

Ambuyat in Brunei



Ambuyat is a dish derived from the interior trunk of the sago palm. It is a starchy bland substance, similar to tapioca starch. Ambuyat is the national dish of Brunei and a local specialty in the Malaysian states of Sarawak, Sabah, and the federal territory of Labuan, where it is sometimes known as linut.

Ambuyat is eaten with a bamboo fork called a chandas, by rolling the starch around the prongs and then dipping it into a sauce, of which there are many varieties.

There is a similar dish in eastern Indonesia called papeda. It has a glutinous texture and is chewy.

Ambuyat is the national dish of Brunei and is the most popular dish in Brunei. The highlight is that the flour is sticky like boiled rice or rice porridge. There is sago flour as the main ingredient. The Ambuyat flour is no taste but the deliciousness depends on the dipping and the side dishes. However, The best way is to eat it while it's hot.

Fried fish ingredients

1. white snapper 2. shallot 3.garlic 4.coarsely pounded fresh turmeric 5.ginger 6.chilli 7.crushed lemongrass 8.dried tamarind 9.water (2 cups)

Method for making the fish

Clean the fish and cut into pieces. Stir the other ingredients together and mix the fish until cooked.

Side ingredients

1.paku bamboo shoots 2.salt 3.oil 4.shallot 5.garlic pounded 6.shrimp 7.water 8.red chilli (sliced) for decoration

How to make side dishes

Fry the pounded ingredients in hot oil until fragrant, add salt, water, garnish with red chilli.

Nasi Goreng (Indonesian Fried Rice)

Nasi Goreng is the popular Indonesian fried rice which is traditionally served with a fried egg. It is the unique dark brown, caramelised colour of the rice! It's a simple recipe, you won't need to hunt down any unusual ingredients, and it's one of my favourite Indonesian foods.

What is Nasi Goreng?

The literal translation of Nasi Goreng is “fried rice” in Indonesian and Malaysian – and that's exactly what it is! It's mainly rice with just a little bit of meat and just onion for the vegetables. The thing that distinguishes it from other Fried Rice dishes is the sauce which is made with kecap manis, a sweet soy sauce that stains the rice dark brown and caramelises the rice when it cooks.

Typically it's served with a sunny side up egg (love how the yolk runs into the rice!) and a side of fresh cucumber and tomato (no dressing) to make a meal of it.



Ingredients

CHICKEN

- 1 tbsp oil
- 5 oz / 150g chicken breast , thinly sliced (or other protein)
- 1 tbsp kecap manis (sweet soy sauce)

RICE

- 1.5 tbsp oil
- 2 garlic cloves , finely chopped
- 1 onion , small, diced
- 2 tbsp kecap manis (sweet soy sauce)



- 1 tsp red chilli , finely chopped
- 3 cups cooked white rice , day old, cold
- 2 tsp shrimp paste , optional

GARNISHES / SIDE SERVINGS (OPTIONAL)

4 eggs , fried to taste

1 green onion , sliced

Tomatos and cucumbers, cut into wedges/chunks

Fried shallots

Lime wedges

How to make Nasi Goreng

1. **Heat oil** in a large skillet or wok over high heat.
2. **Add chilli and garlic**, stir for 10 seconds.
3. **Add onion**, cook for 1 minute.
4. **Add chicken**, cook until it mostly turns white, then add 1 tbsp kecap manis and cook for a further 1 minute or until chicken is mostly cooked through and a bit caramelised.
5. **Add rice**, 2 tbsp kecap manis and shrimp paste, if using. Cook, stirring constantly, for 2 minutes until sauce reduces down and rice grains start to caramelise.
6. **Serve**, garnished with garnishes of choice (green onions, red chilli, fried shallots).

SERVING

Make it a meal - traditional Indonesian style!: Serve with a fried egg sunny side up (runny yolk!), tomato wedges and slices of cucumber on the side.



Reference

<https://www.recipetineats.com/nasi-goreng-indonesian-fried-rice/>

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Luang Prabang Salad (Laos)



Background information

The popular Yum Salat is also called Luang Prabang Salad for where it originated, the seat of Lao kings and French governors. It's a French / Lao fusion recipe, and one of a very few completely vegetarian Laotian dishes.

"Yum Salat" translates literally as "Salad of Salad", but is interpreted as "Salad of Lettuce".

“Main ingredient Watercress is mixed with other vegetables.”

