WILL MEYRICK

INDONESIA / STREET FOOD TRAVELLER

RUMPU RAMPE (SUMBA STIR-FRIED GREENS)

Rumpu rampe is a traditional Sumba dish of stir-fried papaya leaves, young papaya flowers, banana blossom and green papaya with shallot, garlic, tomato, chilli and shrimp paste. It is simple, foraged and very green.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	30 min	15 min	45 min	Easy	Hot

INGREDIENTS

FOR THE VEGETABLES

150 g papaya leaves, blanched
100 g young papaya flowers, blanched
100 g banana blossom, blanched and sliced
100 g green papaya, sliced into thin strips

FOR THE STIR-FRY

2 tbsp cooking oil
4 shallots, sliced
3 garlic cloves, sliced
1 tomato, cut into wedges
2 red chillies, sliced
2 bird's eye chillies, sliced
1 tsp shrimp paste
Salt, to taste

TO SERVE

A few lemon basil leaves
Steamed rice

METHOD

PREPARE THE GREENS

1. Blanch the papaya leaves, papaya flowers and banana blossom separately until just tender. Papaya flowers can be bitter, so blanch them well. Drain and squeeze dry.

STIR-FRY

2. Heat the oil in a wok over medium heat. Fry the shallots and garlic until they smell good.
3. Add the tomato and both chillies and cook for a minute. Add the shrimp paste and break it up in the pan.

4 Add the green papaya, papaya leaves, papaya flowers and banana blossom. Stir-fry on a high heat for 3 to 4 minutes.

5 Season with salt at the end, as the shrimp paste is already salty.

SERVE

6 Plate with lemon basil on top, with steamed rice.

USEFUL SHORTCUTS FOR HOME COOKS

Papaya leaves and flowers are hard to find. Use cassava leaves, spinach or kale, and add the banana blossom or green papaya if you can find them.

Use shrimp paste or fish, not both. The salt builds up fast.

Blanching is what takes away the bitterness. Do not skip it.

Will is in West Sumba, in eastern Indonesia. He says the further east you go the more tribal the food gets, and the simpler. The market is full of colour, and he cooks in the middle of it with a crowd around.Rumpu rampe is a found and foraged dish: blanched papaya leaves, young papaya flowers, banana blossom and green papaya,...