INDONESIA / WILL'S GOURMET RECIPES

UBUD LAWAR SALAD

Ubud lawar is a Balinese salad of young jackfruit, long beans and fern tips with a green chilli paste and smoky grated coconut. It is made with green chilli instead of red, so it is hotter and fresher.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	40 min	10 min	50 min	Medium	Very hot

INGREDIENTS

FOR THE GREEN CHILLI PASTE (BUMBU UBUD)

- 8 green chillies
- 20 g ginger
- 20 g galangal
- 20 g turmeric
- 2 lemongrass stalks, sliced
- 1 tsp coriander seeds
- 1 tsp black peppercorns
- 1 tsp shrimp paste
- 1 tsp salt

FOR THE SALAD

- 1 tbsp neutral oil
- 1 lemongrass stalk, bruised
- 2 salam leaves (Indonesian bay leaves)
- 150 g young jackfruit (nangka), cooked and chopped
- 100 g long beans, blanched and sliced
- 100 g fern tips (pakis), blanched and roughly chopped
- 60 g fresh coconut, charred over a flame and grated
- 2 tbsp fried garlic
- 2 tbsp fried chillies
- 1 tsp shrimp paste, toasted
- Juice of 1 jeruk limo or lime
- Salt, to taste

METHOD

MAKE THE PASTE

1. Pound the green chilli paste ingredients together in a mortar until coarse. Add only a little water, if any.

COOK THE PASTE

2. Heat the oil in a wok, add the lemongrass, salam leaves and paste, and stir-fry for 3 to 4 minutes until fragrant. Cool.

CHAR THE COCONUT

3 Clean the coconut flesh, char it over a gas flame or on a grill until it smells smoky and dark in patches, then grate it. Keep some of the black bits for flavour.

BUILD THE SALAD

4 Toss the cooled paste with the fried garlic, fried chillies, toasted shrimp paste and lime juice.

5 Add the jackfruit, long beans and fern tips, season with salt, and mix well.

6 Fold in the charred coconut. Taste and add more shrimp paste if you want more seasoning.

USEFUL SHORTCUTS FOR HOME COOKS

Canned young green jackfruit in brine works. Rinse it well and simmer for 20 minutes before using.

No fern tips: use spinach or green beans.

Eat it the same day. The beans lose their colour after a few hours.

In the same film, Will makes the lawar that goes with the ceremony chicken. He says the Ubud version has no red chilli and no candlenut. Green chillies replace them, so it is hotter and has a fresher edge.The paste is pounded rather than blended, because too much water in a blender dilutes it. It goes into the wok with...