

CARA-CARA

Nasi

- Bahan-bahan yang dikisar ditapis untuk diambil airnya.
- Nasi dimasak seperti biasa bersama air tapisan tadi.
- Masukkan bersama daun pandan dan daun limau purut.
- Perasakan dengan sedikit garam dan gula.

Kuah Tumis

- Santan dimasak sehingga naik minyak.
- Bawang merah, bawang putih, cili kering, dan halia dikisar halus.
- Bahan yang dikisar tadi masukkan ke dalam santan bersama gula melaka, asam keping, dan serai yang telah diketuk bersama dengan sedikit garam dan sedikit gula.
- Tambahkan sedikit air, masak hingga menjadi pekat.

INGREDIENTS

Ingredients for the rice

- 2 kg rice
 - 7 leaves of purut lime
 - 5 pandan leaves
 - 2 galangal leaves
 - 5 seringan leaves
 - 3 lemak ketam leaves
 - 2 turmeric leaves
 - 2-3 inches turmeric
 - A pinch of salt and sugar
 - Water to cook rice
- } to be ground and strained

Ingredients for the paste

- 1/2 kg coconut milk
- 10 shallots
- 7 cloves garlic
- 7 dried chillies
- 4 palm sugar
- 4 lemon grass (crushed)
- 3 pieces dried gelugur
- 1 inch ginger
- Salt and sugar (to taste)

Ingredients for the fresh vegetables

- 1 cup bean sprouts (remove the tips)
- 1 cup serai kampong leaves (another alternative is cabbage or selom leaves)
- 5 long beans (diced)
- 1 lemon grass
- 1 kantan flower

Sambal Kelapa

- Sangai kelapa parut sehingga kekuningan.
- Kisar atau tumbuk bersama serai, bawang merah, cili, lada hitam, garam, gula melaka dan kelapa parut yang telah disangai tadi.
- Gaul semua bahan-bahan yang ditumbuk dengan ikan bakar yang telah diasingkan isinya.
- Sambal siap untuk disediakan.

Cara Hidangan : Hidangkan nasi bersama kesemua bahan-bahan di atas. Biasanya dimakan bersama ayam atau ikan goreng, telur masin, solok lada dan keropok.

Ingredients for the coconut sambal

- 1/2 kg grated coconut
- 8 shallots
- 5 cloves garlic
- 1/2 inch ginger
- 4 lemon grass
- 4 palm sugar
- Salt and sugar (to taste)
- 6 mackerels (remove the bones and mix well)

METHOD

Method of preparing the rice

- The ground ingredients are strained to get the juice.
- Cook the rice using the extracted juice.
- Add in the pandan leaves and purut lime leaves.
- Season it with a pinch of salt and sugar.

Method of preparing the paste

- Cook the coconut milk until it boils and becomes creamy.
- Grind the shallots, garlic, dried chillies and ginger.
- Add in the ground ingredients into the coconut milk together with the palm sugar, dried gelugur and lemon grass, salt and sugar.
- Then add in a bit of water and cook it until it thickens.

Method of cooking the coconut sambal

- Fry the grated coconut without oil until golden brown.
- Grind or pound it with the lemon grass, shallots, chillies, pepper, salt and palm sugar.
- Mix all the pounded or ground ingredients with the fish.
- Ready to be served.

Serving suggestion: Serve the rice with all the above dishes. Nasi Kerabu Tumis can also be served with fried chicken or fish, salted eggs and fish crackers.