Luang Prabang salad is an easy, simple dish with a slightly unusual dressing that's a classic in Laos. This Laos salad is a perfect light lunch or side dish both to Asian food and many more.

Ingredients

hard-boiled eggs
watercress, leaves picked
iceberg lettuce leaves, torn
coriander leaves, torn

celery leaves or mint leaves
lebanese cucumber, sliced
cherry tomatoes, quartered
fried garlic
roasted crushed peanuts

Dressing

The Luang Prabang Salad has maybe a little French influence in it but with a regional twist too. The dressing is almost like a mayonnaise, but uses a clever trick of cooked egg-yolk to keep it more stable.

It also has added:

- Caster sugar
- Fish sauce
- Garlic Oil
- Vegetable or avocado oil
- Limes, Juice
- Salt and pepper

INSTRUCTIONS

For the Salad

- Start by hard boiling the eggs. You can use your preferred method, but probably the easiest is to put the eggs in a pan, cover with cold water at least 1in/2.5cm over the eggs and bring to the boil. Once the water boils, turn off and leave the eggs in the water for 10-12min then drain and run under cold water to stop them cooking. When cool, carefully peel the eggs.
- As the eggs are cooking, roughly chop the lettuce (and other greens, if using) and divide between 2-3 plates, along with

the watercress.

- Slice the tomato and cucumber and lay on top of the greens.
- Scatter over the peanuts, if using, and cilantro.

For the dressing

- Cut two of the eggs in half and remove the yolk. Mash or break up these two yolks in a small blender. Add the remaining dressing ingredients (oil, lime juice, vinegar, sugar and a little salt and pepper) and blend until smooth. Note make sure the yolk is broken up and smooth before you add the other ingredients or it won't work after.
- Cut the remaining egg into quarters or slices and put on the salads. Cut up the leftover whites and add to the salads too, if you like. Drizzle over the dressing and serve.

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NASI LEMAK



Nasi Lemak is a Malay dish. Commonly eaten in Malaysia, Singapore, Indonesia, Brunei, as well as southern Thailand and is considered the national dish of Malaysia. Nasi Lemak means rice cooked with coconut milk. It uses pandan leaves, ginger, and some recipes also include lemongrass. Put a little salt in it. Similar to Thai rice cooking This seemingly ordinary coconut milk rice, when added with herbs, makes it smell even more appetizing.

The ingredients of Nasi Lemak are varied depending on preferences and convenience, depending on what we do as a side dish that day. It can be taken to arrange a deck. The main side dish is chicken curry, beef curry, fish curry, stir-fried squid with chili, fried chicken, and fried fish. You can choose one or the other. or a combination of several The other part is the side dish, ikan bilis, which Thais call it. Fried Fish (Or another name as anchovies, if small, it is called Khaosan fish), fried peanuts, boiled eggs or fried eggs to cook the yolks, cucumbers and indispensable. Sambal (Sambal) or Malay called sama. Nasi Lemak is often sold wrapped in banana leaves. For convenience for portability, it is called Nasi Lemak Bungkus by using paper lined with banana leaves. Wrapped in a pyramid shape. In the morning, we go to the market and buy each pack. Eat it for breakfast before leaving for school. or go out to work Which are generally sold in countries with a Malay eating culture.

(Nasi Lemak) contains the following ingredients:

2 cups of rice

3 pandan leaves

2 cups coconut milk

Salt, 1/8 tsp.

4 small shallots, thinly sliced

2 cups of water

fried chicken

Garlic. Use only 1 head is enough, then sliced thinly.

1/2 head purple onion, thinly sliced

1 teaspoon shrimp paste

¼ teaspoon salt

1 teaspoon sugar

10 dried chilies

¼ cup tamarind juice

1 ½ tbsp vegetable oil

1 boiled egg, halved

roasted peanuts

cucumber

The procedure for making Nasi Lemak is as follows:

First, let's start by taking the rice to wash and put it in a pot.

Followed by coconut milk, water, salt and pandan leaves.

Cook the rice until cooked.

then set aside

Steps to make side dishes

First, let's start by pounding dried chili. By bringing the prepared dried chili into the mortar.

Then pounded thoroughly.

Set the pan on the right flame. Pour vegetable oil into the pan

Add shallots, garlic, dried chilli and sliced onions and stir fry until fragrant and yellow in colour.

Add the sourness with tamarind juice. And add mellowness with other seasonings (salt and sugar). Stir to combine.

Use low heat to chew until it starts to combine and then lift it off the stove.

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