES

LAWAR NYAWAN

Lawar nyawan is an old Balinese salad of bee larvae, chayote and a spiced coconut dressing with fried shallot, garlic and chilli. It is rare today, found in only a few places in Denpasar.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	40 min	15 min	55 min	Medium	Hot

INGREDIENTS

FOR THE SALAD

200 g bee larvae with comb, from the hive

300 g chayote (labu siam), peeled, cut into thin strips, blanched and squeezed dry

3 tbsp bumbu genep (Balinese spice paste)

Juice of 1 jeruk limo (Balinese lime) or lime

1 tsp shrimp paste, toasted

2 tbsp deep-fried shallots

1 tbsp fried garlic

1 tbsp fried chillies

Ground black pepper, to taste

Salt, to taste

FOR THE COCONUT DRESSING

3 tbsp bumbu genep

150 ml thick coconut milk

1 lemongrass stalk, bruised

2 kaffir lime leaves

1 salam leaf (Indonesian bay leaf)

TO FINISH

Extra fried shallots and garlic

A little jeruk limo or lime

METHOD

PREPARE THE LARVAE

1. Bring a pan of water to the boil. Add the hive and stir gently for a short time, until the paper-like comb disintegrates and only the larvae are left. Do not boil for long.
2. Drain well and set the larvae aside.

MAKE THE COCONUT DRESSING

3 Cook the bumbu genep, coconut milk, lemongrass, lime leaves and salam leaf over low heat for about 10 minutes until thick, with the oil rising. Cool, then remove the leaves.

BUILD THE SALAD

4 Mix the bumbu genep, lime juice and toasted shrimp paste with the fried shallot, garlic and chilli. Add pepper and salt.

5 Add the squeezed chayote and a few spoons of the coconut dressing and mix well.

6 Fold in the larvae last and gently, so they stay visible.

7 Taste and adjust with more lime, salt and pepper. Top with extra fried shallot, garlic and a squeeze of lime.

USEFUL SHORTCUTS FOR HOME COOKS

Bee larvae are rarely sold outside Bali. The same dressing works on blanched green beans, shredded cooked chicken or poached prawns.

Squeeze the chayote well. Water makes the dressing runny.

Fry the shallots and garlic yourself if you can. Shop-bought ones work but are less sweet.

Will calls lawar nyawan one of the most ancient recipes in Bali. It is hard to find now, though a few places in Denpasar still serve it. The main ingredient is bee larvae, taken from the hive.He boils the hive in water until the comb, which is as thin as paper, falls apart and leaves only the larvae. Will explains...